

Prokrastinering

Uppskjutandets psykologi

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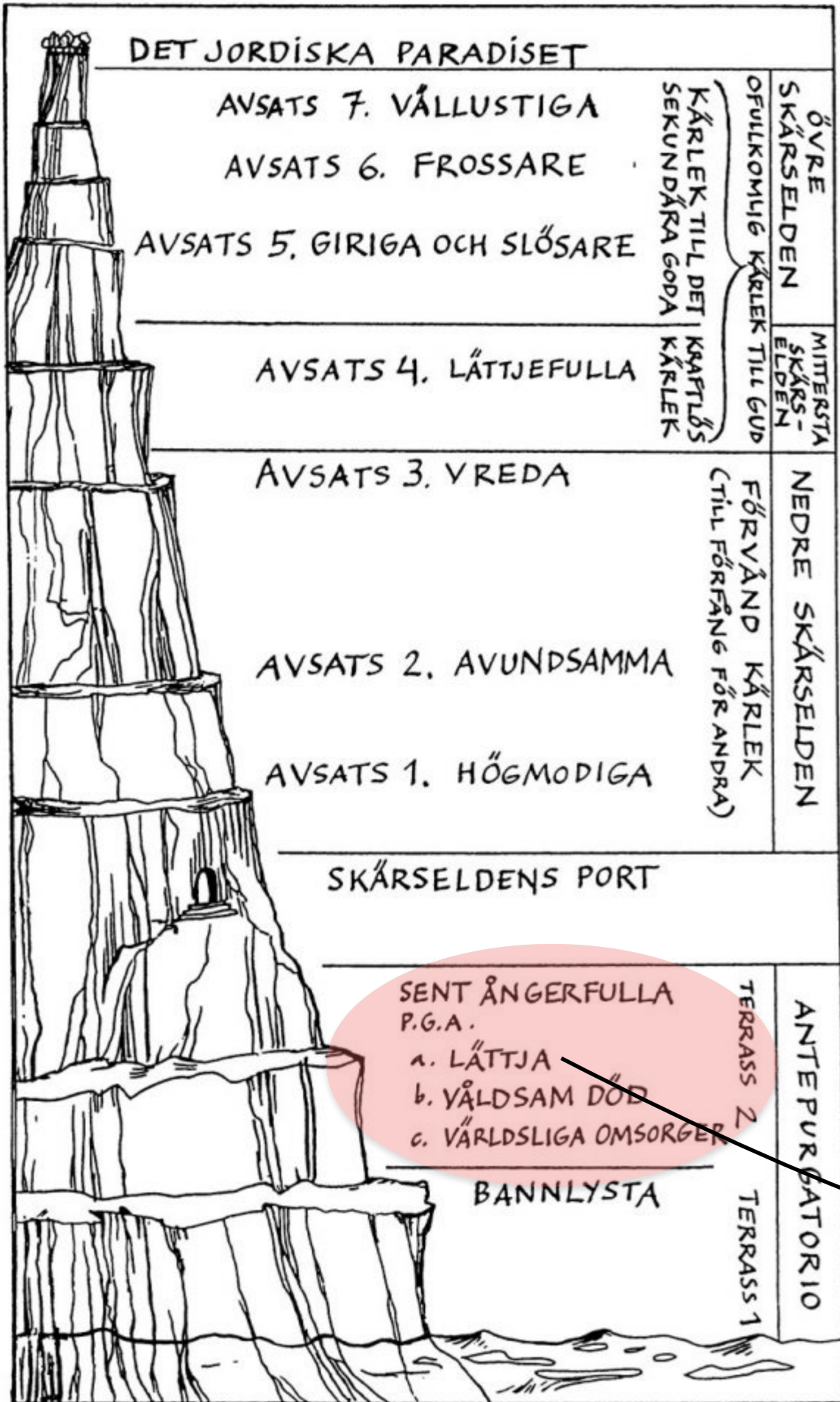
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SKÅRSELDEN



Prokrastinerare (acedia)

SENT ÅNGERFULLA
P.G.A.
a. LÄTTJA
b. VÅLDSAM DÖD
c. VÄRLDSLIGA OMSORGER

BANNLYSTA

Definition

- ✎ Uppgift avsedd att utföras ("a legitimate, intended task")
- ✎ Frivillig fördröjning ("we must delay it voluntarily")
- ✎ Förutsägbara konsekvenser ("foreseeable consequences")
- ✎ Medvetenhet om sämre utfall ("expect...worse overall outcome")

” Prokrastinering är att medvetet välja att fördröja ett tilltänkt handlingsförlopp trots vetskapen om att det kan leda till negativa konsekvenser. ”

Prevalens

Introduction

How many college-level individuals procrastinate? Often? Seriously? No one seems to know. Incredibly, this important question has not inspired many factual studies. Our guess? About ninety-five percent.

"Really?" you ask. "As many as that?"

Yes, as far as we can judge. In our general observations of the human species and especially in our work as psychotherapists, we have run across innumerable procrastinators. And their numbers increase!

Not only students, of course. Writers notoriously delay getting their manuscripts to editors on time. Business men and women submit literally millions of late reports each year. Applicants for jobs, school openings, civil service exams, and almost everything else under the sun — again by the millions, maybe even billions — promise themselves to fill out the necessary forms promptly, then finish them at the last minute, or send them in days or weeks after deadline . . . or not at all.

Do people really procrastinate with forms when it will cost them money? Oh, yes! Who among us has not mailed tax forms at the very last minute — and considerably after that? And how many human beings avoid being late most of the time for appointments, dates, dinners, interviews, therapy sessions, and whatnot? Damned few!

What about how-to books? Surely you can learn from copious literature how to overcome procrastination? Nope. The closest thing we could find in print was a book by Paul T. Ringenbach, *Procrastination Through the Ages, a Definitive History*. It presents an interesting survey, but it sheds little light on coping with the problem.

Does no one care? Will no one lift a finger to help rid the world of this destructive aspect of slothfulness? Fortunately we do and

95 %



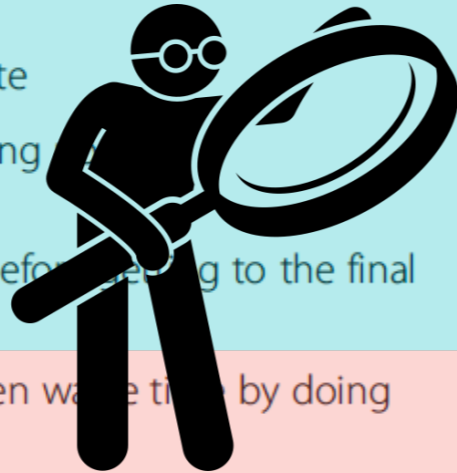
(Ellis & Knaus, 1977)

