

Bored of Sports Scale (BOSS)

English Version

Reference:

Wolff, W., Bieleke, M., Stähler, J., & Schüler, J. (2021). Too bored for sports? Adaptive and less-adaptive latent personality profiles for exercise behavior. *Psychology of Sport and Exercise*, 53, 101851. <https://doi.org/10.1016/j.psychsport.2020.101851>

Note:

Participants can answer the questions on a 5- or 7-point Likert scale (from *strongly disagree* to *strongly agree*).

In the next set of questions, we are interested in your thoughts and feelings when you think about exercising. To answer these questions, please envision yourself during a training session (e.g., working out in the gym). Read each statement and indicate how much you agree with it.

1. The training session bores me to death.
2. Exercising bores me.
3. Exercising is dull and monotonous.
4. While doing this boring training session, I spend my time thinking of how time stands still.
5. The training session is so boring that I find myself daydreaming.
6. I find my mind wandering while I exercise.
7. Because I'm bored, I have no desire to exercise.
8. I would rather put off this boring training session till tomorrow.
9. Because I'm bored, I get tired while exercising.
10. The training session bores me so much that I feel depleted.
11. While exercising I seem to drift off because it's so boring.