



Newsletter

August 2026

Editorial Note

Dear ISBS members,

We hope this edition of our Newsletter (**issue #28, 2026**) finds you well. In this issue, we present the latest research articles published in the ***Journal of Boredom Studies***, announce the **Call for Chapters** for ***The Handbook of Boredom in Modern Literature***, highlight new contributions to our *Must Read*, and share a fascinating historical diagram on boredom. As always, we include a selection of recent publications on boredom kindly suggested by our members and other resources from 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

316 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.

We warmly welcome our newest members: Athena Daniilidou, Miriana Maio, Benjamín Carobisoni, Ahmed Gama Ali Miri, Richard Irvine, Roni Yat-hung Leung, Mehdi Solhi, and Kathy A. Behrendt. We are delighted to have you with us!

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

Research Articles

- **The Politics of “La siesta del martes”: A Phenomenology of Boredom and Suspended Time in Gabriel García Márquez**, by Lorena Santos-de-Torregroza (2026). *Journal of Boredom Studies*, 4. <https://doi.org/10.5281/zenodo.21820546>
- **Trait and State Boredom in Adults with Elevated ADHD Symptoms: The Roles of ADHD Symptoms and Attention Control**, by Jenna Santer & **Sarah Orban** (2026). *Journal of Boredom Studies*, 4. <https://doi.org/10.5281/zenodo.21275104>

Expanding Our Scholarly Visibility

We are pleased to announce that the *Journal of Boredom Studies* has recently been accepted for inclusion in **Zenodo Community**, **OpenCitations**, **ResearchBib**, and **Dulcinea**, further expanding the journal's visibility, discoverability, and access within the scholarly community. We are continuing to work towards inclusion in [additional indexing](#), abstracting, and scholarly discovery services and will keep our members informed of further developments.



Read all new articles and submit your own here:

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

Call for Chapters

The Handbook of Boredom in Modern Literature

Editors:

Mariusz Finkielsztein (University of Gdańsk) mariusz.finkielsztein@gmail.com

Josefa Ros Velasco (Complutense University of Madrid) josros@ucm.es

The Handbook of Boredom in Modern Literature is to be a comprehensive monographic study examining boredom as a central aesthetic, philosophical, psychological, and socio-cultural category in the history of modern literature. Rather than relying purely on abstract theory, this volume approaches boredom through focused case studies devoted to individual authors and their works. Across these chapters, boredom—alongside adjacent states such as *ennui*, tedium, spleen, *acedia*, melancholy, existential malaise, and affective exhaustion—emerges variously as paralysis, protest, privilege, illness, and spiritual crisis. By situating close textual readings within the broader intellectual history of modernity, the volume, written by a multidisciplinary group of authors, is to demonstrate that literary boredom is a powerful diagnostic lens on social order, temporality, and the modern subject's experience of meaninglessness.

Volume Structure & Epochal Scope

The volume is planned as a Handbook or Companion and covers not only the most vital writers addressing the theme of boredom but also a broad selection of modern authors (around 60 chapters). The book is to trace the evolution of literary boredom across (tentatively) seven historical and thematic phases:

- **Early Modernity & Enlightenment Foundations:** Early reflections on existential void and social routine (e.g. *Diderot, Laclos, Austen*).
- **Romantic Ennui (1770s–1840s):** Melancholy, idealist frustration, and the world-weary anti-hero (e.g., *Goethe, de Staël, Senancour, Byron, Chateaubriand, Constant, Stendhal, Sand, Balzac, Musset*).
- **The Superfluous Man:** The Russian literary archetype of social paralysis, alienation, and unfulfilled potential (e.g. *Pushkin, Lermontov, Goncharov, Turgenev*).
- **Bourgeois Boredom, Realism, & Decadent Spleen:** Domestic stagnation, industrial monotony, social entrapment, and aesthetic decay (e.g., *Dickens, Flaubert, Tolstoy, Fontane, Chopin, Ibsen, Gilman, Conrad, Chekhov, Baudelaire, Huysmans, Wilde*).
- **Modernist Stagnation (Early 20th C.):** Temporal distortion, consciousness, alienation, and metaphysical paralysis (e.g., *Proust, Joyce, Pessoa, Mann, Kafka, Woolf*).
- **Catastrophism & Existential Absurdity (Mid-20th C.):** Totalitarian dread, the absurdity of existence, and postwar existential malaise (e.g., *Broch, Platonov, Orwell, H. Miller, Gombrowicz, Sartre, Camus, Beckett, Buzzati, Gracq*).
- **Postwar Emptiness, Consumerism, & Digital Fatigue:** Mass society, late-capitalist hyper-consumption, information overload, and contemporary affective exhaustion (e.g., *Moravia, Perec, de Beauvoir, Ernaux, Bellow, Bernhard, Duras, DeLillo, Houellebecq, Ferrante, Rourke, Moshfegh*).

