



Newsletter

April 2026

Editorial Note

Dear ISBS members,

The Board of Directors hopes this edition of our Newsletter (**issue #26, 2026**) finds you well. In this issue, we are pleased to share the **most recent articles** and **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 and the translation into Turkish of **Toohy's** book on boredom.

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

301 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 **March and April** 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

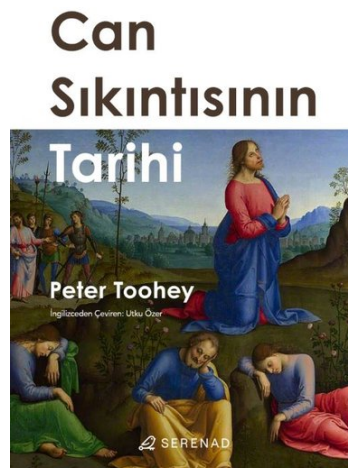
- **The Emotional Edgar Degas: Waiting, Boredom, and Expectation in Degas' L'Absinthe**, by **Peter Toohey** (2026). *Journal of Boredom Studies*, 4. <https://doi.org/10.5281/zenodo.19137214>
- **On the Relation Between Oral Contraceptive Use, Boredom, and Flow**, by **Alyssa C. Smith**, **Jeremy Marty-Dugas**, and **Daniel Smilek** (2026). *Journal of Boredom Studies*, 4. <https://doi.org/10.5281/zenodo.19682759>

Essays

- **An Answer to the Question: "How and Why I Became a Boredom Researcher/Scholar?"**. *The Significance of Investigating Boredom Amidst a Loss of Meaning* (**Jimena Mazzucco**) <https://doi.org/10.5281/zenodo.19330318>

Books

Peter Toohey's book **Boredom. A Lively History**, previously published by Doğan Kitap and long out of print in **Turkish**, is being released by Serenad with a new translation by Utku Özer. [Find it here:](https://www.kitapsec.com/Products/Can-Sikintisinin-Tarihi-Serenad-Yayinevi-935349.html) <https://www.kitapsec.com/Products/Can-Sikintisinin-Tarihi-Serenad-Yayinevi-935349.html>.



Papers Suggested by Our Members

Published by the members of the Boredom Society:

Lee, J. A., Drody, A. C., & **Danckert**, J. (2026). Mapping the embodied experience of boredom. *Personality and Individual Differences*, 257, 113805.

<https://doi.org/10.1016/j.paid.2026.113805>

Lester, D., & Abdel-Khalek, A. M. (2026). Boredom, Depression, and Suicidal Ideation. *Suicide Studies*, 7(3), 2-6. <https://www.drdauidlester.net/document-types/suicide-studies>

O'Dea, M. K., **Igou**, E. R., **Van Tilburg**, W. A., & Kinsella, E. L. (2026). Transcending boredom in daily life: the impact of self-transcendent emotions and meaning in life. *Motivation and Emotion*, 1-14. <https://doi.org/10.1007/s11031-026-10219-4>

Schöfer, P., **Danckert**, J., **Stadler**, P. F., & **Bogdan**, M. (2026). Boredom as homeostasis of cognitive resource utilization using spiking neural networks. *Neurocomputing*, 133203.

<https://doi.org/10.1016/j.neucom.2026.133203>

Tam, K. Y., **Van Tilburg**, W. A., & **Chan**, C. S. (2026). Swiping away dullness: disliking boredom predicts more smartphone use. *Motivation and Emotion*, 1-13.

<https://doi.org/10.1007/s11031-026-10230-9>

Zerr, K., **Seiler**, J. P. H., Rumpel, S., & Tüscher, O. (2024). Validation of a German version of the boredom proneness scale and the multidimensional state boredom scale. *Scientific Reports*, 14(1), 2905.

<https://doi.org/10.1038/s41598-024-53236-4>

Others:

Bella, A. F., & Messina, I. (2026). Workplace boredom: a self-regulatory conceptual model based on self-determination theory. *Current Psychology*, 45(7), 781.

<https://doi.org/10.1007/s12144-026-09254-8>

Chen, H., Li, Y., Xie, J. *et al.* More media multitasking, more boredom: the moderating role of trait mindfulness. *Curr Psychol* 45, 616 (2026).

<https://doi.org/10.1007/s12144-026-09215-1>

DiMauro, M. (2026). Defeating Apathy and Ease with One Punch: Modernity and the Problem of Omnipotent Boredom. *Humanities*, 15(3), 39.

<https://doi.org/10.3390/h15030039>

Gahlot, S., & Mitra, R. K. (2026). Short Form Video Scrolling, Boredom Tolerance And Sustained Attention Among Young Adults. *International Journal of Interdisciplinary Approaches in Psychology*, 4(4).

