PPS

Pure Procrastination Scale (PPS)

The Pure Procrastination Scale (PPS) is a self-report questionnaire designed to measure procrastination globally, integrating the dimensions of decisional delay, difficulty initiating tasks, and failure to meet deadlines. Widely used in clinical psychology, health psychology, and research, it makes it possible to estimate the intensity of delaying behaviors in daily life. Its brief format makes it a useful tool for screening, initial assessment, and monitoring change, particularly in older adolescents and adults. The PPS is not intended to establish a diagnosis on its own, but it helps the psychologist objectively assess the functional impact of procrastination and guide both the clinical interview and cognitive-behavioral interventions.

Number of questions	12 questions
Estimated duration	5 minutes
Language	English
Original name	Pure Procrastination Scale
Target audience	Adolescents and adults
Authors	Piers Steel (2010)

Preview of the 12 questions

I delay making decisions until it's too late.

Very seldom or not true of me | Seldom true of me | Sometimes true of me | Often true of me | Very often true of me

Even after I make a decision I delay acting upon it.

Very seldom or not true of me | Seldom true of me | Sometimes true of me | Often true of me | Very often true of me

I waste a lot of time on trivial matters before getting to the final decisions.

Very seldom or not true of me | Seldom true of me | Sometimes true of me | Often true of me | Very often true of me

In preparation for some deadlines, I often waste time by doing other things.

Very seldom or not true of me | Seldom true of me | Sometimes true of me | Often true of me | Very often true of me

Even jobs that require little else except sitting down and doing them, I find that they seldom get done for days.

Very seldom or not true of me | Seldom true of me | Sometimes true of me | Often true of me | Very often true of me

Scoring & interpretation

The 12 items are rated on a 5-point Likert scale, usually from 1 to 5, with high scores indicating more procrastination. The total score is calculated by summing the responses or by averaging them, depending on the chosen approach. There is no universally agreed-upon diagnostic cutoff; interpretation is dimensional, comparing the overall score with available norms, the clinical context, and functional impact. Some validation studies also examine item groupings related to indecision, delay in taking action, and failure to meet deadlines.