Chapter Guidelines & Scope

Each chapter must offer an in-depth analysis of the theme of broadly understood boredom in the work of a **single author** (according to a formula: Boredom in...). The title should include the name and surname of a writer as a main part, and a freely formulated subtitle.

- **Analytical Approach:** Authors may focus on a single representative work but should analyse boredom across multiple texts of an author to demonstrate how boredom functions as a recurring motif in the author's oeuvre.
- **Target Audience:** Written primarily for readers seeking to deepen their understanding of boredom in a specific author's work (spoilers are permitted), while remaining accessible to a general literary audience. Comparative analysis with other writers should be kept to a minimum.
- **Required Contextual Elements:**
 - o **Biographical Context:** Key details situating the writer within their epoch. Where applicable, personal engagement with boredom (e.g., excerpts from letters, diaries) may be included.
 - o **Socio-Cultural Context:** Historical background necessary to understand the specific societal structures depicting boredom (e.g., aristocratic class dynamics, marital systems, late-capitalist work environments, author's country history and socio-cultural context).

Submission guidelines

The abstract of the proposed chapter (between 250-500 words) along with a short bio (up to 150 words) and contact information should be sent to editors via e-mail before the **end of October 2026**.

Contributors may propose up to two chapters. Each submission must include a brief statement detailing: (a) how the chosen author's work relates to boredom; and (b) what the contributor's expertise is on the writer. The minimum criteria for inclusion of a writer are: the author must address themes of boredom/ennui, possess at least some international recognition, and be available in English translation. Poetry is excluded.

The comments and decisions on the proposed chapters will be provided before the end of December 2026. Then, the proposal for the book will be sent to prospective publishers (Routledge Handbook Series, The Oxford Handbooks, The Cambridge Companions or The Palgrave Handbooks). In case of a positive answer from a publisher, the authors will be asked to prepare the chapter, between **6,000 and 8,000 words** including footnotes and references. Technical information will be provided after the publisher accepts the proposal and will depend on the publisher's style. In case of any doubts and/or questions, we encourage prospective authors to consult the editors directly.

Prospective deadline for chapters: mid-2028

Download Call for Chapters [here](#)

<https://www.boredomsociety.com/wp-content/uploads/2026/08/Call-for-Chapters-Boredom-in-Literature.pdf>

Papers Suggested by Our Members

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

Barraza, A., Coronado, C., & Guadalupe, M. (2026). Relación del uso nocturno del celular con el aburrimiento en adultos mexicanos. *Revista Chakiñan de Ciencias Sociales y Humanidades*, (26), 13-31. <https://doi.org/10.37135/chk.002.26.01>

D'Amico, J. (2026). The Feeling of Psychic Change: Stendhal and the Plasticity of the Brain. *Revue Stendhal*, (6). <https://doi.org/10.4000/169an>

de Oliveira, L., Kerner, I., & Mark, K. P. (2026). Understanding Relationship Boredom: A Thematic Analysis of Its Dimensions and Links to Sexual Boredom. *The Journal of Sex Research*, 1-17. <https://doi.org/10.1080/00224499.2026.2698018>

Figueiredo, T., & **Seiler**, J. P. H. (2026). Distinct affective and impulsivity-related profiles are associated with facets of state boredom in adults with attention-deficit hyperactivity disorder. *Scientific Reports*. <https://doi.org/10.1038/s41598-026-63382-6>

Goetz, T., Stoll, S., Adam, C. A., **Bieleke**, M., Frenzel, A. C., **Fries**, J., **Kraiger**, L., **Stempfer**, L., Yanagida, T., & **Pekrun**, R. (2026). Test boredom while working on difficult versus easy tasks: The same emotion but different effects on performance. *Journal of Educational Psychology*. <https://dx.doi.org/10.1037/edu0001045>

