

# METACOGNITIONS ABOUT PROCRASTINATION SCALE

This questionnaire is concerned with beliefs people have about procrastination. Procrastination refers to when we put off or delay making a decision or starting or completing some task or activity. Listed below are a number of beliefs that people have expressed. Please read each item and say how much you generally agree with it by selecting the one appropriate number. There are no right or wrong answers

	<i>Do not agree</i>	<i>Agree slightly</i>	<i>Agree moderately</i>	<i>Agree very much</i>
1. Procrastination allows creativity to occur more naturally	1	2	3	4
2. Procrastination stops me from being bored	1	2	3	4
3. When I procrastinate, I am focusing on other tasks so learning something new	1	2	3	4
4. Procrastination stops me from doing things when I am not ready	1	2	3	4
5. Procrastination ensures that I do not forget stuff	1	2	3	4
6. Procrastination helps me cope	1	2	3	4
7. When I procrastinate, I am unconsciously mulling over difficult decisions	1	2	3	4
8. Procrastination stops me from making poor decisions when I am feeling anxious	1	2	3	4
9. Procrastination makes me feel down	1	2	3	4
10. Procrastination is stressful	1	2	3	4
11. When I procrastinate, I find it difficult to concentrate on other tasks	1	2	3	4
12. Procrastination is mentally tiring	1	2	3	4
13. When I procrastinate, I waste a lot of time thinking about what I am avoiding	1	2	3	4
14. Procrastination can be harmful	1	2	3	4
15. My procrastination is uncontrollable	1	2	3	4
16. Procrastination increases my worry	1	2	3	4

## SCORING AND PERMISSION

The MaPS consists of two factors, measuring positive and negative metacognitions about procrastination. To calculate a total score for the PB factor add-up all the circled responses for the first eight items; and for the NB factor sum the responses to the last eight items. Higher scores indicate higher levels of metacognitive beliefs. Clinical cut-offs have yet to have been established (as of 17/02/2021). I, Bruce Alexis Fernie, give permission to use the scale for non-commercial use.

## INDEX ARTICLE

Fernie, B. A., Spada, M. M., Nikčević, A. V., Georgiou, G. A., & Moneta, G. B. (2009). Metacognitive Beliefs About Procrastination: Development and Concurrent Validity of a Self-Report Questionnaire. *Journal of Cognitive Psychotherapy*, 23(4), 283-293. <https://doi.org/10.1891/0889-8391.23.4.283>