



Newsletter

June 2026

Editorial Note

Dear ISBS members,

We hope this edition of our Newsletter (**issue #27, 2026**) finds you well. In this issue, we are delighted to present the latest research articles published in the ***Journal of Boredom Studies***, announce the publication of ***The Disease of Boredom*** by **Josefa Ros Velasco** and the **Arabic edition** of ***Boredom Is in Your Mind***, share the recording of **Danielle Greenberg's** recent ISBS **research seminar**, and highlight three new essays by **Boris Berenzon** in our ***Must Read*** section. As always, we also include a selection of recent publications on boredom kindly suggested by our members and other resources.

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

308 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 **May and June** as part of the **ongoing publication of Issue No. 4 (2026)**. They are available [online](#):

Research Articles

- **Living Through Change: Boredom and the Rhetoric of Modern Experience**, by **Elizabeth Goodstein** (2026). *Journal of Boredom Studies*, 4. <https://doi.org/10.5281/zenodo.20098119>
- **The Connection Between State Boredom and Authoritarian Attitudes: The Moderating Role of Search for Meaning**, by **Sabrina Krauss**, Ceren Acar & Stephanie Jainta (2026). *Journal of Boredom Studies*, 4. <https://doi.org/10.5281/zenodo.20661805>

Research Seminar: Danielle Greenberg (USC)

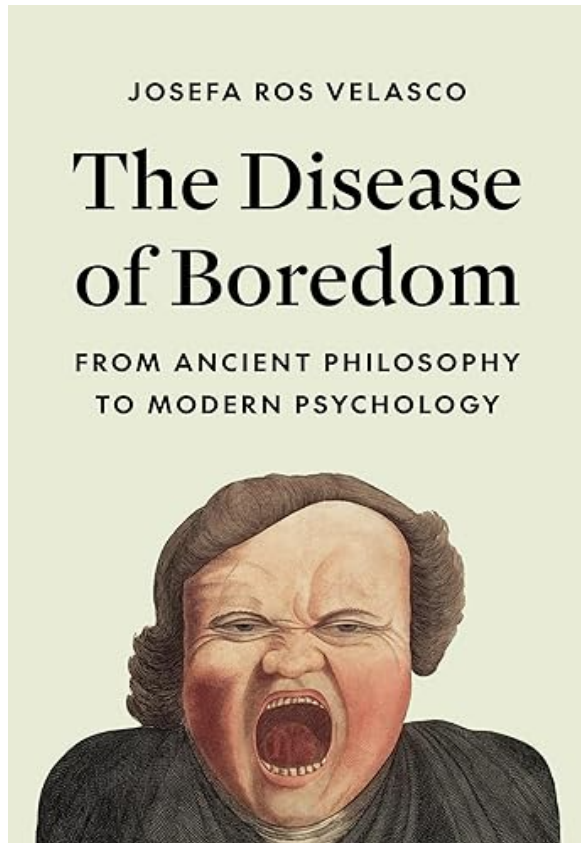
On **27 May 2026**, the ISBS welcomed **Danielle Greenberg** (University of Southern California, USC) for a research seminar entitled *Researching Boredom: Past Work and Future Directions – Boredom in an Overstimulated Society*, held at the **Faculty of Philosophy of the Complutense University of Madrid** (UCM). As part of our Society's ongoing research activities, and Danielle's research stay at UCM under the supervision of Josefa Ros, she presented her work on boredom as a condition emerging from overstimulation in contemporary society, followed by an engaging discussion with members of our Madrilenian community. The full [seminar recording](#) is now available on our **YouTube channel**. We warmly invite all members who could not attend to watch the talk online: https://youtu.be/KIMGc_dinI?si=I7tb7Vu_mRPPYOb



Recent Books

The Disease of Boredom. From Ancient Philosophy to Modern Psychology

By **Josefa Ros Velasco**
Princeton University Press
9780691266619



The Disease of Boredom rethinks boredom as more than an unpleasant feeling: it is an emotional signal that reveals a mismatch between ourselves and our world. Combining philosophy, psychology, and intellectual history, Josefa Ros Velasco offers a compelling new account of boredom as a call to action rather than a condition to be merely avoided.

