



Newsletter

February 2026

Editorial Note

Dear ISBS members,

The Board of Directors hopes this edition of our Newsletter (**issue #25, 2026**) finds you well. In this issue, we are pleased to share the **most recent essays** published in the ***Journal of Boredom Studies***, to highlight a new section of posts on the ISBS website (**Must Read Blog**), featuring short pieces written by our members, and present a selection of recent papers on boredom kindly suggested by our 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

292 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

We are pleased to announce the **latest** scholarly contributions recently published in the *Journal of Boredom Studies* (JBS) between **January and February** as part of the **ongoing publication of Issue No. 4 (2026)**. As an open-access, multidisciplinary journal dedicated to advancing research on boredom, JBS continues to disseminate innovative and thought-provoking work as soon as peer review and editing are completed. The following articles and contributions have been made available [online](#):

Research Articles

- **Exploring Passage of Time Judgment in a Social Waiting**, by **Sandrine Gil** and **Sylvie Droit-Volet** (2025). *Journal of Boredom Studies*, (3). <https://doi.org/10.5281/zenodo.18107058>

Essays: The essays included in this issue and in issue #3 form part of a special section devoted to reflective and autobiographical contributions. In these pieces, boredom scholars share personal and intellectual narratives about how they first encountered boredom as an object of study and how they came to identify themselves as boredom researchers.

- **An Answer to the Question: “How and why I became a boredom researcher/scholar?”** (**Julian Jason Haladyn**)
<https://doi.org/10.5281/zenodo.18429871>

- **How and Why I Became a Boredom Researcher/Scholar: Between Restlessness and Presence—Notes from a Life Accompanied by Boredom** (**Stanley Kreiter Bezerra Medeiros**)
<https://doi.org/10.5281/zenodo.18173436>

- **Where One Is: Between Boredom and Architecture** (**Christian Parreno**)
<https://doi.org/10.5281/zenodo.18173208>

- **August** (**Peter Toohey**) <https://doi.org/10.5281/zenodo.18311474>

Read all new articles and submit your own here:

<https://www.boredomsociety.com/jbs/index.php/journal>

Papers Suggested by Our Members

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

Alves Ferreira, J. M. (2025). The Theory of Boredom as a Sign of Existential Disconnection—Alves Ferreira's Theory of Subjective Anomie. *Philosophies*, 10(6), 138. <https://doi.org/10.3390/philosophies10060138>

Herzog-Fequet, C., Gewurtz, R., Hansen, N., Read, H., & **Marshall**, C. (2026). What is the perceived relationship between boredom and substance use among persons who are unhoused?. *PLOS Mental Health*, 3(2), e0000354. <https://doi.org/10.1371/journal.pmen.0000354>

Monks, M., & **Moynihan**, A. B. (2026). Problematic pornography consumption as existential escape from boredom: A replication study. *Acta Psychologica*, 264, 106456. <https://doi.org/10.1016/j.actpsy.2026.106456>

Prandi, M., & Ceberio, M. (2026). El aburrimiento como fenómeno complejo: Una revisión interdisciplinaria desde una aproximación cognitiva, afectiva, neurobiológica y social. *Revista Científica Retos de la Ciencia*, 10(21), 47-62. <https://doi.org/10.53877/rc10.21-608>

Others:

Appel, J. E., Dezutter, J., Sullivan, D., Maxfield, M., & van Wijngaarden, E. J. (2026). Belgian and US Older Adults' Lay Perspectives on 'Tiredness of Life'. *Journal of Cross-Cultural Gerontology*, 41(1), 5. <https://doi.org/10.1007/s10823-025-09550-z>

Avdeeff, M. (2026). "I'm in the House Bored": TikTok's Sonic Mediation of Boredom and Class in the Pandemic Home. *Popular Music and Society*, 1-15. <https://doi.org/10.1080/03007766.2026.2623737>

