



Newsletter

August 2025

Editorial Note

Dear ISBS members,

The Directive Board hopes **issue #22** of our Newsletter finds you well. In this edition, we are including some of the most recent articles on boredom that some of you recommended during the summer break, along with kind reminders about our still-open calls for papers. We also warmly welcome the new members of this non-boring community.

Please, keep collaborating with us so that this Newsletter contains the most recent news about Boredom Studies by sending your publications, conferences, call for papers, etc. to contact@boredomsociety.com.

Josefa Ros Velasco
Andreas Elpidorou
Mariusz Finkielstein
Wijnand van Tilburg
Christian Parreño

Invite your Colleagues to Join the ISBS

270 members are already enjoying the following benefits of being part of the ISBS:

- Being mentioned on our webpage as a member with a link to your website that may increase your visibility.
- Sharing with us your new publications, calls for papers, or any piece of important information concerning boredom (e.g., media releases). Such items will be disseminated to our network through our Newsletter.
- Staying informed about the work of others, new calls, initiatives, and events concerning boredom studies.

Membership is **free of charge**, and enrolment is fast and easy. Tell your colleagues that they can become members by [contacting us via our website](#) and completing a short membership form.

Journal of Boredom Studies

To celebrate the 20th anniversary of Boredom Studies, we would like to publish in the **Journal of Boredom Studies** a series of informal essays about **"How and why I have become a boredom researcher/scholar?"** We want to collect our stories to get to know them, document our experiences and motivations, and leave a mark for the next generations of boredom researchers (maybe it could be an encouragement for them). We would like to invite you to share your personal stories in whatever form and length you like. We want them to be published in issue #2 of JBS (2025), so we will wait for your contributions until **1 December 2025**. [Submit here](#).

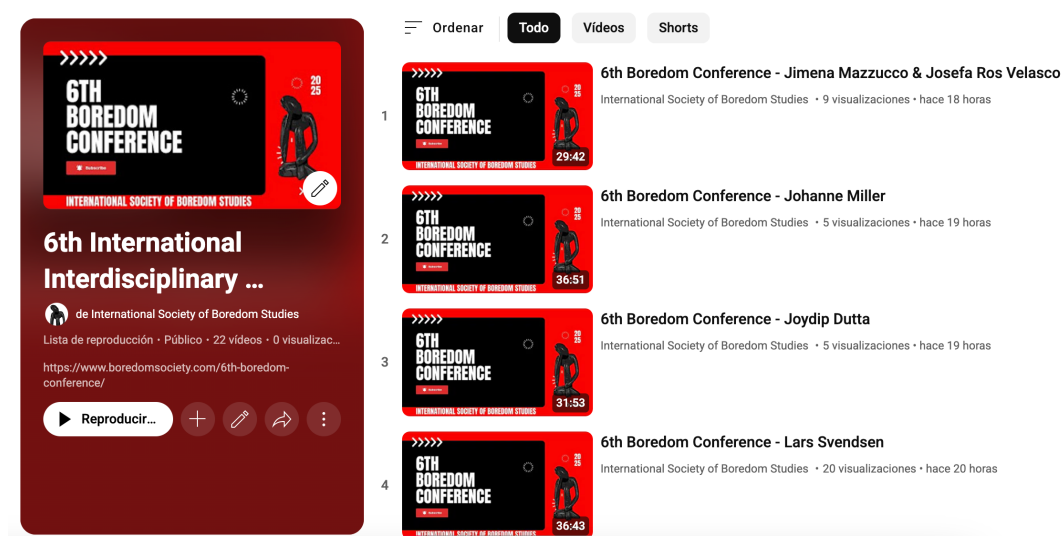
6th BOREDOM CONFERENCE

June 26-27, 2025 (Online) #BoredomConference

Thank you to everyone who joined us for the 6th Boredom Conference! We were thrilled to welcome over 60 registered participants and 23 speakers from 12 different countries. Your contributions made this event a truly engaging and thought-provoking experience.