Självskattningar

Table 2 Original and translated versions of the self-report measures

Pure Procrastination Scale (PPS), with the Swedish version given in italics

English version	Swedish translation
PPS1 I delay making decisions until it's too late	<i>Jag skjuter upp beslut tills det är försent</i>
PPS2 Even after I make a decision I delay acting	<i>Även efter att jag har fattat ett beslut dröjer det innan jag agerar i enlighet med det</i>
PPS3 I waste a lot of time on trivial matters before getting to the final decisions	<i>Jag kastar bort mycket tid på bagateller innan jag fattar ett slutgiltigt beslut</i>
PPS4 In preparation for some deadlines, I often waste time by doing other things	<i>När jag måste hålla en tidsgräns slösar jag ofta bort tiden på annat</i>
PPS5 Even jobs that require little else except sitting down and doing them, I find that they seldom get done for days	<i>Även när det gäller arbeten som inte är särskilt krävande kan det ta mig flera dagar att slutföra dem</i>
PPS6 I often find myself performing tasks that I had intended to do days before	<i>Jag ägnar mig ofta åt saker som jag hade tänkt att göra för flera dagar sedan</i>
PPS7 I am continually saying "I'll do it tomorrow"	<i>Jag säger hela tiden att "det där gör jag imorgon"</i>
PPS8 I generally delay before starting on work I have to do	<i>Jag väntar vanligtvis med att påbörja ett arbete som jag måste göra</i>
PPS9 I find myself running out of time	<i>Det känns som om tiden inte räcker till</i>
PPS10 I don't get things done on time	<i>Jag får inte saker och ting gjorda i tid</i>
PPS11 I am not very good at meeting deadlines	<i>Jag är inte bra på att hålla utlovade tider</i>
PPS12 Putting things off till the last minute has cost me money in the past	<i>Att skjuta upp saker och ting till sista minuten har tidigare stått mig dyrt</i>



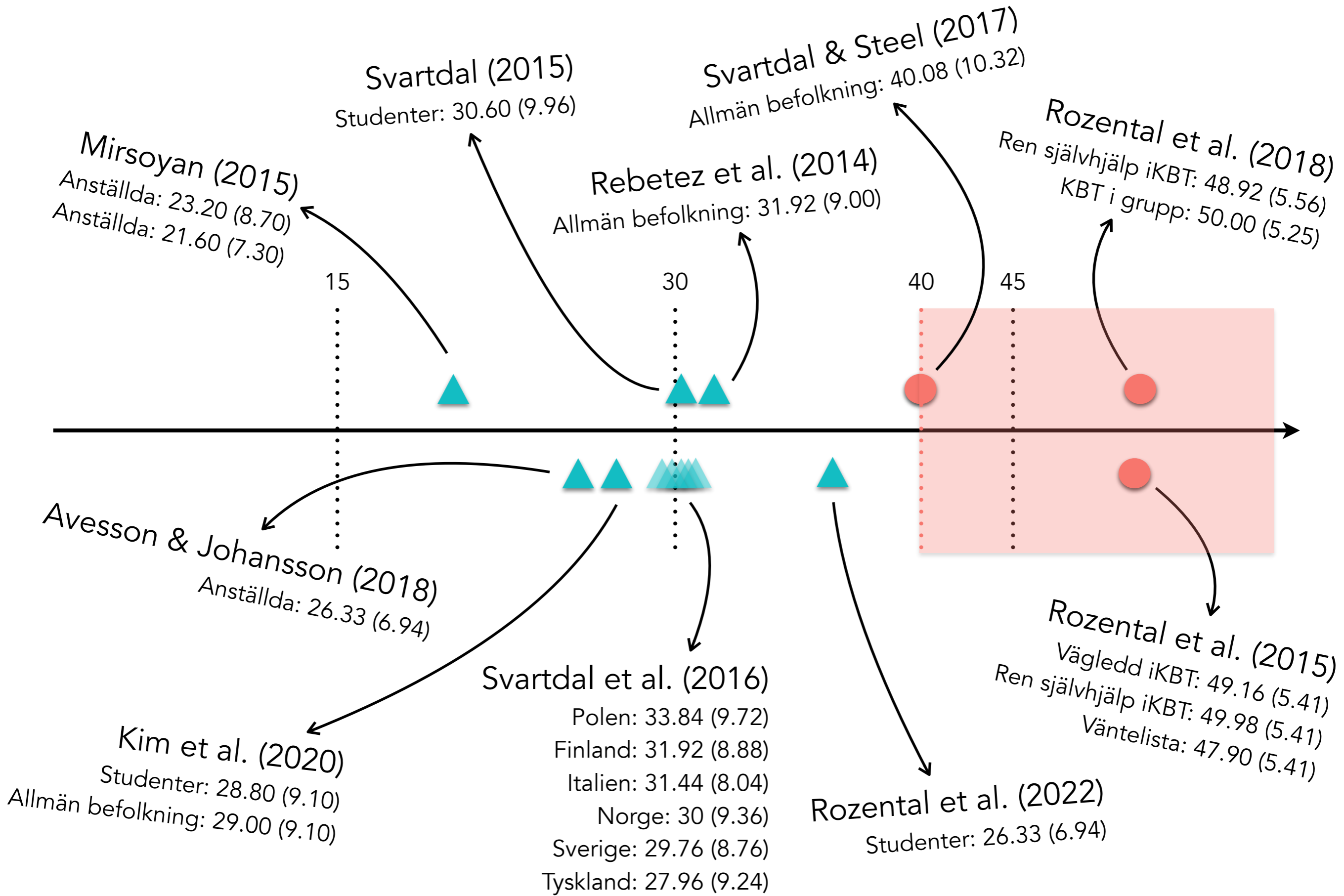
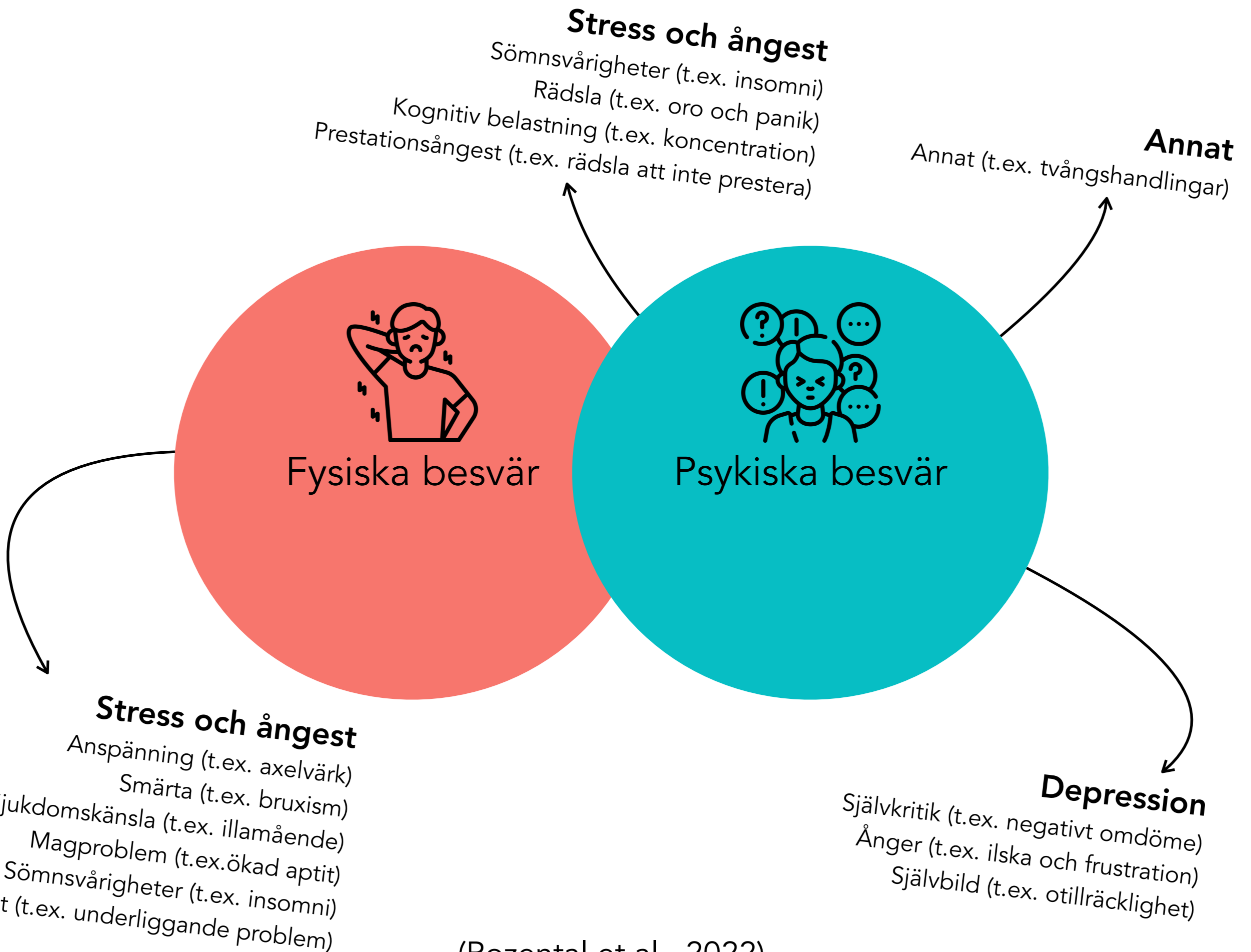


