DUBS

Dutch Boredom Scale (DUBS)

The DUBS is a brief self-report scale designed to measure boredom at work in employed adults. It mainly assesses the subjective experience of understimulating work through affective, cognitive, and behavioral manifestations of job boredom. The tool is particularly useful in occupational psychology for detecting boreout, analyzing quality of working life, assessing psychosocial risks, and monitoring organizational or clinical changes. Its most widely used version is based on a one-dimensional 6-item structure that is simple to administer and easy to repeat over time.

Number of questions	6 questions
Estimated duration	3 minutes
Language	English
Original name	Dutch Boredom Scale
Target audience	Employed adults
Authors	Gaby Reijseger, Wilmar B. Schaufeli, Maria C. W. Peeters, Toon W. Taris, Ilona van Beek, Else Ouweneel (2013)
Category	Work-related distress

Preview of the 6 questions

At work, time goes by very slowly.

Never | Almost never | Rarely | Sometimes | Often | Very often | Always

I feel bored at my job.

Never | Almost never | Rarely | Sometimes | Often | Very often | Always

During work time I daydream.

Never | Almost never | Rarely | Sometimes | Often | Very often | Always

It seems as if my working day never ends.

Never | Almost never | Rarely | Sometimes | Often | Very often | Always

I tend to do other things during my work.

Never | Almost never | Rarely | Sometimes | Often | Very often | Always

Scoring & interpretation

Score each item according to the frequency indicated by the respondent. Depending on the version used, the response scale is most often 0 to 6 or 1 to 5, from never to always. Preferably calculate the mean of the 6 items, or failing that the total sum, remaining consistent with the version administered. A higher score indicates a higher level of boredom at work. There is no universally established clinical cutoff for making a diagnosis. Interpretation should therefore be dimensional, taking into account the work context, any within-person comparisons, and, if available, norms from the study or adaptation used.