9th Biennial Procrastination Research Conference

Bielefeld University
July 9-10, 2015

CONFERENCE PROGRAM

Conference Chairs:
Prof. Dr. Stefan Fries & Dr. Carola Grunschel
Department of Psychology
Bielefeld University
Germany
Guidelines for paper presentations

Each speaker has 15 minutes to present his/her research to the audience. After that, there will be five minutes for an open discussion and questions concerning the paper presented. For the paper presentations to run as smoothly as possible, we kindly ask all presenters to send their presentations (e.g., PowerPoint) to procrastination@uni-bielefeld.de until July 7th, 2015.

Guidelines for poster presentations

The poster session will be interactive and involves several posters that visually present research studies. The presenters place themselves beside their posters to conduct in-depth discussions with interested attendees. Please notice that the poster session will be conducted in the morning. Attendees are also invited to address the posters in breaks during the day. Poster size is commonly 594mm x 841mm (A1) which is equal to 23.39 inches x 33.11 inches (cf. http://www.posterpresentations.com/html/free_poster_templates.html). Other formats are of course also possible. Please print the poster by yourself and bring it with you to the conference.
Thursday July 9, 2015

08:30 - 08:45 Arrival and welcome

08:45 - 09:00 Opening

09:00 - 10:30 Paper Session I

**Concepts of delay and procrastination**

1. Measuring prototypes of delay using a vignette approach: Development and validation of the delay questionnaire
   Mohsen Haghbin, & Timothy A. Pychyl, Carleton University, Canada

2. A consideration of the concepts of delay and procrastination
   Clarry Lay, York University, Toronto, Canada

3. Which came first - indecision or dawdling? Predicting life’s happy moments and risky personality factors among procrastinators
   Thomas P. Tibbett, Texas A & M University, & Joseph R. Ferrari, DePaul University, USA

4. A Self-Regulation Resource Model of procrastination and health behaviors
   Fuschia M. Sirois, University of Sheffield, UK, & Jameson K. Hirsch, East Tennessee State University, USA

10:45 - 11:45 Poster Session I

1. German Procrastinator’s Scale
   Solange Otermin, University of Tübingen, Germany

2. Screening for procrastination and assessment of associated features by an internet-based self-test
   Margarita Engberding, Julia E. Haferkamp, Anna Höcker, & Fred Rist, University of Münster, Germany

3. “Anavliktikotita”: Assessing Greek forms of chronic and academic-related delays
   Maria I. Argiropoulou, University of Athens, Greece, & Joseph R. Ferrari, DePaul University, USA

**Academic procrastination - quantitative approaches**

4. A preliminary investigation of the role of committed action in procrastination among university students
   Joel Gagnon, Lee An Paquette, Frédérick Dionne, Université du Québec à Trois-Rivières, Canada, & Timothy A. Pychyl, Carleton University, Canada

5. A longitudinal study of academic procrastination in PhD students
   Yan Yang, Jonathan Houdmont, & Amanda Griffiths, University of Nottingham, UK

6. Big-five personality dimensions and procrastination in students
   Snezana Stojiljkovic, Kristina Randjelovic, & Jelisaveta Todorovic, University of Nis, Serbia

7. Is cleaning the house more desirable? A project-analytic perspective on project appraisal dimensions comparing avoided tasks and the adopted alternative tasks
   Katrina Demetriou, & Timothy A. Pychyl, Carleton University, Canada

8. Why are the students procrastinating? Do they worry or they like the „adrenaline kick“?
   Ivanka Živčić-Bečirević, S. Smojver-Ažić, T. Martinac-Dorčić, J. Juretić, & I. Jakovčić, University of Rijeka, Croatia
Academic procrastination - qualitative approaches

9. Is procrastination all that "bad"? A qualitative study of academic procrastination and self-worth in postgraduate university students
   Anna Abramowski, University of Cambridge, UK

10. Causes Norwegian research have found that influence study-progression, and if this may have implication for research on academic procrastination
    Edith O. Strand, Norwegian University of Science and Technology, Norway

11. A qualitative study on procrastination
    Bilge Uzun, Bahcesehir University, Turkey, & Joseph Ferrari, DePaul University, USA

Procrastination and health behavior

12. Trait procrastination negatively impacts coping with Fibromyalgia
    Julie Beauregard, Gabriela Ioachim, Bishop's University, Canada, & Fuschia M. Sirois, University of Sheffield, UK

13. The relationship between procrastination and health-related possible selves
    Claudie Archambault, Emilie Pépin, Bishop's University, Canada, & Fuschia M. Sirois, University of Sheffield, UK

14. “I'll never look like that!”: The role of procrastination on body satisfaction and health behaviour intentions in women
    Meghan E. Campbell, Lisa Mask, Erin Wilkie, Bishop's University, Canada, & Fuschia M. Sirois, University of Sheffield, UK

15. Procrastination and the self-regulation of eating behaviors
    Sonal Dewa, Lisa Mask, Bishop's University, Canada, & Fuschia M. Sirois, University of Sheffield, UK

