

The effects of boredom and depression on substance use and problematic internet use

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Background: Boredom is associated with higher rates of substance use and misuse. However, it is unclear whether there is an association between boredom and Internet addiction. Goal: To examine relationships between boredom, boredom proneness, and problematic Internet and substance use among young adults.

Method: A sample of 165 college students completed the Boredom Proneness Scale (BPS), the State Boredom Measure (SBM), The Zung Self-Report Depression Scale (ZSRDS) and the Internet Addiction Diagnostic Questionnaire (IADQ).

Results: IADQ scores were positively associated with BPS, SBM, and depression scores, with depression being the best predictor of problem Internet use and problem substance use in males. The degree to which boredom negatively impacted quality of life, best predicted general substance use and problem substance use particularly in women.

Conclusions: Depression as a consequence of boredom plays a significant role in problematic Internet use. Additionally, boredom plays an important role substance use, especially in women.

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