



Newsletter

October 2026

Editorial Note

Dear ISBS members,

We are delighted to share the October edition (**issue #29**) of our Newsletter with you!

We celebrate new publications in the *Journal of Boredom Studies*, and are pleased to announce the journal's recent inclusion in **PhilPapers**, **EconPapers-RePEc**, and **APA PsycInfo**. We also share the **Call for Chapters** for *The Handbook of Boredom in Modern Literature*, and present a selection of new research and resources kindly shared by our members. This issue also looks back at the **PRE-BORED** dissemination event held in Madrid

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

323 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: Antonio Fernández Vicente, Linda Levitt, Lorraine Besser, Rozafa Berisha, Aaron B. Franzen, Amjad Sohail, and Felipe Nogueira de Carvalho. 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 **September and October** as part of the **ongoing publication of Issue No. 4 (2026)**. They are available [online](#):

Research Articles & Reviews

- **Romantic Boredom in Fantasies about Art (Phantasien über die Kunst) and “The Rune Mountain” (“Der Runenberg”). A Study of Affinities with Schopenhauer’s Philosophy of Art and Existence**, by **Julia Köwitz García** (2026). *Journal of Boredom Studies*, 4. <https://doi.org/10.5281/zenodo.22276629>
- **Review of the Book The Disease of Boredom by Josefa Ros Velasco**, by **Mariusz Finkielstein** (2026). *Journal of Boredom Studies*, 4. <https://doi.org/10.5281/zenodo.23696225>
- **Review of the Book The Anatomy of Boredom by Andreas Elpidorou**, by **Mariusz Finkielstein** (2026). *Journal of Boredom Studies*, 4. <https://doi.org/10.5281/zenodo.23414894>

Expanding Our Scholarly Visibility

We are pleased to announce that the *Journal of Boredom Studies* has recently been accepted for inclusion in **PhilPapers**, **EconPapers-RePEc**, and **APA PsycInfo**, 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>

From the President: Where Should Research on Boredom Be Published?

In a recent article published in [Editors' Café](#), **Josefa Ros Velasco** reflects on the challenges facing emerging and highly specialized research fields, drawing on her experience as a researcher, President of the **International Society of Boredom Studies** (ISBS), and co-director of the **Journal of Boredom Studies** (JBS).

In "[When the Best Home for a Paper Is Not the Highest-Ranked Journal](#)", she discusses the difficulties that young, specialized journals and scholarly communities encounter in gaining academic visibility and recognition. She addresses, among other issues, the challenges of journal indexing, the perception of editorial endogamy in emerging research fields, and the tension between publishing in prestigious journals and reaching the audiences most likely to engage with and develop our research.

The article also raises a broader **question for our community**: how can we build and strengthen a research field such as Boredom Studies when the academic evaluation systems we work within do not always recognize the value of specialized scholarly spaces?

We invite all ISBS members to read the article and share their thoughts.

 [Read the full article at Editors' Café](#)



Link: <https://editorscafe.org/details.php?id=187>

Papers Suggested by Our Members

Published by the members of the Boredom Society

Danckert, J., Nettinga, J., Khan, Y., Teka, A., & Drody, A. (2026). Sleep regulation as a function of boredom proneness. Available at SSRN 6753253. <https://dx.doi.org/10.2139/ssrn.6753253>

Goetz, T., **Kraiger**, L., **Fries**, J., Yanagida, T., **Grandjean**, L., Pessler, M., & **Pekrun**, R. (2026). Boredom in the museum: Levels, antecedents, and consequences. *Scientific Reports*, 16, 33021. <https://doi.org/10.1038/s41598-026-74062-w> | Free-to-read link: <https://rdcu.be/qM95nKbSw9ea>.

Igou, E. R., **Van Tilburg**, W. A., **Moynihan**, A. B., & **O'Dea**, M. K. (2026). Boredom and meaning: Managing everyday existential dread. In K. E. Vail III, D. R. Van Tongeren, R. J. Schlegel, J. Greenberg, L. A. King, & R. M. Ryan (Eds.), *Handbook of the science of existential psychology* (pp. 743–757). The Guilford Press.

Plate Blomberg, J. (2026). Den uttråkade läraren : Existens och yrkeskunnande i gymnasielärares vardag (PhD dissertation, Södertörns högskola). <https://urn.kb.se/resolve?urn=urn:nbn:se:sh:diva-61435>

CONGRATULATIONS! 🎓

Taylor, N. L., Shine, J. M., & **Danckert**, J. (2026). Bored out of my mind: Integrated and flexible brain networks define trait boredom. *Cognitive, Affective, & Behavioral Neuroscience*, 1-12. <https://doi.org/10.3758/s13415-026-01489-z>

van den Berg, M. Feeling in or out: The politics of boredom in Christian public discourse in the Netherlands. In *Gender, Sexuality and Religious Exit* (pp. 162-176). Routledge.

Others

Bai, Y., Zhang, M., & Liu, Y. (2026). Daily Boredom and Daily Life Satisfaction: A Daily Diary Study of Meaning in Life as a Mediator. *Scandinavian Journal of Psychology*. <https://doi.org/10.1111/sjop.70140>

Campbell, L. (2026). Profound boredom and becomings: An exploration of an affective imprisonment. *Punishment & Society*, 14624745261499352. <https://doi.org/10.1177/14624745261499352>

Cortez-Ocaña, M. P., Bastidas-Meza, D. S., Céspedes-Guachamboza, D. A., & Paredes-Núñez, Á. V. (2026). Del vacío al sentido: funciones psicológicas del aburrimiento. *Sanitas. Revista arbitrada de ciencias de la salud*, 4(especial8), 89-96. <https://doi.org/10.62574/w8exjt97>

Fok, C. (2026). Boredom. *Philosophy Now*, 175, 27-29.