Lee, H. J. (2026). The Boredom of Busyness: The Restlessness of Dexter the Serial Killer. In *Kierkegaard and Pop Culture* (pp. 61-78). Cham: Springer Nature Switzerland. https://doi.org/10.1007/978-3-032-10234-8_5

Peñalver, J., Villajos, E., & Pérez-Nebra, A. R. (2026). Dutch Boredom Scale. *Occupational Medicine*, kqag009. <https://doi.org/10.1093/occmed/kqag009>

Sun, B., Xing, Z., Guo, S., & Gu, X. (2026). The influence of boredom and moral judgment on empathy for pain: Evidence from event-related potentials. *Current Psychology*, 45(3), 243. <https://doi.org/10.1007/s12144-025-08663-5>

Takayama, A., Uehara, I., Yoshioka, T., Takeshima, T., Omae, K., Shimizu, S., ... & Fukuhara, S. (2026). Validation of the Japanese version of boredom proneness scale and derivation of its short version among older adults: a cross-sectional study. *Health and Quality of Life Outcomes*. <https://doi.org/10.1186/s12955-026-02490-3>

Toscanelli, C., Udayar, S., Van Petegem, S., De Witte, H., & Massoudi, K. (2026). Do you have experience with boredom at work? A qualitative investigation on job boredom. *International Journal for Educational and Vocational Guidance*, 1-23. <https://doi.org/10.1007/s10775-025-09783-x>

Trentini, B. (2025). Spectatorial boredom. Aesthetic rehabilitation of extended temporalities. *Cadernos de Literatura Comparada*, (53), 31-43. <https://doi.org/10.21747/21832242/litcomp53a2>

New Posts on the Website

Football in the Age of Fatigue. The 2026 FIFA World Cup, Boredom, and the Political Economy of Contemporary Experience, by Boris Berenzon.
<https://www.boredomsociety.com/2026/02/24/football-in-the-age-of-fatigue-the-2026-fifa-world-cup-boredom-and-the-political-economy-of-contemporary-experience/>



Football in the Age of Fatigue. The 2026 FIFA World Cup, Boredom, and the Political Economy of Contemporary Experience

por [boredomsociety](#)

Boris Berenzon Gorn (0009-0000-2303-0526) Programa de Cómputo Académico Instituto Nacional de Antropología e Historia (México) Abstract: In a historical moment saturated with stimuli yet increasingly marked by existential fatigue, football persists as one of the few collective practices capable of suspending ordinary time. This article approaches the... [Leer más »](#)

Screens, Boredom, and Depression: Digital Forms of Contemporary Malaise, by Boris Berenzon.
<https://www.boredomsociety.com/2026/02/24/screens-boredom-and-depression-digital-forms-of-contemporary-malaise/>

Screens, Boredom, and Depression: Digital Forms of Contemporary Malaise

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Boris Berenzon Gorn (0009-0000-2303-0526) Programa de Cómputo Académico Instituto Nacional de Antropología e Historia (México) Abstract: This essay examines the entanglement of digital culture, boredom, social media, and depression as constitutive elements of contemporary subjectivity. Moving beyond clinical interpretations, it conceptualizes depression as a cultural and philosophical... [Leer más »](#)



Boredom and Depression, by David Lester and Ahmed M. Abdel-Khalek.
<https://www.boredomsociety.com/2026/02/24/boredom-and-depression/>



BOREDOM AND DEPRESSION

por [boredomsociety](#)

David Lester (Stockton University, USA) & Ahmed M. Abdel-Khalek (University of Alexandria, Egypt) George Sanders (1906-1972) became a famous film actor in the United States. Sanders predicted back in 1937 that he would die by suicide using an overdose. In 1970, his third wife died... [Leer más »](#)

Informative Articles

Boredom= Death: Why Boredom is Killing You, by G. Matter (Inner Planet).
<https://innerplanet.in/the-surprising-truth-behind-why-boredom-is-ok/>



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