Get involved! - Proposal for collaborative efforts

16. Procrastination and delay norm violation in cross-cultural perspective
    Wendelien van Eerde, University of Amsterdam, The Netherlands

11:45 - 12:50 Paper Session II

Perfectionism and types of procrastinators

1. Do perfectionists perform well if they procrastinate? A test of the moderating role of procrastination in the 2x2 model of perfectionism
   Kristina Kljajic, & Patrick Gaudreau, University of Ottawa, Canada

2. Identifying subgroups of college students with academic procrastination and perfectionism: A latent profile analysis
   Ji Hae Lee, Korea University, Republic of Korea

3. Too relaxed or too distressed? Procrastinator types revisited
   Tatiana Malatincová, Masaryk University, Czech Republic

12:50 - 13:50 Lunch break

13:50 - 15:20 Paper Session III

Academic procrastination

1. Influences on and consequences of academic procrastination of first-year student teacher
   Lennart B. Visser, Driestar Applied University for Teacher Training, Fred A. J. Korthagen, Utrecht University, & Judith Schoonenboom, VU University of Amsterdam, The Netherlands

2. Procrastination, learning strategies, and learning outcomes
   Katrin B. Klingsieck, University of Paderborn, Hanna S. Müsche, University of Paderborn, Carola Grunschel, Bielefeld University, & Saskia Praetorius, University of Paderborn, Germany

3. Effects of motivational regulation strategies on students’ performance and well-being: Academic procrastination as a mediator
   Carola Grunschel, Bielefeld University, Malte Schwinger, Witten/Herdecke University, Katrin B. Klingsieck, University of Paderborn, Ricarda Steinmayr, TU Dortmund University, & Stefan Fries, Bielefeld University, Germany

4. Relationship between self-regulation and procrastination: A mediational role of self-esteem
   Bilge Uzun, Bahcesehr University, Turkey, & Ayhan Demir, Middle East Technical University, Turkey
Online procrastination and bedtime procrastination

1. Procrastination and media use as a escapism: Same same but different
   Sarah Kohler, University of Münster, Germany

2. ‘Always on’ and always distracted? The mediating role of internet use for the effects of trait procrastination on psychological well-being
   Leonard Reinecke, Adrian Meier, Stefan Aufenanger, Manfred E. Beutel, Michael Dreier, Oliver Quiring, Birgit Stark, Klaus Wöllfling, & Kai W. Müller, Johannes Gutenberg University Mainz, Germany

3. How guilt and self-forgiveness mediate the effects of online procrastination on well-being
   Adrian Meier, Leonard Reinecke, & Christine E. Meltzer, Johannes Gutenberg University Mainz, Germany

4. A data-driven approach to studying bedtime procrastination
   Sanne Nauts, Floor M. Kroese, Bart A. Kamphorst, Joel H. Anderson, & Denise T.D. De Ridder, Utrecht University, The Netherlands

5. Too depleted to turn in: The effect of ego depletion on bedtime procrastination
   Bart A. Kamphorst, & Sanne Nauts, Utrecht University, The Netherlands

Reduction procrastination: Interventional approaches

1. Nurturing the temporally extended self: Mental imagery as an intervention tool to increase future self-continuity and reduce procrastination
   Eve-Marie Blouin-Hudon, & Timothy A. Pychyl, Carleton University, Canada

2. Development and evaluation of a group training for dealing with procrastination - Does it work and what does work?
   Catrin Grobbin, University of Hamburg, Germany

3. Treatment of procrastination
   Julia E. Haferkamp, Anna Höcker, Margarita Engberding, & Fred Rist, University of Münster, Germany

4. Treatment of procrastination - Evaluation of different treatment methods
   Anna Höcker, Margarita Engberding, & Fred Rist, University of Münster, Germany

10:30 - 10:45 Coffee break

Computers and procrastination

1. Why is the combination of computers and procrastination overlooked in the research of community?
   Nick Breems, Dordt College, USA

2. Procrastination and internet addiction: Examining personality factors among U.S. and Irish University students
   Susan Lavin, Dublin City University, Ireland, Joseph R. Ferrari, DePaul University, USA, & Sarah Sinnamon, Dublin City University, Ireland

From 19:30 Dinner (for presenters, coauthors, and registered companions)
3. Fight or flight: Procrastination and how coping strategies moderate the relation between work-life conflict and emotional exhaustion
Sheilla Lim Omar Lim, & Wendelien van Eerde, University of Amsterdam, The Netherlands

4. Procrastination in the workplace: The perspective of small and medium sized companies
Ilona Kryl, Regina Ridder, Lisa Wüstendörfer, & Rüdiger Trimpop, University of Jena, Germany

5. Giving work a rain check: Relationship between soldiering and positive work outcomes within the job demands-resources model
Baran Metin, Utrecht University, Daria Gaiozhko, Josip Razum, Max Korpínen, Monika Kolářová, Reny Baykova, & Urška Smrke

6. Goal setting and state procrastination in academic settings - An action-regulation approach
Johannes Hoppe, Martin-Luther-University Halle-Wittenberg, & Philipp Prokop, Technical University of Chemnitz, Germany