TABLE 2 | Differentiating severe procrastination from less severe procrastination.

		Less severe procrastination			Severe procrastination			Pearson Chi ²	df	p
		N	Yes	In %	N	Yes	In %			
Female	PPS	344	233	68	385	255	66	0.18	1	0.67
	PDC	396	283	71	333	205	62	8.02	1	0.0046
Presently has a diagnosed psychiatric disorder	PPS	344	26	8	388	75	19	21.24	1	0.000
	PDC	398	43	11	334	58	17	6.57	1	0.0104
Considers procrastination a problem	PPS	344	143	42	388	374	96	261.17	1	0.000
	PDC	398	193	48	334	324	97	206.03		0.000
Has considered seeking help	PPS	344	18	5	388	134	35	26.92	1	0.000
	PDC	398	26	7	334	126	38	37.65		0.000
Meets procrastination criteria	PPS	344	48	14	388	286	74	262.46	1	0.000
GAD-7 score < 5 (no anxiety)	PPS	344	162	47	388	88	23	61.39	3	0.000
	PDC	398	182	46	334	68	20	73.9	3	0.000
GAD-7 score ≥ 5 (mild anxiety)	PPS	344	104	30	388	128	33			
	PDC	398	126	32	334	106	32			
GAD-7 score ≥ 10 (moderate anxiety)	PPS	344	51	15	388	87	22			
	PDC	398	59	15	334	79	24			
GAD-7 score ≥ 15 (severe anxiety)	PPS	344	27	8	388	85	22			
	PDC	398	31	8	334	81	24			
PHQ-9 score < 5 (no depression)	PPS	344	155	45	388	60	15	111.86	4	0.000
	PDC	398	173	43	334	42	13	122.84	4	0.000
PHQ-9 score ≥ 5 (mild depression)	PPS	344	111	32	388	109	28			
	PDC	398	125	31	334	95	28			
PHQ-9 score ≥ 10 (moderate depression)	PPS	344	48	14	388	98	25			
	PDC	398	64	16	334	82	25			
PHQ-9 score ≥ 15 (moderately severe depression)	PPS	344	19	6	388	71	18			
	PDC	398	22	6	334	68	20			
PHQ-9 score ≥ 20 (severe depression)	PPS	344	11	3	388	50	13			
	PDC	398	14	4	334	47	14			

GAD, Generalized Anxiety Disorder Questionnaire; PHQ, Patient Health Questionnaire. **p* < 0.007 (Bonferroni correction).

(Rozenal et al., 2022)



(Rozenal et al., 2022)

Table 1*Sociodemographics and severity level on the primary and secondary outcome measures at screening for the obtained clusters and the total sample*

	1. Average procrastinators	2. Severe procrastinators	3. Well-adjusted procrastinators	4. Mild procrastinators	5. Primarily depressed	Total sample
Participants: <i>n</i> (%)	198 (27.89)	154 (21.69)	99 (13.94)	177 (24.93)	82 (11.55)	710
IPS: <i>M</i> (<i>SD</i>)	38.61 (3.22)	40.69 (2.86)	39.39 (3.17)	35.99 (3.42)	38.17 (3.51)	38.47 (3.62)
PPS: <i>M</i> (<i>SD</i>)	50.22 (3.70)	53.95 (3.68)	52.36 (3.81)	43.24 (4.52)	47.41 (4.94)	49.26 (5.69)
STS: <i>M</i> (<i>SD</i>)	45.02 (4.29)	47.42 (4.60)	45.21 (5.11)	35.74 (5.02)	34.34 (5.49)	42.02 (7.07)
GAD-7: <i>M</i> (<i>SD</i>)	7.21 (3.01)	14.79 (3.95)	4.80 (3.48)	4.54 (3.13)	11.20 (4.15)	8.31 (5.26)
MADRS-S: <i>M</i> (<i>SD</i>)	15.61 (3.96)	24.95 (5.90)	9.39 (4.47)	10.77 (4.64)	23.45 (4.83)	16.47 (7.69)
QOLI: <i>M</i> (<i>SD</i>)	-0.15 (1.00)	-0.93 (1.58)	2.31 (1.10)	1.56 (1.36)	-0.47 (1.17)	0.41 (1.73)
Age: <i>M</i> (<i>SD</i>)	37.31 (10.50)	37.60 (9.99)	37.96 (10.73)	40.23 (12.21)	40.77 (11.66)	38.59 (11.07)
Gender: <i>n</i> (% male)	125 (63.10)	75 (48.70)	47 (47.50)	107 (60.50)	42 (51.20)	396 (55.80)
In a relationship: <i>n</i> (%)	114 (57.60)	95 (61.70)	70 (70.70)	120 (67.80)	49 (59.80)	448 (63.10)
University degree: <i>n</i> (%)	103 (52.00)	73 (47.40)	64 (64.60)	114 (64.40)	45 (54.90)	399 (56.20)
On sick leave: <i>n</i> (%)	3 (1.50)	4 (2.60)	2 (2.00)	2 (1.10)	6 (7.30)	17 (2.40)
Previous psychological treatment: <i>n</i> (% yes)	91 (46.00)	90 (58.40)	43 (43.40)	63 (35.60)	35 (42.70)	322 (45.40)
Previous/concurrent psychotropic medication: <i>n</i> (% yes)	49 (24.70)	60 (39.00)	31 (31.30)	27 (15.30)	32 (39.00)	199 (28.00)