[Find it here.](#)

Read the **review** by Glenn C. Altschuler in [Psychology Today](#).

الملل في عقلك (Arabic edition of Boredom Is in Your Mind: A Shared Psychological-Philosophical Approach)

Edited by **Josefa Ros Velasco**
Dār al-Rawāfid al-Thaqāfiyya
9786030517718



الملل في عقلك is the Arabic edition of [Boredom Is in Your Mind: A Shared Psychological-Philosophical Approach](#) (Springer, 2019), an interdisciplinary volume that brings together philosophical and psychological perspectives by authors such as P. **Toohey**, J. **Danckert**, J. **Eastwood**, W. **van Tilburg**, or L. **Svendsen**, to explore the nature, causes, and significance of boredom. [Find it here.](#)

Papers Suggested by Our Members

Published by the members of the Boredom Society:

Haas, M., & **Martarelli**, C. S. (2026). From delay to forgetting: how boredom and procrastination disrupt prospective memory. *Humanities and Social Sciences Communications*. <https://doi.org/10.1057/s41599-026-07553-w>

Müller-Boysen, T., **Dadzie**, V. B., & **Danckert**, J. (2026). Why are you so boring? The role of agency in perceived boringness. *Personality and Individual Differences*, 259, 113855. <https://doi.org/10.1016/j.paid.2026.113855>

Samatanga, C., **Lapteva**, A., **Wolff**, W., & **Martarelli**, C. S. (2026). Tuning out: boredom, mind-wandering and flow in classical musicians. *Psychological Research*, 90(3), 102. <https://doi.org/10.1007/s00426-026-02314-5>

Solhi, M., **Kruk**, M., Elahi Shirvan, M., Pawlak, M., & Taherian, T. (2026). Development and Validation of the Second or Foreign Language Boredom Coping Strategies Scale. *Language Teaching Research*, 13621688261456524. <https://doi.org/10.1177/13621688261456524>

Others:

Afifah, P. N., Pratitis, N. T., & Kusumandari, R. (2026). The Relationship Between Boredom Proneness and Phubbing Behavior in Adolescents. *Psikologi Prima*, 9(1), 113-122. <https://doi.org/10.34012/psychoprime.v9i1.7968>

dos Santos Ribeiro, L. A. (2026). Temporalidade e tédio em O Cavalo de Turim, de Béla Tarr: uma abordagem ontológica. *Domínios da Imagem*, 20, 1-26. <https://doi.org/10.5433/2237-9126.2026.v20.52715>

Fiorello, A. (2026). Terminal Boredom, Longevity, and Narrative. *Acta Analytica*, 1-21. <https://doi.org/10.1007/s12136-026-00696-0>

Leung, Y. H. (2026, May). "For the Source Fresh Water Flows in": Zhu Xi's Antidote to Boredom. In *The Philosophical Forum*. <https://doi.org/10.1111/phil.70014>

Li, H. (2026). Bored to battle: The relationship between boredom and aggression. *Personality and Individual Differences*, 262, 113956. <https://doi.org/10.1016/j.paid.2026.113956>

Maio, M. (2026). Some animals have self-knowledge: the key consequence of Elpidorou's functional theory of boredom. *Acta Baltica Historiae Et Philosophiae Scientiarum*, 14 (1), 45-61. <https://doi.org/10.11590/abhps.2026.1.02>

Marót, J. L., Szabó, Z. P., & Gulyás, R. (2026). Narcissism, perfectionism, and workplace boredom: an unexpected moderation effect. *Current Psychology*, 45(10), 1020. <https://doi.org/10.1007/s12144-026-09569-6>

Perone, S., Vaughan, A. M., Anderson, A. J., & Weybright, E. H. (2026). How Parents Support Their Children's Boredom Relates to Dynamics of Neurophysiological Correlates of Self-Regulation. *Infant and Child Development*, 35(4), e70119. <https://doi.org/10.1002/icd.70119>