7. Experiencing the temporally extended self: Initial support for the role of affective states, vivid mental imagery, and future self-continuity in academic procrastination
Eve-Marie Blouin-Hudon, & Timothy A. Pychyl, Carleton University, Canada

8. The effect of empathizing with a procrastinating future self on mood
Meghan E. Campbell, Bishop’s University, Canada, Fuschia M. Sirois, University of Sheffield, UK, Anna Rogic, & Mary Rutherford, Bishop’s University, Canada

Fuschia M. Sirois, University of Sheffield, UK, Shamarukh Chowdhury, Eve-Marie Blouin-Hudon, Carleton University, Canada, Meghan Campbell, Bishop’s University, Canada, & Timothy A. Pychyl, Carleton University, Canada

10. From "Pro" to "An"crastnation - Ambulatory Assessment Intervention (AAI) to reduce procrastination in daily life
Eliane Dominok, Matthias Limberger, Sarah Holstein, & Ulrich W. Ebner-Priemer, Karlsruhe Institute of Technology, Germany

11. The relationship between procrastination and executive functioning
Emilie Pepin, Bishop’s University, Canada, Fuschia M. Sirois, University of Sheffield, UK, & Walter S. Marcantoni, Bishop’s University, Canada

12. Does negative impulsivity impair executive control in academic procrastinators?
Jaroslaw M. Michalowski, & Dawid Droździel, University of Warsaw, Marek Wypych, Nencki Institute of Experimental Biology, Poland

13. Procrastination and dissonance-reduction strategies
David Little, & Timothy A. Pychyl, Carleton University, Canada

14. State anxiety and procrastination - Can anxiety influence the tendency to procrastinate?
Rafał Albiński, & Aleksandra Simiot, University of Social Sciences and Humanities, Warsaw, Poland

15. Japanese procrastination: Cultural examination of indecision among citizens from a collective culture
Miki Nomura, Theresa Luhrs, & Joseph R. Ferrari, DePaul University, USA

16. Academic and general procrastination correlated to self-regulation tendencies: Type of university and sex comparisons among Peruvian students
Pamela Matos, University of Lima, Peru, & Joseph R. Ferrari, DePaul University, USA
Behavioral aspects of procrastination in everyday life

1. Aversion to specify and second-order procrastination
   Joel Anderson, Bart A. Kamphorst, Sanne Nauts, Floor M. Kroese, & Denise T.D. de Ridder, Utrecht University, The Netherlands

2. Relations between procrastination, impulsivity, and self-regulation: Do behavioral results resemble questionnaire data?
   Lea Mörsdorf, University of Heidelberg, & Tilman Reinelt, University of Bremen, Germany

3. Procrastination and motivational interference in everyday life
   Axel Grund, & Stefan Fries, Bielefeld University, Germany

12:50 - 13:50 Lunch break

13:50 - 15:20 Paper Session VII

Decisional procrastination and procrastination in the workplace

1. To be or not to be: Indecisive procrastinator’s feelings and desire to change this behavior
   Meirav Hen, & Marina Goroshit, Tel-Hai Academic College, Israel

2. Procrastination, the relation with coworkers and life satisfaction in coworker dyads
   Wendelien van Eerde, University of Amsterdam, The Netherlands, & Fuschia M. Sirois, University of Sheffield, UK

3. The moderating role of occupational self-efficacy in the relationship between job characteristics and occupational procrastination
   Roman Prem, University of Vienna, Austria, Tabea Scheel, Humboldt University of Berlin, Germany, Heinz Eckert, Cornelia Gerdenitsch, & Christian Korunka, University of Vienna, Austria

4. Soldiering does not fight wasting me: Development and validation of a workplace procrastination scale and its associated work concepts
   U. Baran Metin, Toon Taris, & Maria Peeters, Utrecht University, The Netherlands

15:20 - 16:00 Closing discussion
The dinner on Thursday night will take place at the restaurant Numa. The full address is:

Numa
Obernstr. 26
33602 Bielefeld

**How to get to the conference dinner at the restaurant Numa**

By tram:

**Coming from our conference venue Neue Schmiede:** Take tram 1 (Stadtbahn Linie 1, timetable: http://www.mobiel.de/uploads/v3_isoligw/tpf/data14/tpf_1_1.pdf) toward “Schildesche” and get off at “Rathaus” (city hall) and walk into the Rathausstraße/Obernstraße. You will find the restaurant to your right after a walk of 5 minutes.

**Coming from “Hauptbahnhof” (Bielefeld central station):** Take tram 1 (Stadtbahn Linie 1, timetable: http://www.mobiel.de/uploads/v3_isoligw/tpf/data14/tpf_1_2.pdf) toward “Senn” and get off at “Rathaus” (city hall) and walk into the Rathausstraße/Obernstraße. You will find the restaurant to your right after a walk of 5 minutes.

**By car:**

Our advice is to park your car at your hotel and join in for some nice German beer. If you must take your car, you can park it at Tiefgarage Altstadt-Carré (address: Waldhof 19). https://www.bielefeld.de/de/sv/verkehr/parken/park/?pnr=13#pnr13