Note: IPS – Irrational Procrastination Scale, PPS – Pure Procrastination Scale, STS – Susceptibility to Temptation Scale, GAD-7 - Generalized Anxiety Disorder Assessment 7-item, MADRS-S - Montgomery Åsberg Depression Rating Scale – Self-report version, QOLI – Quality of Life Inventory

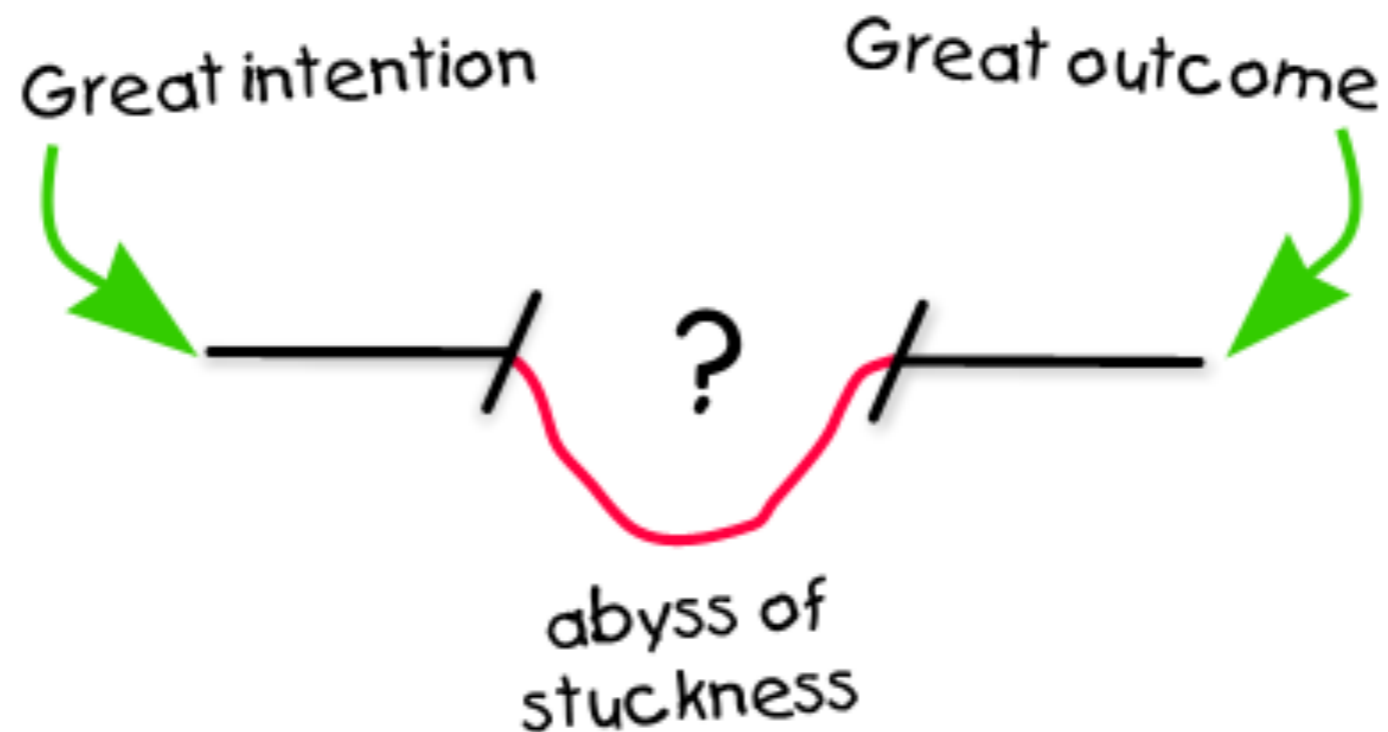
(Rozenal et al., 2015)

Intention-action-gap

🏔️ I vilken utsträckning en individ inte agerar på sina intentioner

🏔️ Glappet ökar i relation till tiden som återstår

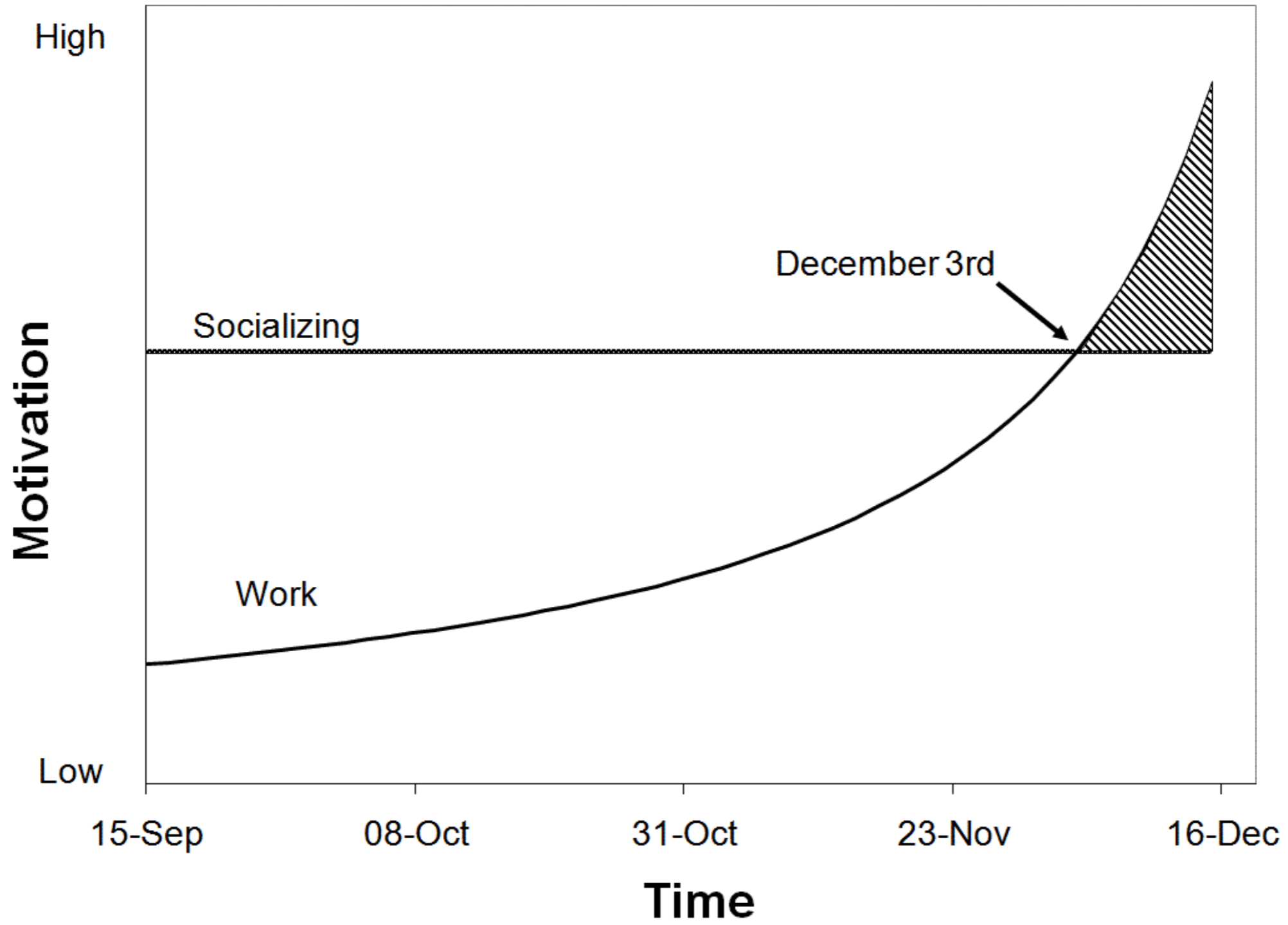
🏔️ Modereras av personlighetsdrag



(Silver & Sabini, 1981; Steel, 2007; Van Hooft et al. 2005)

