

Multidimensional State Boredom Scale *

Example

Student: _____

Please respond to each question indicating how you feel right now about yourself and your life, even if it is different from how you usually feel.

	Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1. Time is passing by slower than usual.	1	2	3	4	5	6	7
2. I am stuck in a situation that I feel is irrelevant.	1	2	3	4	5	6	7
3. I am easily distracted.	1	2	3	4	5	6	7
4. I am lonely.	1	2	3	4	5	6	7
5. Everything seems to be irritating me right now.	1	2	3	4	5	6	7
6. I wish time would go by faster.	1	2	3	4	5	6	7
7. Everything seems repetitive and routine to me.	1	2	3	4	5	6	7
8. I feel down.	1	2	3	4	5	6	7
9. I seem to be forced to do things that have no value to me.	1	2	3	4	5	6	7
10. I feel bored.	1	2	3	4	5	6	7
11. Time is dragging on.	1	2	3	4	5	6	7
12. I am more moody than usual.	1	2	3	4	5	6	7
13. I am indecisive or unsure of what to do next.	1	2	3	4	5	6	7
14. I feel agitated.	1	2	3	4	5	6	7
15. I feel empty.	1	2	3	4	5	6	7
16. It is difficult to focus my attention.	1	2	3	4	5	6	7
17. I want to do something fun, but nothing appeals to me.	1	2	3	4	5	6	7
18. Time is moving very slowly.	1	2	3	4	5	6	7
19. I wish I was doing something more exciting.	1	2	3	4	5	6	7
20. My attention span is shorter than usual.	1	2	3	4	5	6	7
21. I am impatient right now.	1	2	3	4	5	6	7
22. I am wasting time that would be better spent on something else.	1	2	3	4	5	6	7
23. My mind is wandering.	1	2	3	4	5	6	7
24. I want something to happen but I'm not sure what.	1	2	3	4	5	6	7
25. I feel cut off from the rest of the world.	1	2	3	4	5	6	7
26. Right now it seems like time is passing slowly.	1	2	3	4	5	6	7
27. I am annoyed with the people around me.	1	2	3	4	5	6	7
28. I feel like I'm sitting around waiting for something to happen.	1	2	3	4	5	6	7
29. It seems like there's no one around for me to talk to.	1	2	3	4	5	6	7

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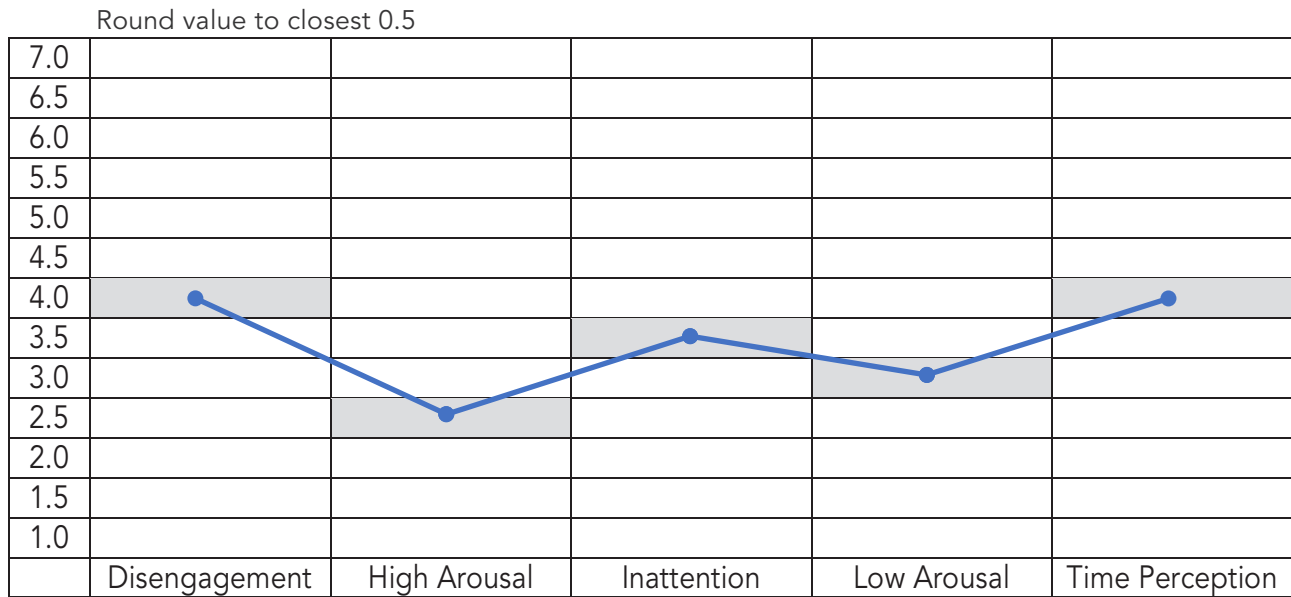
Scoring Example

	Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree	Disengagement	High Arousal	Inattention	Low Arousal	Time Perception
1. Time	1	2	3	4	5	6	7					5
2. I am stuck	1	2	3	4	5	6	7	3				
3. I am easily distracted.	1	2	3	4	5	6	7			5		
4. I am lonely.	1	2	3	4	5	6	7				3	
5. Everything seems	1	2	3	4	5	6	7		1			
6. I wish time would	1	2	3	4	5	6	7					6
7. Everything seems	1	2	3	4	5	6	7	4				
8. I feel down.	1	2	3	4	5	6	7				2	
9. I seem to be forced	1	2	3	4	5	6	7	5				
10. I feel bored.	1	2	3	4	5	6	7	7				
11. Time is dragging on.	1	2	3	4	5	6	7					6
12. I am more moody	1	2	3	4	5	6	7		3			
13. I am indecisive	1	2	3	4	5	6	7	4				
14. I feel agitated.	1	2	3	4	5	6	7		3			
15. I feel empty.	1	2	3	4	5	6	7				3	
16. It is difficult to focus	1	2	3	4	5	6	7			6		
17. I want to do something	1	2	3	4	5	6	7	4				
18. Time is moving	1	2	3	4	5	6	7					5
19. I wish I was doing	1	2	3	4	5	6	7	4				
20. My attention span is	1	2	3	4	5	6	7			3		
21. I am impatient right now.	1	2	3	4	5	6	7		5			
22. I am wasting time that	1	2	3	4	5	6	7	3				
23. My mind is wandering.	1	2	3	4	5	6	7			1		
24. I want something to happen	1	2	3	4	5	6	7	4				
25. I feel cut off from	1	2	3	4	5	6	7				3	
26. Right now it seems	1	2	3	4	5	6	7					2
27. I am annoyed with	1	2	3	4	5	6	7		1			
28. I feel like I'm sitting	1	2	3	4	5	6	7	2				
29. It seems like there's no	1	2	3	4	5	6	7				5	
Enter Sum Scores Here								39	13	15	16	24
Divide by								10	5	4	5	4
Mean item response								3.9	2.6	3.5	3.2	4.0

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Response Profile Example

Shade in the cell with mean item response for each profile and connect with a profile line.



MSBS Scores: Disengagement subscale: Items 2, 7, 9, 10, 13, 17, 19, 22, 24, 28; High Arousal subscale: Items 5, 12, 14, 21, 27 ; Inattention subscale: Items 3, 16, 20, 23; Low Arousal subscale: Items 4, 8, 15, 25, 29; Time Perception subscale: Items 1, 6, 11, 18, 26.

* Fahlman, S. A., Mercer-Lynn, K. B., Flora, D. B., & Eastwood, J. D. (2013). Development and Validation of the Multidimensional State Boredom Scale. *Assessment*, 20(1) 68–85. doi:10.1177/10731911111421303 <http://asm.sagepub.com>