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>

Pirla, S., Ortega-Lapiedra, R., Oishi, S., and **Pfattheicher**, S. (2026). Boredom and psychological well-being among the self-employed. *Small Bus Econ*. <https://doi.org/10.1007/s11187-026-01265-w>

Sánchez San Jose, I. (2026). Metodología docente dinámica frente al aburrimiento en las aulas universitarias: más motivación y mejor rendimiento académico. PhD Diss. Complutense University of Madrid. <https://hdl.handle.net/20.500.14352/138700> **CONGRATULATIONS, Irene!** 🎉🥳

Seiler, J. P. H., Müller-Dahlhaus, F., Kapczinski, F., & **Figueiredo**, T. (2026). The association between boredom and mind-wandering weakens with increasing depressive symptom severity. *BMC psychology*, 14(1), 1191. <https://doi.org/10.1186/s40359-026-05362-z>

Tam, K., **Van Tilburg**, W., & **Chan**, C. The art of boredom regulation: Associations with personality traits, boredom experience, and well-being. https://doi.org/10.31234/osf.io/3958w_v1

Others

Akbari, M., & Griffiths, M. D. (2026). Boredom-related metacognitions in problematic social media use: a four-wave longitudinal panel study. *Addictive Behaviors*, 108815. <https://doi.org/10.1016/j.addbeh.2026.108815>

Berisha, R. (2026). Affective geopolitics: Collective boredom in a not-yet EU state. *Anthropological Theory*. <https://doi.org/10.21428/4566d66c.2665991a>

de Carvalho, F. N. (2026). From cognitive malaise to erotic stagnation: reforming the functional view in light of sexual boredom. *Philosophical Psychology*, 1-12. <https://doi.org/10.1080/09515089.2026.2698093>

Franzen, A. B., & Oostindie, J. (2026, August). Everyone Gets Bored, but Some Can't Stop: Effects of Trait Boredom on Burnout and Health for Pre-Health Undergraduate Students. In *Sociological Forum*. <https://doi.org/10.1111/socf.70093>

Mohammed Alhassan, Y., Mohammed, B., & Iddrisu, I. (2026). From boredom to banditry: how abusive supervision amplifies the negative affect-time banditry relationship. *Journal of Health Organization and Management*, 1-23. <https://doi.org/10.1108/JHOM-02-2026-0223>

Ortiz, M. P. S., Cherrez, A. F. P., & Ibarra, D. F. E. (2026). Aburrimiento académico en estudiantes Universitarios su impacto en la motivación el rendimiento estudiantil. *Polo del Conocimiento*, 11(8), 1184-1203. <https://doi.org/10.23857/pc.v11i8.12287>

Raes, H. E. (2026). *Beware of Boredom: How Boredom Shapes Long-Term Relapse and Recovery in AUD* (Doctoral dissertation, The New School).

Sohail, A. (2026). The Journey from Beauty to Boredom: An Emotional Breakthrough for Cognitive Reserve. *Pakistan Journal of Positive Psychology*, 3(3), 54-58. <https://doi.org/10.67785/pjpp.3.147>

Taqdees, M. (2026). *Can social media induce boredom? An experimental investigation of social media, state boredom and creative task engagement* (Unpublished undergraduate project). Institute of Business Administration, Pakistan. <https://ir.iba.edu.pk/sslace/433>

Zarei, S. (2026). Antecedents of Student Boredom in the Classroom from the Perspective of Faculty Members: A Qualitative Study. *Rooyesh-e-Ravanshenasi Journal (RRJ)*, 15(4), 59-70. <http://frooyesh.ir/article-1-6957-en.html>

New Posts on the Website

Read the last posts by **João Alves Ferreira** in our **MUST-READ** section:

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

- [Ad astra per aspera – through hardships to the stars](#) (Portuguese and Spanish translations included).
- [A Imortalidade como Caixa de Pandora](#).