Motivationsperspektiv

Motivation = _____



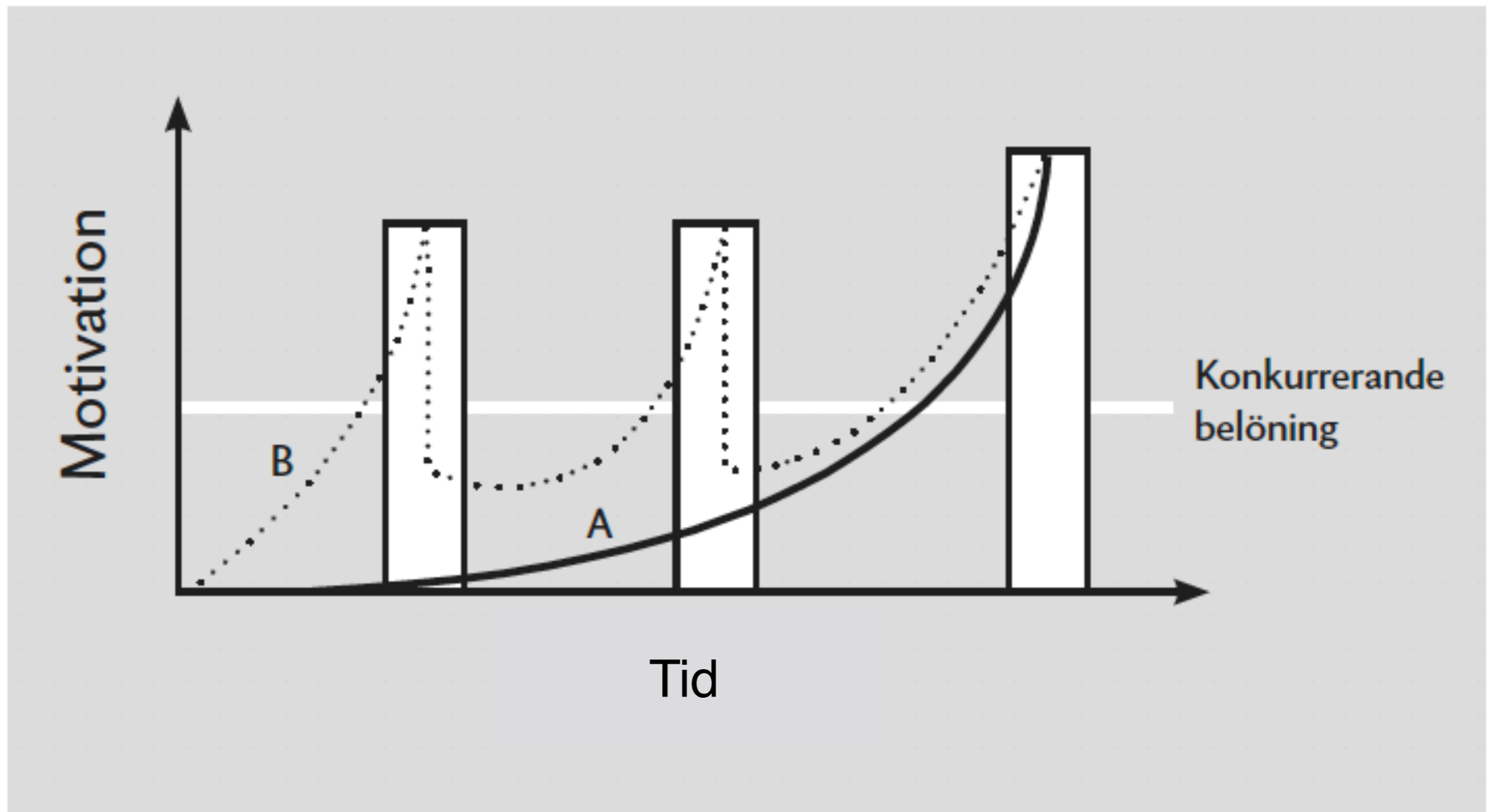
(Steel & König, 2006)