Petrescu-Mag, R. M., Petrescu, D. C., Rastegari, H., Ivan, A., & Petrescu-Mag, I. V. (2026). Climate change boredom: Exploring its predictors and the psychological factors that influence intention to act. *PLoS One*, 21(5), e0348574. <https://doi.org/10.1371/journal.pone.0348574>

Rashid, M., & Shabnam, S. (2026). Boredom Proneness, Sleep Quality, and Attention-Related Cognitive Errors: A Mediation Analysis. *Sleep and Vigilance*, 1-8.

<https://doi.org/10.1007/s41782-026-00356-8>

Singh, N. (2026). Workplace Boredom and Cyberloafing: An Integrated Theoretical Framework. *International Journal of Multidisciplinary Research Transactions*, 8(4), 104–113. <https://doi.org/10.5281/zenodo.19946438>

Smith, A. C., Crawford, C. M., Singh, G., & Fenske, M. J. (2026). The Cognitive-Affective Hearing Aid Paradox: Boredom Proneness and Attentional Difficulties Predict Worse Age-Related Subjective Hearing but Lower Rates of Hearing Aid Adoption. *Ear and Hearing*, 10-1097. <https://doi.org/10.1097/AUD.0000000000001840>

Zeng, Y., Wen, J., Zheng, L., Phau, I., Miao, P., Chen, Y., & Zhang, H. (2026). Returning to nature for meaningful connection: Embodied travel as a meaning-making approach against state boredom. *Journal of Hospitality and Tourism Management*, 67, 101457. <https://doi.org/10.1016/j.jhtm.2026.101457>

New Posts on the Website

Read the last posts by **Boris Berenzon** in our **MUST-READ** section:

<https://www.boredomsociety.com/must-read/>

- **Boredom: The Last Happy Ideology.**
- **Living from Suspicion: Critical Theory, Institutional Boredom, and the Exhaustion of Thought.**
- **Eleven Plus Eleven and the Collective Unconscious: Football Against the Boredom of the World.**



Living from Suspicion: Critical Theory, Institutional Boredom, and the Exhaustion of Thought

por **boredomsociety**

Boris Berenzon Gorn0009-0000-2303-0526 Instituto Nacional de Antropología e Historia (México) Those who repeat critique without thinking it do not challenge power: they entertain it Abstract This essay examines the contemporary condition of Critical Theory as an intellectual practice increasingly shaped by institutional repetition, conceptual fatigue,... [Leer más »](#)

Boredom: The Last Happy Ideology

por **boredomsociety**

Boris Berenzon Gorn0009-0000-2303-0526 Instituto Nacional de Antropología e Historia (México) Abstract This essay explores boredom as one of the central cultural symptoms of twenty-first-century capitalism through the philosophical lens of Slavoj Žižek and his dialogue with psychoanalysis, ideology critique, and digital culture. Drawing from works such... [Leer más »](#)



Eleven Plus Eleven and the Collective Unconscious: Football Against the Boredom of the World

por **boredomsociety**

Boris Berenzon Gorn0009-0000-2303-0526 Instituto Nacional de Antropología e Historia (México) Abstract This essay explores football as one of the most powerful symbolic and emotional structures of contemporary society through an interdisciplinary dialogue between anthropology, psychoanalysis, critical theory, and cultural history. Drawing on the thought of... [Leer más »](#)

Informative Articles

Rethinking Boredom and Idleness in a Technology-Driven World, by Jie Li (*Interactions*). <https://interactions.acm.org/archive/view/may-june-2026/rethinking-boredom-and-idleness-in-a-technology-driven-world>



Burnout vs. Síndrome de Boreout: Diagnóstico Diferencial para Profesionales, by Octavio Ortega Esteban (*Trabajo y Personal*). <https://trabajoypersonal.com/burnout-vs-sindrome-de-boreout/>

Burnout



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

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