APPENDIX B: Boredom Assessment Resources*

Reviews

Boredom Measure Reviews


State Boredom Measures

Experience Sampling Monitoring
Mood Meter (https://moodmeterapp.com/)
A low-cost app accessible with a smartphone or tablet. Provides in-the-moment ratings of 100 emotions, including boredom. Emotions are clustered in four quadrants based on being pleasant–unpleasant and low energy–high energy.

Close Gap (https://www.closegap.org)
An app made available by a non-profit organization. Has versions appropriate for primary and secondary students. Includes administration management enabling it to be used by an entire classroom. Emotions do not include boredom, but tired and angry, closely related emotions, are included.

Multidimensional State Boredom Scale

Academic Emotions Questionnaire


Leisure Time Boredom
# Trait Boredom Measures

## Trait Boredom Scale

## Short Boredom Proneness Scale

## Short Boredom Proneness Scale for Children

# Managing Boredom

## Coping with Boredom Scale

## Precursors of Boredom Scale

## Mind Wandering Questionnaire (for youth)