Behandlingsupplägg

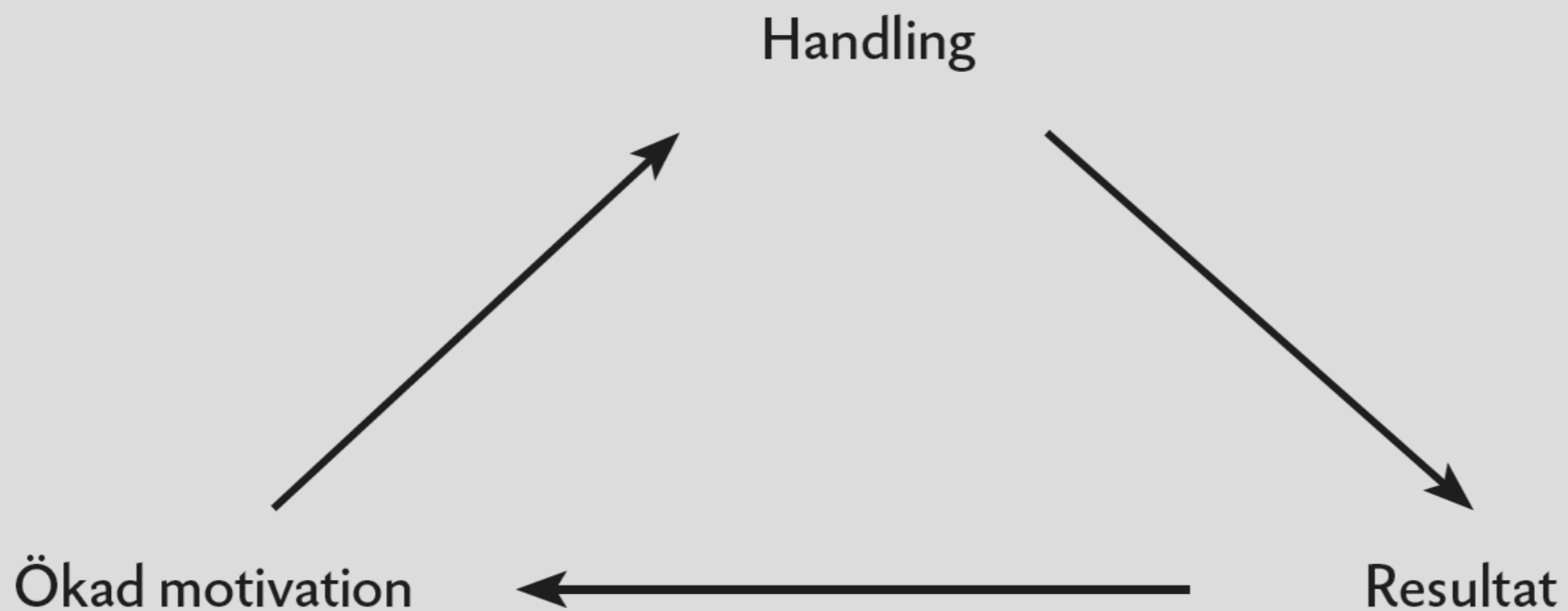
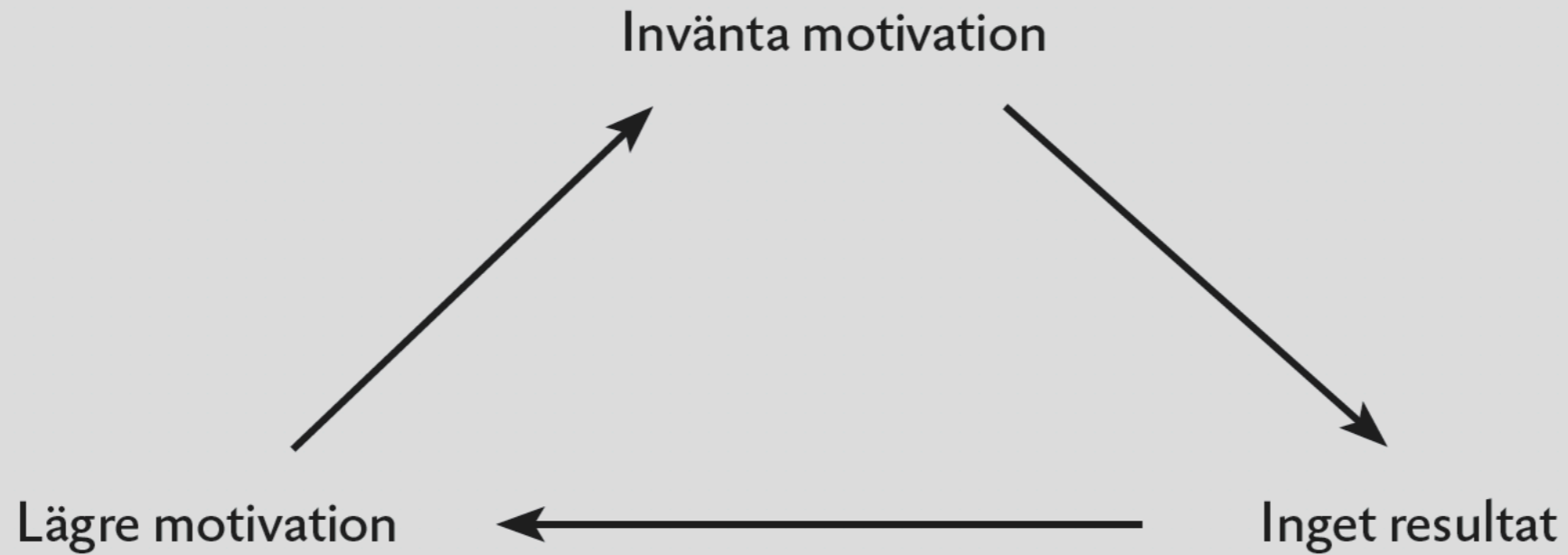
Session och behandlingsfokus	Hemuppgifter
1. Prokrastineringskvationen	Läsmaterial, reflektion och tidsregistrering
2. Fördelar och nackdelar med prokrastinering	Motivationskorset
3. Målsättningstekniker	Målsättningstekniker, t.ex. SMART och delmål
4. Belöningscheman och motivationsloopar	Belöningscheman, t.ex. fusing
5. Ego depletion och arbetsrytm	Schemaläggning, t.ex. dedikerad arbetstid
6. Stimuluskontroll och pseudoarbete	Distraktioner
7. Själva	... och självförstärker, t.ex. raspiga skivan
8. Dysfunktionella antaganden	Beteendexperiment
9. Värderingar	Värderad riktning
10. Vidmakthållande	Vidmakthållandeplan

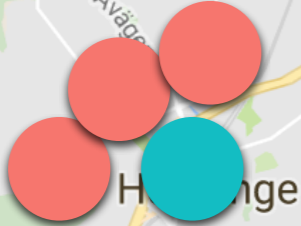
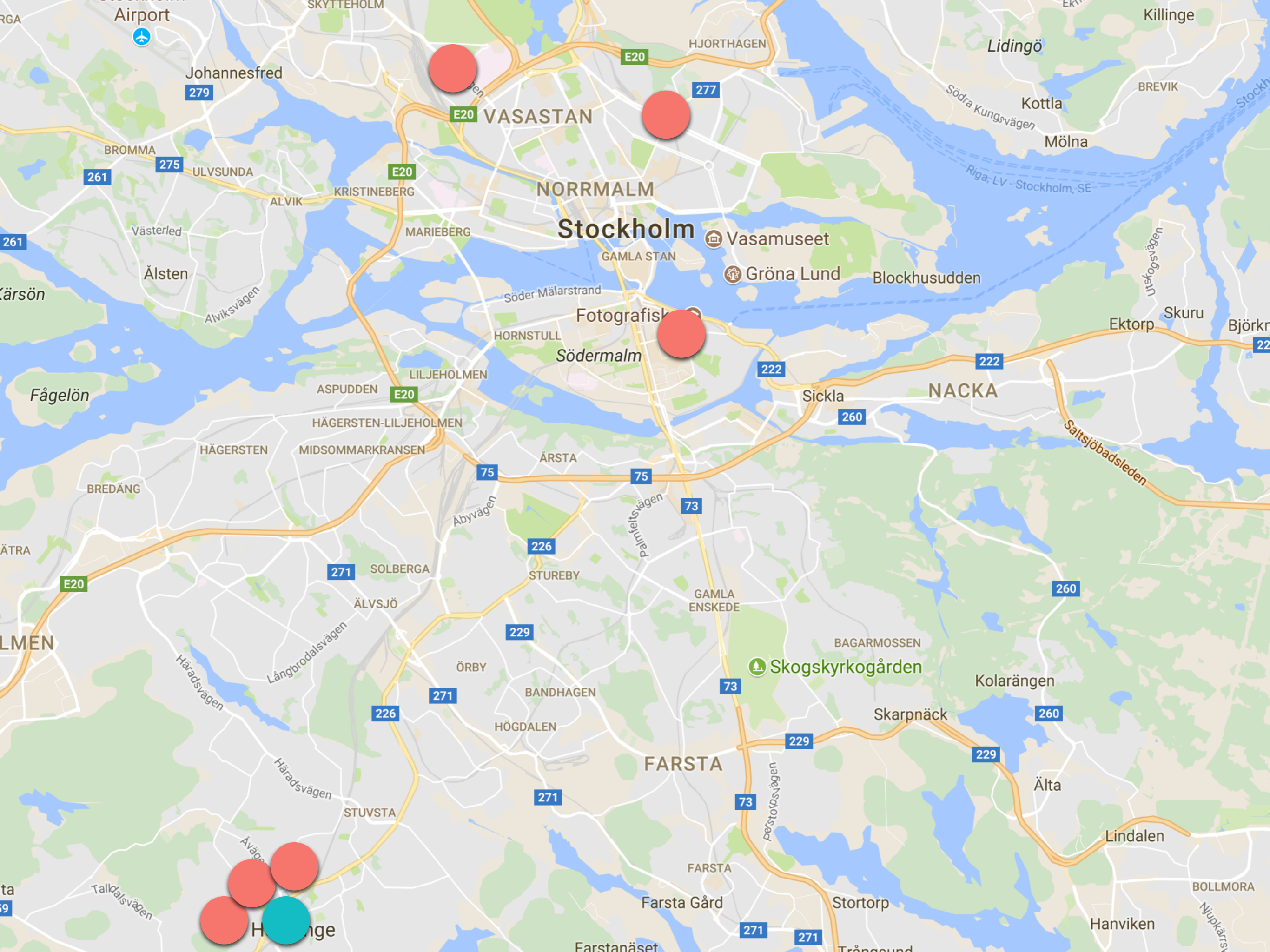
(Rozenal et al., 2015; 2018; de Haas et al., in preparation; Lambert et al., in preparation)