Ad astra per Aspera – por caminhos árduos até às estrelas

por [boredomsociety](#)

By Joao Alves Ferreira A dúvida sobre o próprio valor é talvez uma das maiores tragédias humanas, uma sombra que acompanha a humanidade desde os seus primórdios... A ciência psicológica mostra-nos que a autocrítica excessiva está fortemente associada a depressão, ansiedade e estados de desespero... [Leer más »](#)

A Imortalidade como Caixa de Pandora

por [boredomsociety](#)

By Joao Alves Ferreira A recente conversa entre Vladimir Putin e Xi Jinping, captada por microfones abertos durante um desfile militar em Pequim, na qual se especulou sobre transplantes de órgãos, biotecnologia e a possibilidade da imortalidade não é, apenas, um episódio curioso da política... [Leer más »](#)



The Boredom Society in the Portuguese Press

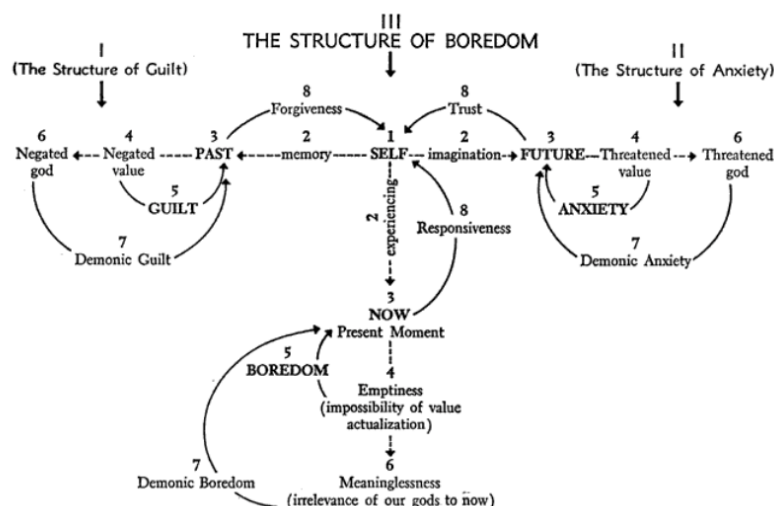
The **International Society of Boredom Studies** was recently featured in the Portuguese newspaper **Campeão das Províncias**, which highlighted the Society's international dissemination of a contribution by João Ferreira. We are delighted to see Boredom Studies reaching new audiences beyond academia.

JOÃO FERREIRA – Doutorando na Faculdade de Medicina da Universidade de Coimbra, João Ferreira é colaborador regular do “Campeão”, com os seus textos publicados quinzenalmente na página de opinião. Uma prova da qualidade e do interesse da reflexão que aqui tem feito é a réplica verificada em outros meios. É o caso da Confederação Portuguesa do Voluntariado, que replicou para a sua rede o texto de João Ferreira sobre os que dão uma parte do seu tempo em prol dos outros. Também a International Society of Boredom Studies (ISBS), uma sociedade científica internacional associada à Universidade Complutense de Madrid, replicou para todo o mundo o texto “Além do amanhã: o futuro imediato, a inadiável necessidade que exige um novo contrato social agora”. Pensamentos jovens e que vão além da espuma dos acontecimentos são reconhecidos pela capacidade reflexiva, num contexto académico e internacional, o que nos apraz registar e releva o valor do autor, a quem o nosso Jornal dá espaço para se exprimir.

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

A Diagram on Boredom

ISBS member **Martin Weiner** shares with our community a fascinating **diagram** from **Thomas C. Oden's *The Structure of Awareness* (1969)**, mapping the structure of boredom and its relation to awareness, values, and the present moment. A thought-provoking visual for Boredom Studies!



Part III, the structure of boredom, analogously, is as follows: The self (1) relates to the now or present actuality in the mode of immediate experiencing (2). When that present (3) is symbolized as being devoid of values regarded as necessary for one's existence, one experiences boredom (5). Boredom is the awareness that the essential values through which one fulfills himself are not able to be actualized under these present circumstances. To the degree to which these limited values are elevated to absolutes which appear to be unactualizable (6), one is vulnerable to intensive, depressive, demonic boredom.

Call for Collaboration: Boredom and Poverty

Ahmed Gama Ali Miri, a new ISBS member and MSc student in Mass Communication at **Liverpool John Moores University**, is seeking to connect with researchers interested in the relationship between **boredom and poverty**, particularly in peripheral and poverty-affected communities. If you are working on this topic or would be interested in exploring potential collaborations, please **contact Ahmed directly at A.GamaAliMiri@2024.ljmu.ac.uk**.

Contact us

INTERNATIONAL SOCIETY OF BOREDOM STUDIES

Email: contact@boredomsociety.com