The **recordings** of all sessions are now available on the [Boredom Society's YouTube channel](#). We encourage those who couldn't attend live to catch up on the talks—and for everyone else to help us spread the word by sharing the content widely.

Thank you once again for being part of this global conversation on boredom. We hope to see you again in **2027!**



Ordenar Todo Videos Shorts

6th Boredom Conference - Jimena Mazzucco & Josefa Ros Velasco
International Society of Boredom Studies • 9 visualizaciones • hace 18 horas

6th Boredom Conference - Johanne Miller
International Society of Boredom Studies • 5 visualizaciones • hace 19 horas

6th Boredom Conference - Joydip Dutta
International Society of Boredom Studies • 5 visualizaciones • hace 19 horas

6th Boredom Conference - Lars Svendsen
International Society of Boredom Studies • 20 visualizaciones • hace 20 horas

6th International Interdisciplinary ...
de International Society of Boredom Studies
Lista de reproducción • Público • 22 vídeos • 0 visualizac...
<https://www.boredomsociety.com/6th-boredom-conference/>

<https://www.boredomsociety.com/6th-boredom-conference/>

Papers Suggested by Our Members

Published by the *Journal of Boredom Studies*:

Greenberg, D. (2025). Review of the Book The Routledge International Handbook of Boredom by Maik Bieleke, Wanja Wolff, and Corinna S. Martarelli. *Journal of Boredom Studies*, (3).
<https://doi.org/10.5281/zenodo.15798616>

Published by the **members of the Boredom Society**:

Barraza, A., Coronado, C., & Guadalupe, M. (2025). Relationship between Nighttime Cell Phone Use and Boredom in Mexican Adults. *Revista Chakiñan de Ciencias Sociales y Humanidades*, (26), 13-31.
<https://doi.org/10.37135/chk.002.26.01>

Bieleke, M., **Wolff**, W., Cremer, C., Kaisinger, F., & **Goetz**, T. (2025). "Why am I doing this anyway?" A control-value perspective on boredom in endurance sports. *Psychology of Sport and Exercise*, 102863.
<https://doi.org/10.1016/j.psychsport.2025.102863>

Burn, C. C., Ng, K. H. T., & **Parker**, M. O. (2025). Rat boredom-like behaviour in a monotonous versus a varied foraging task: effects of sensory variation. *Animal cognition*, 28(1), 57. <https://doi.org/10.1007/s10071-025-01979-6>

Dadzie, V. B. (2025). *Boredom and the Sense of Agency*. PhD Thesis, University of Waterloo. <https://hdl.handle.net/10012/22155> 🤔

Daneels, R., **Poels**, K., & Vandebosch, H. (2025). Bored Gamers: Applying the Meaning and Attentional Components (MAC) Model of Boredom to Digital Game Selection. *Frontiers in Communication*, 10, 1578313.
<https://doi.org/10.3389/fcomm.2025.1578313>

Elpidorou, A. (2025). Boredom's function: A précis of The Anatomy of Boredom. *Philosophical Psychology*, 1-13.
<https://doi.org/10.1080/09515089.2025.2532149>

Hamada, D. (2025). Bored Together: The Friendship of "Filling Time" in Child and Youth Mental Health Nursing. *Journal of Applied Hermeneutics*, 1-14.
<https://doi.org/10.55016/ojs/jah.v2025Y2025.81745>

Martarelli, C., Rewitz, K., & **Wolff**, W. (2025). A Bayesian network analysis of the association between boredom, effort value, and exercise behavior.
<https://osf.io/tdcsv>

Parreno, C. (2025). Entwined Spaces of Boredom, Desire, and Transgression. *Transgression in the Architectures of After-Modernity: A Paradigm at Work in Times of Crises*, 213. <https://acortar.link/HcZozD>