Målsättningstekniker



Motivationsloopar





VASASTAN

NORRMALM

Stockholm

Fotografiska

Södermalm

NACKA

FARSTA

Hänge

Johannesfred

BROMMA

ULVSUNDA

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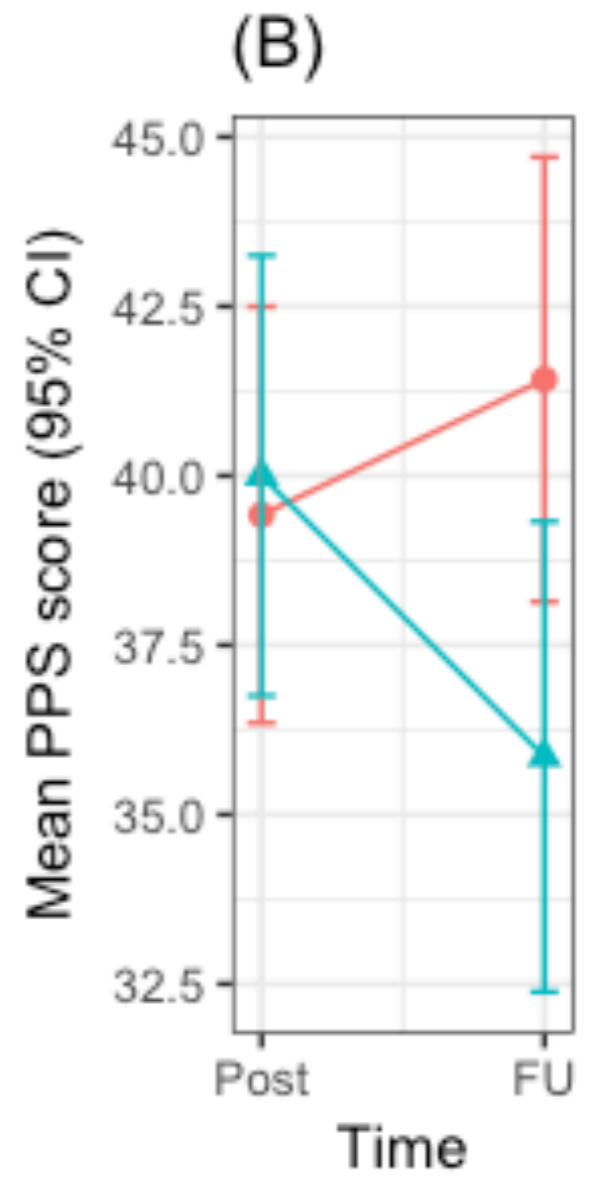
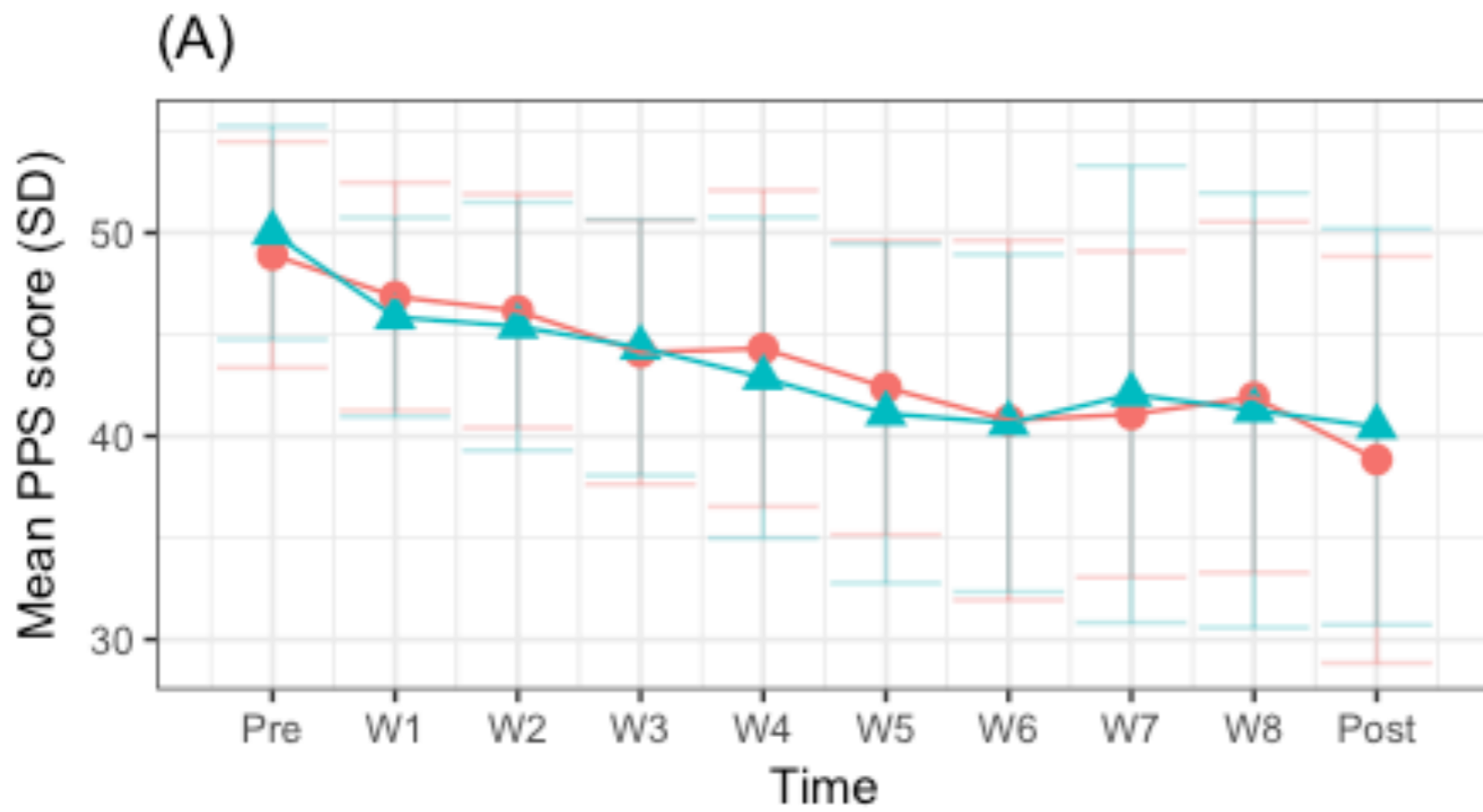
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Table 1
Sociodemographic Characteristics of Participants at the Pretreatment Assessment

