BOS

# Boreout Scale (BOS)

The Boreout Scale (BOS) measures the presence of boreout, a concept related to boredom, understimulation and a lack of challenges in the work environment. It assesses the experience of a deficit of activity or interest at work that can lead to psychological distress and job dissatisfaction.

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| Number of questions | 10 questions |
| Estimated duration | 5 minutes |
| Language | English |
| Original name | Boreout Scale |
| Target audience | Employed adults |
| Authors | Philippe Rothlin, Peter R. Werder (2009) |
| Category | Work-related distress |

## Preview of the 10 questions

Answer "Yes" if you do or feel the following things several times a month.

**Do you take care of private matters during work?**

Yes No

Answer "Yes" if you do or feel the following things several times a month.

**Do you feel underchallenged or bored?**

Yes No

Answer "Yes" if you do or feel the following things several times a month.

**Do you sometimes act as if you were working when in fact you have nothing to do?**

Yes No

Answer "Yes" if you do or feel the following things several times a month.

Are you tired and exhausted in the evening even though you had no stress at all?

Yes No

Answer "Yes" if you do or feel the following things several times a month.

Are you rather unhappy with your work?

Yes No

## Scoring & interpretation

Each item is rated on a Likert scale, generally from 1 (strongly disagree) to 5 (strongly agree). High total scores indicate a higher level of boreout. There is no strictly defined cutoff, but percentiles can be used to interpret risk levels.