Radtke, V., **Martarelli**, C., & **Wolff**, W. (2025). Effort and Its Reasons—Electrodermal Activity as Indicator of Boredom vs. Difficulty Related Effort in Cognitive-Physical Sequential Tasks. <https://osf.io/2t6p8/download>

Ros Velasco, J. (2025). Filosofía y antropología del aburrimiento en Hans Blumenberg. *Nexofia*, 215-248. <https://acortar.link/5lliNZ>

Ros Velasco, J. (2025). Las dietas que aburren a los mayores. *Policy Commons*, 22422100. <https://policycommons.net/artifacts/21521898/las-dietas-que-aburren-a-los-mayores/22422100/>

Others:

Akbağ, M., Aydoğdu, F., & Sayiner, B. (2025). From belongingness to phubbing behavior among adults: The serial multiple mediational role of leisure boredom and smartphone use. *OPUS Journal of Society Research*, 22(4), 779-797. <https://doi.org/10.26466/opusjsr.1709529>

Cho, K. W., & Johnson, K. M. (2025). Using retrieval practice to remediate boredom and multitasking in learning. *Journal of Cognitive Psychology*, 1-8. <https://doi.org/10.1080/20445911.2025.2539286>

Guzman, C. J. (2025). *Recentering Boredom: A Sociological Exploration of Emotions Before and During the Covid-19 Pandemic*. PhD Thesis, University of Toronto. <https://hdl.handle.net/1807/145166>

Jamali, N., Mohammadpanah Ardakan, A., & Ahmadi Ardakani, Z. (2025). Effectiveness of Schema Therapy on Turmoil and Marital Boredom of Incompatible Married People. *Tolooebehdasht*, 24(1), 64-83. <http://dx.doi.org/10.18502/tbj.v24i1.18929>

Kostolani, D., Pülke, D., & Schlund, S. (2025, June). Detecting Industrial Boredom: An In-the-Wild Study of Monotonous Manufacturing Work Using Physiological Signals. In *Proceedings of the 18th ACM International Conference on PErvasive Technologies Related to Assistive Environments* (pp. 64-73). <https://doi.org/10.1145/3733155.3733200>

Li, S., & Yang, L. (2025). A meta-analysis of the impact of boredom on language achievement. *Language Teaching Research*, 13621688251352288. <https://doi.org/10.1177/13621688251352288>

Lyu, J. (2025). A Mixed-Methods Approach to the Psychological Predictors of Boredom in Second Language Learning: Mindfulness, Grit, and Self-

Regulation. *Frontiers in Psychology*, 16, 1609330.
<https://doi.org/10.3389/fpsyg.2025.1609330>

Martínez Daucik, S. (2025). *Propensión al Aburrimiento, Desregulación Emocional y Procrastinación en la Salud Mental Universitaria*. Degree Thesis, Universidad de Salamanca. <http://hdl.handle.net/10366/166680>

Nebra, M. O. (2025) Consumer Boredom and the Organization of Businesses in the Food Consumption. *Culture*, 47, 2.
<https://zaguan.unizar.es/record/161161>

Niizato, T., Nishiyama, Y., & Nomura, S. (2025). The information structure of boredom via integrated information theory. *Artificial Life and Robotics*, 1-7.
<https://doi.org/10.1007/s10015-025-01050-0>

Nikulin, D. (2025). Boredom as the Modern Condition. *I Castelli di Yale online*, 95-104. <https://doi.org/10.15160/2282-5460/2940>

Orban, S. A., Blessing, J. S., Sandone, M. K., Conness, B., & Santer, J. (2025). Why Are Individuals With ADHD More Prone to Boredom? Examining Attention Control and Working Memory as Mediators of Boredom in Young Adults With ADHD Traits. *Journal of Attention Disorders*.
<https://doi.org/10.1177/10870547251356723>

Raj, J., Joseph, J., Jose, A., & Asokkumar, A. (2025). Boredom Proneness and Big Five Personality Traits Among Emerging Adults. *International Journal of Indian Psychology*, 13(2). <https://doi.org/10.25215/1302.362>

