BPS

Boredom Proneness Scale (BPS)

The Boredom Proneness Scale (BPS) is a self-report tool used to measure an individual's propensity to experience boredom in a variety of situations. It assesses the level of chronic boredom, which can be associated with various psychological disorders such as depression or anxiety. The scale is often used in research and clinical practice to better understand the sources and consequences of boredom in adults.

Number of questions	28 questions
Estimated duration	8 minutes
Language	English
Original name	Boredom Proneness Scale
Target audience	Adults (18+)
Authors	Richard Farmer, Norman D. Sundberg (1986)
Category	Depression, Anxiety

Preview of the 28 questions

It is easy for me to concentrate on my activities.

Strongly disagree | Disagree | Somewhat disagree | Neutral | Somewhat agree | Agree | Strongly agree

Frequently, when I am working, I find myself worrying about other things.

Strongly disagree | Disagree | Somewhat disagree | Neutral | Somewhat agree | Agree | Strongly agree

Time always seems to be passing slowly.

Strongly disagree | Disagree | Somewhat disagree | Neutral | Somewhat agree | Agree | Strongly agree

I often find myself at "loose ends," not knowing what to do.

Strongly disagree | Disagree | Somewhat disagree | Neutral | Somewhat agree | Agree | Strongly agree

I am often trapped in situations where I have to do meaningless things.

Strongly disagree | Disagree | Somewhat disagree | Neutral | Somewhat agree | Agree | Strongly agree

Scoring & interpretation

Each item is rated on a Likert-type scale (from 1 to 7), then the scores are summed to give a total score. A high score indicates a strong propensity for boredom. Interpretation is based on percentiles or on comparison with the mean of reference populations.