

# 7th Biennial Conference on Procrastination



## CONFERENCE PROGRAM

Version May 4<sup>th</sup>, 2011

### Conference chairs:

Edwin A.J. van Hooft, Ph.D.  
Work and Organizational Psychology  
University of Amsterdam

Wendelien van Eerde, Ph.D.  
Amsterdam Business School  
University of Amsterdam



UNIVERSITY OF AMSTERDAM

## PROGRAM OVERVIEW

The conference will start on Friday the 22nd of July in the morning and will end on Saturday the 23rd of July in the afternoon. Please find below an overview of the program. The scheduling of presentations is displayed on the following pages.

### Friday 22 July, 2011

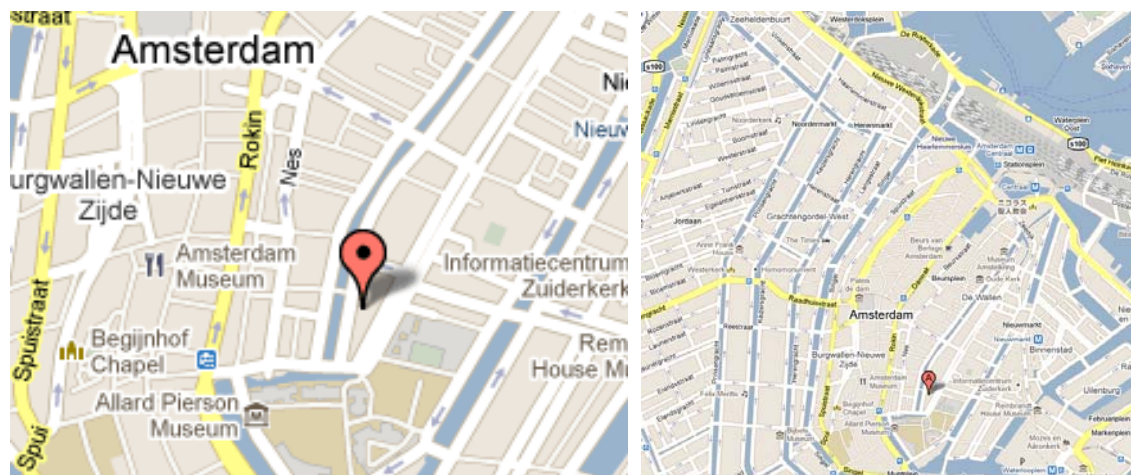
- 8:30 Registration
- 9:15 Welcome
- 9:30 Presentation Session 1
- 10:45 Coffee break
- 11:15 Presentation Session 2
- 12:30 Short introduction Poster Session 1
- 13:00 Lunch and Poster Session 1
- 14:00 Presentation Session 3
- 15:15 Coffee break and Poster Session 1
- 16:00 Presentation Session 4
- 16:50 General discussion
- 18:30 Dinner (for presenters and coauthors)

### Saturday 23 July, 2011

- 9:00 Coffee and tea
- 9:30 Presentation Session 5
- 10:45 Coffee break
- 11:15 Presentation Session 6
- 12:30 Short introduction Poster Session 2
- 13:00 Lunch and Poster Session 2
- 14:00 Presentation Session 7
- 14:50 Coffee break and Poster Session 2
- 15:30 General discussion
- 16:30 Closing

## CONFERENCE LOCATION

The conference will be held in the Agnietenkapel, which is one of the historic buildings of the University of Amsterdam. The address of the Agnietenkapel is: Oudezijds Voorburgwal 231, 1012 EZ Amsterdam, the Netherlands.



## **SCHEDULE FRIDAY 22 JULY, 2011**

### **PRESENTATION SESSION 1: General overview of procrastination**

Friday: 9:30-10:45

#### **Agency, responsibility and autonomy: An existential perspective on procrastination as self-regulation failure**

Timothy A. Pychyl

Carleton University, Ottawa, Canada

#### **A diagnostic measure of procrastination**

Piers Steel

Haskayne School of Business, University of Calgary, Canada

#### **Making sense of our assumptions about procrastination: Value discounting versus visceral avoidance**

Emrah Eren & Timothy A. Pychyl

Department of Psychology, Carleton University, Ottawa, Ontario, Canada

### **PRESENTATION SESSION 2: Academic procrastination**

Friday: 11:15-12:30

#### **Antecedents and consequences of academic procrastination: A student counselors' perspective**

Justine Patrzek, Carola Grunschel, & Stefan Fries

Department of Psychology, University of Bielefeld, Germany

#### **Procrastination and mentally simulating the what, where, and when, of academic tasks: Implications for health and well-being**

Fuschia M. Sirois

Department of Psychology, Bishop's University, Sherbrooke, Quebec, Canada

Emrah Eren

Department of Psychology, Carleton University, Ottawa, Ontario, Canada

#### **Overcoming academic procrastination: Investigating the course of change based on the Transtheoretical Model**

Carola Grunschel, Lena Schopenhauer, & Stefan Fries

Department of Psychology, University of Bielefeld, Germany

### **PRESENTATION SESSION 3: Procrastination in non-academic domains**

Friday: 14:00-15:15

#### **Investigating domain-specificity of procrastination**

Katrin Birte Jorke, Laura Meike Thau, & Stefan Fries

Department of Psychology, University of Bielefeld, Germany

**Personality and time delay among arbitrators**

Daphne Taras, Piers Steel, & Allen Ponak

Haskayne School of Business, University of Calgary, Canada

**Decisional procrastination and perceived locus of control among Pakistani public and private sector executives**

Saadia Aziz & Naeem Tariq

National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan

**PRESENTATION SESSION 4: Psychopathological perspectives on procrastination**

Friday: 16:00-16:50

**Procrastination and adult Attention-Deficit-Hyperactivity-Disorder: Two sides of the same coin?**

Fred Rist, Angelika Glöckner-Rist, Anna Höcker, & Margarita Engberding  
Institute of Psychology, University of Muenster, and GESIS (Mannheim)