<https://doi.org/10.61113/ijiap.v4i4.1368>

Irvine, R. D. G. (2026), Boredom, despondency, and the scourge that lays waste at noon: an anthropology of acedia. *J R Anthropol Inst.* <https://doi.org/10.1111/1467-9655.70088>

Janke, M. C., An, J., Payne, L. L., & Guo, L. (2026). Loneliness, Boredom, and Leisure in Later Life: Associations with Well-being. *Innovation in Aging*, igag024.

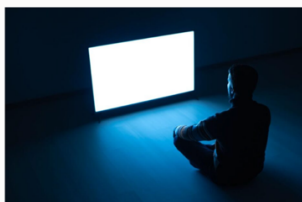
<https://doi.org/10.1093/geroni/igag024>

- Klaue, R. C. (2026, February). The Potential Effects of Boredom at Work: Boreout in Blue-Collar Retail Logistics. In *International Conference on Dynamics in Logistics* (pp. 310-328). Cham: Springer Nature Switzerland. https://doi.org/10.1007/978-3-032-19343-8_20
- Lucaci, A. E. (2026). El círculo vicioso del aburrimiento y el scrolling: una revisión sistemática sobre el uso problemático de vídeos cortos en población joven. *HOMERO*, 2(1), 286-304. <https://doi.org/10.64492/v8svyw45>
- Min Chung, H., Manes, A., & Guerra, K. (2026). Do your boredom and loneliness lead you to livestream shopping? *Atlantic Marketing Association Proceedings*, 2. https://digitalcommons.kennesaw.edu/ama_proceedings/2022/digital/2
- Muris, P., Otgaar, H., & Donkers, F. (2026). The Boredom-ADHD Nexus: A Narrative and Meta-Analytic Review of the Evidence. *Clinical Child and Family Psychology Review*, 1-20. <https://doi.org/10.1007/s10567-026-00563-9>
- Nerantzaki, K., Stavropoulou, G., & Daniilidou, A. (2026). Differentiating Trait-, Class-, and Study-Related Academic Boredom: Associations with Engagement and Performance. *Psychology International*, 8(1), 18. <https://doi.org/10.3390/psycholint8010018>
- Nováček, F., Chmelík, J., & Rusnak, V. (2026, April). Escaping the Valley of Boredom: Efficient User Resizing in Virtual Reality. In *Proceedings of the Extended Abstracts of the 2026 CHI Conference on Human Factors in Computing Systems* (pp. 1-5). <https://doi.org/10.1145/3772363.3799288>
- Pawlak, M. (2026). Data for Development and validation of the Short-Form Foreign Language Classroom Boredom Scale (S-FLCBS). <http://dx.doi.org/10.60629/4k1q-rx89>
- Sengul, H. (2026). Boredom and Phubbing; A Multiple Mediation Model. *Journal of Technology in Behavioral Science*, 1-10. <https://doi.org/10.1007/s41347-026-00606-6>
- Smith, J. S. (2026). Jan Patočka's Concept of Boredom and Everydayness. In *The Phenomenology of Individual Agency: Science, Technology, and the Human Condition* (pp. 3-10). Cham: Springer Nature Switzerland. https://doi.org/10.1007/978-3-032-06147-8_1
- Toscanelli, C., Urbanaviciute, I., De Witte, H., Massoudi, K., & Hirschi, A. (2026). Job Boredom: A Systematic Literature Review. *Zeitschrift für Arbeits-und Organisationspsychologie A&O*. <https://doi.org/10.1026/0932-4089/a000474>
- Van Viet, V., Anh, P. T. L., Hương, N. L., & Dung, N. P. L. (2026). Evaluating the relationship between academic boredom and learning outcomes. *Tạp chí Khoa học Đại học Đồng Tháp*, 15(3), 91-105. <https://doi.org/10.52714/dthu.15.3.2026.1787>

New Posts on the Website

Boredom as a Condition: Politics Without Intensity and the Weariness of the Common, by Boris Berenzon. [Read it here.](#)

Must Read



Boredom as a Condition: Politics Without Intensity and the Weariness of the Common

por [boredomsociety](#)

Boris Berenzon Gorn0009-0000-2303-0526Programa de Computo AcadémicoInstituto Nacional de Antropología e Historia (México) "At what point did what ought to unsettle us cease to call us into question? Boredom is not the absence of politics; it is its diminished form. When the common no longer moves... [Leer más »](#)

Informative Articles

Why Boredom Fuels Skin Picking – And What You Can Do About It, by Dawn Ferrara (SkinPick). <https://www.skinpick.com/when-boredom-leads-to-picking>



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INTERNATIONAL SOCIETY OF BOREDOM STUDIES

Email: contact@boredomsociety.com

