Brown Bag Lunchtime Seminar (Via Zoom)
(Theme: Social and Health Psychology)

Whatever will bore, will bore: The mere anticipation of boredom exacerbates its occurrence

12:30 p.m. – 1:30 p.m. │ April 30, 2021 (Friday)

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Abstract
Does the anticipation of boredom influence its manifestation? In three studies, we examined whether expecting a task to be boring intensifies the subsequent boredom. In Study 1 (N = 121) and Study 2 (N = 130), we found that students who anticipated a lecture to bore them subsequently felt more bored by it. In Study 3 (N = 92), we experimentally manipulated expected boredom before participants watched a video. We found that those who were led to anticipate higher levels of boredom felt more bored with the activity. The results converged to indicate that the mere expectation that a task will be boring is sufficient to exacerbate its subsequent occurrence. We discuss these findings in the context of affective forecasting and applied contexts.

About the speaker
Katy is a third-year PhD candidate in the Joint PhD (HKU-KCL) program under the supervision of Dr. Christian Chan and Dr. Wijnand van Tilburg. She studies the cognitive underpinning of boredom experience, with an overarching research question of how beliefs about boredom affect the way boredom is experienced and coped with.

Zoom Meeting
https://hku.zoom.us/j/3951550048?pwd=SncvL3RYakEycUtpL29vdDJEdlEwdz09
Meeting ID: 395 155 0048 │ Password: psyc

~All are Welcome~

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