Gurrieri, R., Gambini, M., Sità, G., Pescini, E., Mucci, F., & Marazziti, D. (2026). Boredom in Psychiatric Disorders: Another Dimensional Construct?. *Brain and Behavior*, 16(9), e71718. <https://doi.org/10.1002/brb3.71718>

Guzman, C. (2026). Boredom and the evaluative foundations of temporal experience. *Poetics*, 118, 102126. <https://doi.org/10.1016/j.poetic.2026.102126>

Lenvik, A. (2026). "Boredom Backs You into a Corner": A Case Study of Two Twice-Exceptional Students with ADHD. *Education Sciences*, 16(9), 1489. <https://doi.org/10.3390/educsci16091489>

Liu, M., Chen, H., Xie, J., Xie, J., Ma, X., & Shi, Z. (2026). The longitudinal associations between boredom proneness and mind wandering: the role of trait mindfulness. *Current Psychology*, 45(17), 1471. <https://doi.org/10.1007/s12144-026-10032-9>

Ogachi, F. M., Achola, G., Mwaniki, P., Makena, S., Gachie, W., & Mutunga, M. (2026). Implementing Tabletop Games to Reduce Boredom, Enhance Social Interaction and Cognitive Functioning Among Patients in a Psychiatric Ward: A Quasi-Experimental Study at Mathari National Teaching and Referral Hospital, Kenya. *Eastern African Journal of Humanities and Social Sciences*, 5(2), 544-554. <https://doi.org/10.58721/pdasqp32>

Rehman, S., Chani, P. S., & Elangovan, R. (2026). Beyond Mean Temperature: Measuring Cognitive Stress and Boredom by Facial Infrared Thermography. <https://doi.org/10.21203/rs.3.rs-10940616/v1>

Smith, C. H. (2026). Perambulations: Boredom as Narrative Strategy in Henry James's *The Princess Casamassima*. *The Explicator*, 1-10. <https://doi.org/10.1080/00144940.2026.2729252>

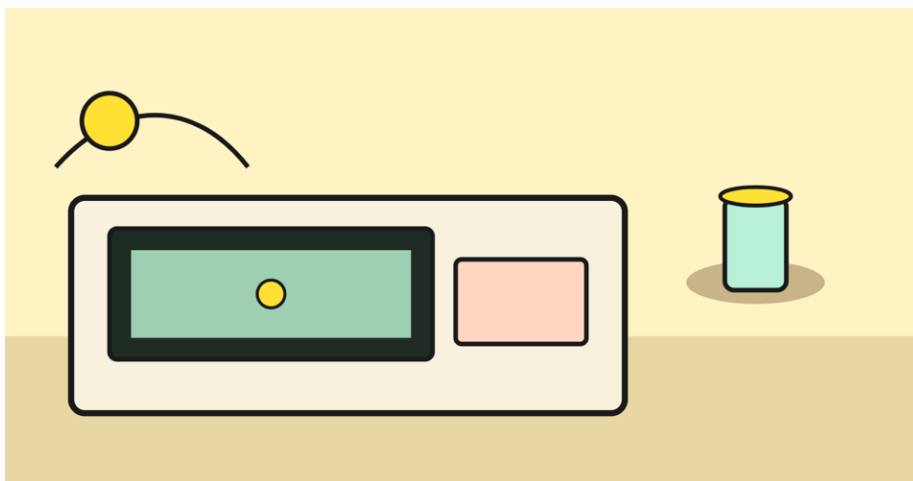
Sutin, A. R., Luchetti, M., Stephan, Y., & Terracciano, A. (2026). Purpose in life and boredom: concurrent and prospective associations and pathway to episodic memory. *Aging & Mental Health*, 1-8. <https://doi.org/10.1080/13607863.2026.2731428>

Informative Articles

Is My Cat Bored? Signs of Cat Boredom and Under-Stimulation, by The Paws Approach. <https://www.thepawsapproach.au/blog/is-my-cat-bored-signs-of-under-stimulation>



How Boredom Became the Most Underrated Productivity Tool in Your Arsenal, by Jordan Mercer. <https://whattodowheniambored.com/blog/how-boredom-became-the-most-underrated-productivity-tool-in-your-arsenal>



The Opposite of Boredom is Meaning, by Fernando de Haro. <https://www.epochalchange.org/ink-and-aria/the-opposite-of-boredom-is-meaning>

The Opposite of
Boredom is
Meaning

“Aburrirse”, in *En defensa de las clases presenciales*, by Antonio Fernández Vicente. <https://theconversation.com/en-defensa-de-las-clases-presenciales-290963>



PRE-BORED: **Watch the Presentation of the Project Results!**

On 15 October 2026, we held the event *After the Diagnosis: Reception, Transfer and Transformation of Scientific Knowledge in Nursing Homes* at the Círculo de Bellas Artes in Madrid. Many of you received an invitation to join us for this special occasion.

For those who could not attend, or who would like to watch it again, the presentation of the results of **PRE-BORED**, Ros Velasco's European research project on **boredom and well-being in Spanish nursing homes**, is now available on **YouTube**.

🎬 Watch the presentation: <https://youtu.be/MeTfSFvvcno>.

The video includes **English subtitles**, which you can activate through YouTube's subtitle settings.

We hope you enjoy discovering the project's findings and sharing them with your networks!

EVENT
"After the diagnosis: reception,
transfer and transformation of scientific
knowledge in nursing homes"

Living in a nursing home

Boredom, loneliness and everyday
experience in the PRE-BORED project

PRESENTATION OF RESULTS · PRE-BORED
Círculo de Bellas Artes · Madrid
15 October 2026

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COMPLUTENSE
UNIVERSITY
OF MADRID

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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

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