Schönenberg, A., Küstner, A. L., & Prell, T. (2025). Thinking it's boring in old age increases risk for future loneliness: findings from the German Ageing Survey (DEAS). *Aging & Mental Health*, 1-11.
<http://dx.doi.org/10.1080/13607863.2025.2545355>

Suárez, M. I. M. (2025). Kant sobre el aburrimiento y el deber de aprovechar el tiempo. *Revista de Humanidades (Santiago. En línea)*, (52), 127-157.
<https://doi.org/10.53382/issn.2452-445X.931>

Szalińska, K. (2025). Loneliness and delusion-like experiences among women: Mediating role of procrastination and boredom proneness. *PLoS One*, 20(8), e0329607. <https://doi.org/10.1371/journal.pone.0329607>

Tagliaferri, G., Martí-Vilar, M., Frisari, F. V., Quaglieri, A., Mari, E., Burrai, J., ... & Cricenti, C. (2025). Connected by Boredom: A Systematic Review of the Role of Trait Boredom in Problematic Technology Use. *Brain Sciences*, 15(8), 794. <https://doi.org/10.3390/brainsci15080794>

Talavera-Valverde, M. Á. (2025). Aburrimiento en terapia ocupacional: cuando no hacer nada es empezar a hacer algo. *Revista Terapia Ocupacional Galicia*, 22(1), 1-4. <https://doi.org/10.5281/zenodo.15802709>

Yahiro, F., & Watanabe, Y. (2025). Development of the Japanese version of the Bored for Sports Scale (BOSS-J): Which is the best way to measure degree or frequency? *Journal of Physical Education and Sport*, 25(7). <https://doi.org/10.7752/jpes.2025.07159>

Wan, X. (2025). "In the Face of Extreme Boredom": Repressed Bodies and Spiritual Crisis in The Pale King. In *Corporeal Narrative in David Foster Wallace's Fiction* (pp. 91-120). Singapore: Springer Nature Singapore. https://doi.org/10.1007/978-981-96-8062-7_4

Wang, C., Dai, Q., Wu, S., Zhou, C., Nie, Y., Huang, Q., & Lan, X. (2025). Delivery of teacher humour and its effects on students' class-related boredom: a multilevel study in middle schools. *Educational Psychology*, 1-16. <https://doi.org/10.1080/01443410.2025.2533895>

Media

MentalHealth.com: "The Hidden Stress of Boredom", by **Allan Schwartz** (Yeshiva University) and **Yogya Kalra** (Western University). [Read here.](#)

Campeão das Províncias: "A urgência, para ontem, de um novo contrato social", by **João Miguel Alves Ferreira** (Universidade de Coimbra). [Read here.](#)



Casat On Demand: "From Boredom to Dissociation: Presence as the Bridge Back to Self", by **Heather Haslem** (Center for the Application of Substance Abuse Technologies). [Read here.](#)

Filosofía contra el sentido común: "¿La curiosidad y el aburrimiento son la causa del mal?", by **Milton Valtierra** (Universidad de Guanajuato). [Read here.](#)

A urgência, para ontem, de um novo contrato social



JOÃO FERREIRA*

Vivemos numa era de transformações radicais, onde a tecnologia, a automação e a digitalização estão a redefinir, não apenas a economia, mas também a estrutura social e a própria percepção de va-

vem acompanhada de uma nova promessa de empoderamento ou crescimento. No passado, quando as máquinas substituíram a força dos braços, os trabalhadores foram requalificados para novas funções. Agora, as inteligências artificiais não apenas substituem o trabalho humano, mas também a criatividade, o pensamento crítico e até mesmo o papel social das pessoas. (...)

Campeão

Share with us your articles, books, news, videos, and calls on boredom, and whatever you want to see here!

Contact us

INTERNATIONAL SOCIETY OF BOREDOM STUDIES

Email: contact@boredomsociety.com