**Is procrastination a symptom or a disorder like other Axis-1-disorders in the DSM? Steps towards delineating a case definition**

Margarita Engberding, Eva Frings, Anna Höcker, Johanne Wolf, & Fred Rist  
Institute of Psychology, University of Muenster, Germany

**POSTER SESSION 1**

Friday: 12:30-16:00

**The choice of temptation and the coincidental delay of our better intentions**

Emrah Eren

Carelton University, Ontario, Canada

Fuschia M. Sirois

Bishops University, Quebec, Canada

**Re-establishing the freedom of choice: A causal model of academic procrastination based on the theory of psychological reactance**

Tatiana Malatincová

Department of Psychology, Masaryk University, Brno, Czech Republic

**Emotional self-regulation and procrastination**

Meirav Hen, Ph.D & Marina Goroshit, Ph.D

Tel-Hai Academic college, Israel

**Active procrastination, passive procrastination and personality context**

Mgr. Andrea Sliviaková & Mgr. Helena Klimusová, Ph.D.

Masaryk University, Brno, Czech Republic

**Utilisation of an internet based self test for procrastination**

Johanna Schulte, Anna Höcker, Karoline Krumm, Margarita Engberding, & Fred Rist  
Institute of Psychology, University of Muenster, Germany

**Validation of thesis writing procrastination scale**

Ide Bagus Siaputra  
Faculty of Psychology, University of Surabaya, Indonesia

**Measuring procrastination: A generic instrument assessing delaying, aversion and active distraction**

Christina Raring, Karoline Krumm, Anna Höcker, Margarita Engberding, & Fred Rist  
Institute of Psychology, University of Muenster, Germany

## **SCHEDULE SATURDAY 23 JULY, 2011**

### **PRESENTATION SESSION 5: Procrastination and health**

Saturday: 9:30-10:45

#### **Procrastination, stress, and health: Exploring the role of self-compassion**

Fuschia M. Sirois

Department of Psychology, Bishop's University, Sherbrooke, Quebec, Canada

#### **Procrastination and healthy life-style: Some health behaviours and five-factor personality traits in relation to procrastination**

Asja Videčnik & Eva Novak

Educational Research Institute, Ljubljana, Slovenia

#### **When knowing better doesn't mean doing better: Understanding the roles of procrastination and self-blame in the health and well-being of nurses**

Fuschia M. Sirois & Dale Stout

Department of Psychology, Bishop's University, Sherbrooke, Quebec, Canada

### **PRESENTATION SESSION 6: Goal and self-regulatory perspectives on procrastination**

Saturday: 11:15-12:30

#### **When teams fail to self-regulate: Predictors and outcomes of team procrastination**

Edwin A.J. van Hooft

Department of Psychology, University of Amsterdam, The Netherlands

Heleen van Mierlo

Institute of Psychology, Erasmus University Rotterdam, The Netherlands

#### **The effect of goal conflict on procrastination**

Edward Orehek & Froukje Walstra

University of Groningen, The Netherlands

#### **Reducing procrastination by scaffolding the formation of implementation intentions**

Bart Kamphorst

Department of Philosophy, Utrecht University

Joel Anderson

Department of Philosophy, Utrecht University; Netherlands Institute for Advanced Study in the Humanities and Social Sciences

### **PRESENTATION SESSION 7: Academic procrastination**

Saturday: 14:00-14:50

#### **My Sims is Better than Me: The Defense Mechanism of a Procrastinator**

Ide Bagus Siaputra

Faculty of Psychology, University of Surabaya, Indonesia

**The Latent Classes of Multidimensional Perfectionism and Self-Determination: Differences in Academic Procrastination**

Eunju Lee

School of Social Sciences, Halla University, South Korea

**POSTER SESSION 2**

Saturday: 12:30-16:00

**Experience sampling of academic procrastination in students' everyday life**

Cornelia Scheurle, Karoline Krumm, Stefan Schmukle, & Fred Rist  
Institute of Psychology, University of Muenster, Germany

**Academic procrastination: gender differences, frustration tolerance, fear of failure and why computer games are more interesting than learning**

Judith Fischer

University of Applied Science, Heidelberg, Germany

**The relationships between perfectionism, depression and academic achievement in university students**

Stojiljkovic, S., Todorovic, J., Todorovic, D., & Doskovic, Z.

Faculty of Philosophy, Department of Psychology, University of Nish, Serbia

**Switching to the bachelor and master format in the German university system - does it affect procrastination?**

Karoline Krumm, Julia Patzelt, Carolin Spieker, Inez Frank, Margarita Engberding, Anna Höcker, & Fred Rist

Institute of Psychology, University of Muenster, Germany

**Routine clinical treatment for procrastinating students: Clinical routines established, characteristics of patients treated, and treatment success**

Eva Frings, Lena Beck, Karoline Krumm, Anna Höcker, Margarita Engberding, & Fred Rist

Institute of Psychology, University of Muenster, Germany

**Focused clinical treatment of procrastination by means of working time-restriction**

Anna Höcker, Ruth Haferkamp, Karoline Krumm, Margarita Engberding, & Fred Rist

Institute of Psychology, University of Muenster, Germany

**Delayed or done: About goal focus as a self-regulatory mechanism to reduce procrastination**

Kathrin Krause, & Alexandra M. Freund

Department of Psychology, University of Zurich