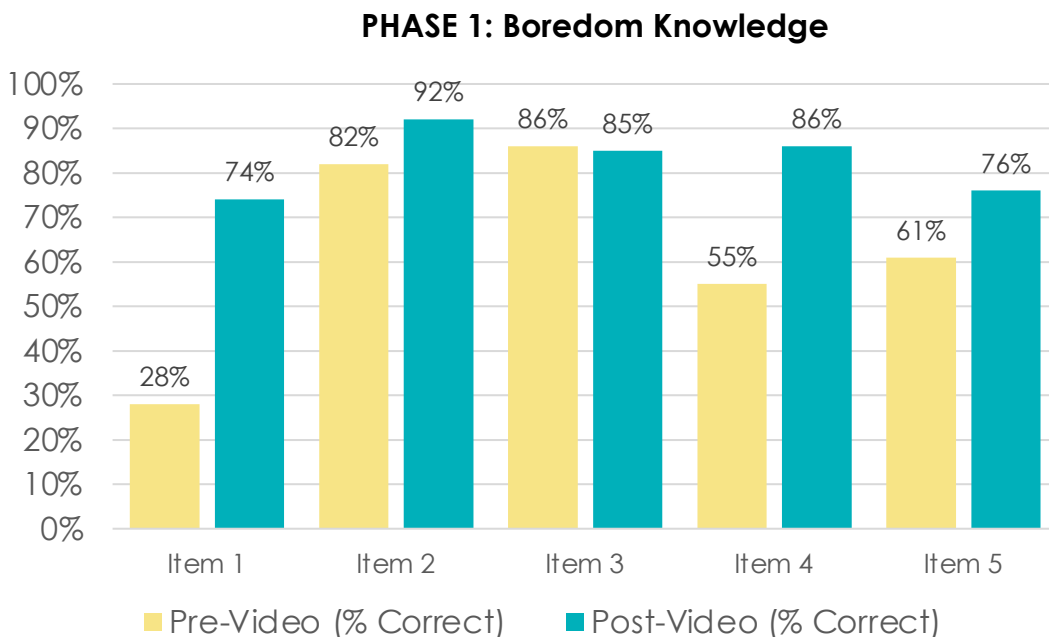


Testing A 3-Phased Boredom Intervention Training (BIT) Program for Undergraduate Psychology Students

We would like to **thank** the **66 undergrad students** who completed all three sessions of our online boredom training program at TRU. Their participation has contributed to our testing of separate phases of a large-scale intervention targeting university boredom. In each phase, we tested students' (1) boredom knowledge, (2) boredom beliefs, and (3) situation modification strategies before and after viewing a video targeting each aspect. Below we report the frequencies of correct items students chose before and after watching the videos.



OUR STUDENT SAMPLE:

Participants were 22 years old on average

44 identified as women, 19 as men, and 2 as non-binary, 1 did not disclose

Ethnicity: 67% White, 15% Asian, 3% Black, 3% Indigenous, 3% South Asian, 3% Latin American, 1.5% East Indian, 3% did not disclose

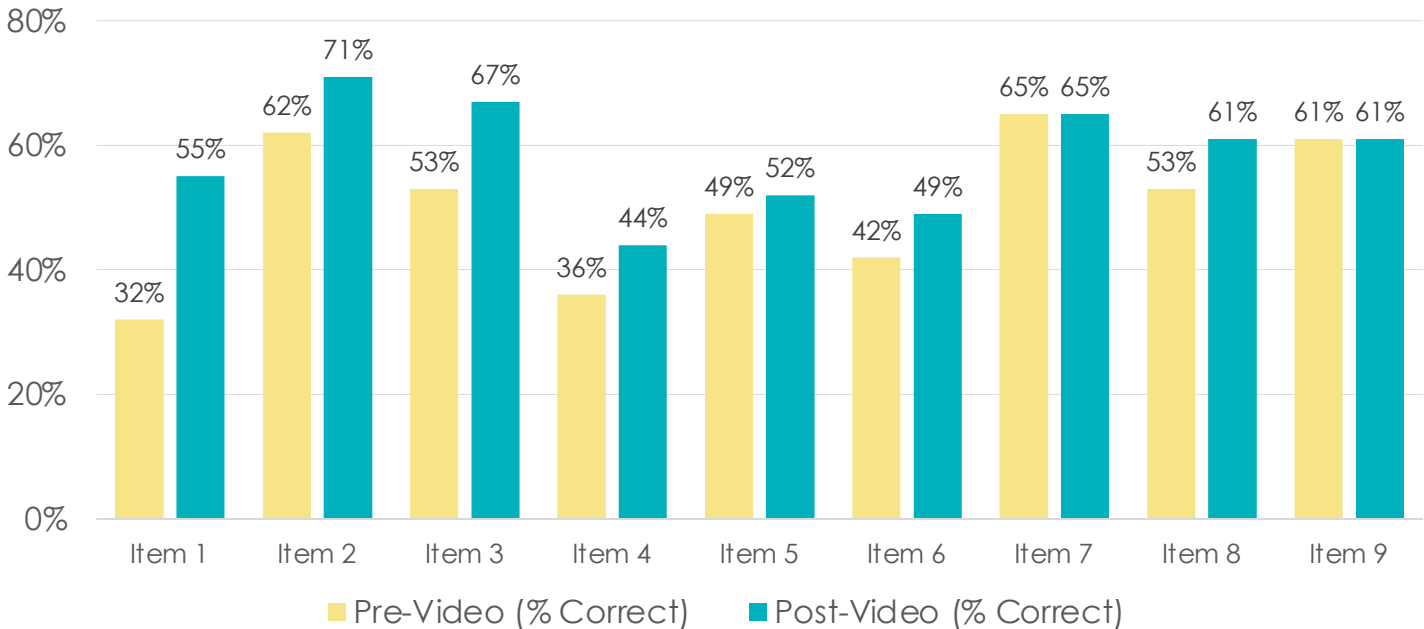
In Phases 1 and 2, students identified a greater number of correct boredom knowledge and boredom belief items *after* viewing the videos compared to before.

This helps provide confidence in the building of a large-scale boredom intervention involving these phases.



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PHASE 2: Boredom Beliefs



PHASE 3: Situation Modification

Findings suggest the Phase 3 Situation Modification video may require more behavioural-based testing or that the quiz items need further development.