Baseline characteristic	Self-guided ICBT (N = 48)	Group CBT (N = 44)	Full sample (N = 92)
Gender (female): N (%)	30 (62.5)	38 (86.4)	68 (73.9)
Age (years): M (SD)	28.4 (7.9)	30.0 (7.5)	29.2 (7.7)
University points (ECTS): M (SD) ^a	124.0 (99.7)	145.2 (107.3)	134.1 (103.4)
Marital status: N (%)			
Single	16 (33.3)	17 (38.6)	33 (35.9)
Married/Partner	31 (64.6)	25 (56.8)	56 (60.9)
Divorced/Widow	1 (2.1)	2 (4.5)	3 (3.3)
Children (yes): N (%)	11 (22.9)	11 (25)	22 (23.9)
University: N (%)			
Karolinska Institutet	27 (56.3)	29 (65.9)	56 (60.9)
Södertörn University	16 (33.3)	10 (22.7)	26 (28.3)
Ersta Sköndal University College	2 (4.2)	2 (4.5)	4 (4.3)
Sophia Hemmet University	2 (4.2)	2 (4.5)	4 (4.3)
Red Cross University College	1 (2.1)	1 (2.3)	2 (2.2)
Type of education: N (%)			
Professional, e.g., nurse	28 (58.3)	24 (54.5)	52 (56.5)
Non-professional, e.g., sociology	14 (29.2)	14 (31.8)	28 (30.4)
Course, e.g., academic writing	4 (8.3)	2 (4.5)	6 (6.5)
Post graduate	2 (4.2)	4 (9.1)	6 (6.5)
Employment parallel to studies (yes): N (%)	23 (47.9)	27 (61.4)	50 (54.3)
Psychiatric diagnosis according to MINI (yes): N (%)			
Depression	2 (4.2)	2 (4.5)	4 (4.3)
Anxiety	6 (12.5)	12 (27.3)	18 (19.6)
Depression/anxiety	1 (2.1)	4 (9.1)	5 (5.4)
Other	0 (0)	1 (2.3)	1 (1.1)
None	39 (81.2)	25 (56.8)	64 (69.6)
Previous psychological treatment (yes): N (%)	15 (31.3)	16 (36.4)	31 (33.7)
Previous/ongoing psychotropic medication (yes): N (%)	8 (16.7)	9 (20.5)	17 (18.5)

^a 30 university points (ECTS) equals studying one semester at full time, i.e., 180 = Bachelor's degree; 300 = Master's degree ECTS = European Credit Transfer and Accumulation System; ICBT = Internet-based Cognitive Behavior Therapy; CBT = Cognitive Behavior Therapy; MINI = MINI-International Neuropsychiatric Interview

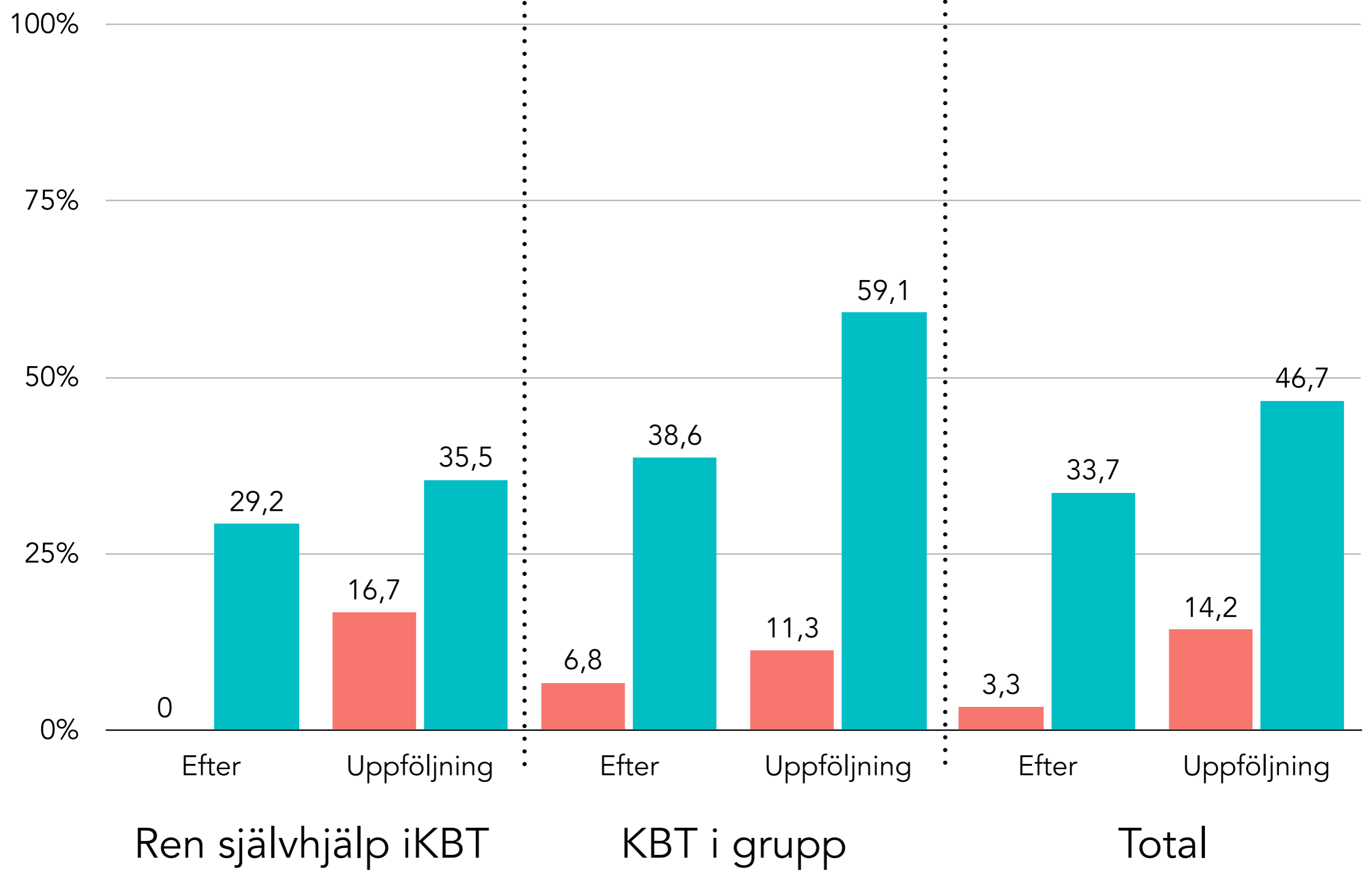


- Självhjälp iKBT
- ▲ Grupp KBT

(Rozental et al., 2018)

Försämrad

Förbättrad



(Rozentel et al., 2018)

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