10th Biennial Procrastination Research Conference

DePaul University O’Hare Campus
July 13 - 14, 2017
Conference Program

Conference Chair
Dn. Joseph R. Ferrari PhD
College of Science & Health
Department of Psychology
DePaul University Chicago, IL
PROGRAM OVERVIEW

Thursday July 13, 2017

07:30  Start Shuttle Bus to Conference
07:45-08:30  Registration and Mingle
08:00-09:00  Welcome Address
09:00-09:20  Paper Session I
09:20-09:30  Break
09:30-10:15  Paper Session II
10:15-10:30  Break
10:30-11:00  Paper Session III
11:00-13:15  LUNCH & ALL POSTERS
13:15-14:15  Paper Session IV
14:15-14:30  Break
14:30-15:30  Paper Session V
15:30-16:15  Shuttle Back to Hotel
16:30-20:30  Cocktails & Dinner

Friday, July 14, 2017

08:30  Start Shuttle Bus to Conference
09:15-10:15  Paper Session VI
10:15-10:30  Break
10:30-11:30  Paper Session VII
11:30-13:00  LUNCH & ALL POSTERS (remove by 13:00)
13:00-14:00  Paper Session VIII
14:00-14:15  Break
14:15-15:15  Paper Session IX
15:15-16:00  Wrap-Up & Reflections
16:15-17:00  Shuttle Back to Hotel

POSTER PRESENTATION

PT 024 Procrastination in Academic Settings--A Question of Task Design?
   Johannes Hoppe, (Martin Luther University Halle--Wittenberg), Germany

PT 025 Identifying the Key Malleable Predictors of Academic Procrastination
   Through a Semester-Long, Classroom-Based Study
   Nicholas P Carruth, Daniel E. Gustavson, John Lurquin, Michael J. Kane & Akira Miyake,
   (University of Colorado at Boulder), USA

PT 026 An Examination of the Individual Differences Of and Between Passive and Active
   Brendan Whitney, (University of Notre Dame), USA

PT 027 Development and Preliminary Results from a Web-Based Acceptance and Commitment Therapy Program to Reduce Academic Procrastination
   Frederick Bionne, Guillaume Raymond, & Joel Gagnon, (University of Quebec at Trois-Rivieres), Canada

PT 028 Waiting for the Right Place and Right Time: Belief Content Correlates of Academic Procrastination
   Steven Shane Littrell, (University of Tennessee-Chattanooga), USA

PT 029 Procrastination in Clinical Context: Prevalence and Diagnostic Findings in Psychotherapy Outpatients
   Margarita Engberding, Anna Hoecker, Julia Elen Hafkerkamp, Stephan Foerster, Fred Rist & Ulrike Buhlman, (University of Muenster), Germany

PT 030 Effects of a Strengths-Based Training to Overcome Procrastination
   Lennart B. Visser, (Driestar University for Teacher Education), The Netherlands, Fred A. J. Korthagen, (Utrecht University), The Netherlands & Judith Schoonenboom, (University of Vienna), Austria

How to get to the Conference

The conference will take place at DePaul University at the O’Hare Campus. The full address is:

DePaul University O’Hare Campus
8770 W Bryn Mawr Ave.
Chicago IL 60631
312-476-3600

Hotel Shuttle Bus will be provided
POSTER PRESENTATION

PT 013 General and Academic Procrastination and its Relationship with Autonomous and Controlled Regulation in Peruvian Public and Private Students
Pamela Matos, (Universidad of Lima, Peru), Peru

PT 014 Chronic Procrastination in Adult Limean Peruvian Population
Karem Diaz, (Pontifical Catholic University of Peru), Peru

PT 015 Reducing Procrastination Tendency Through Increased Time Management: The Effects of Short-Term Group-Counseling Programs
Bilge Uzun, Deniz Dilara Ertecan & Askin Oyku Usta, (Bahcesehir University), Turkey

PT 016 Paradoxical Intervention as Treatment to Overcome Procrastination
Solange Otermin-Cristeta, (University of Tubingen), Germany

PT 017 Morningness-Eveningness and Procrastination on Online Platforms: Are Evening-Active Participants Greater Procrastinators than Morning-Active Participants on Mechanical Turk?
Nathan Fordsham & Leib Litman (Lander College) USA

PT 018 Academic Procrastination: Frequency, Possible Reasons and Role of Hope
Ipek Cam & Bilge Uzun, (Bahcesehir University), Turkey

PT 019 The Construct Validity of Active Procrastination: Is it Procrastination or Purposeful Delay?
Shamarukh Chowdhury & Timothy A. Pychyl, (Carleton University), Canada

PT 020 Self-Handicapping and Procrastination: Prevention Educational Strategies
Gioacchino Lavanco, Laura Clorinda Rinaldi, (University of Palermo), Italy, Maria Sinatra, (University of Bari), Italy, & Valeria de Palo (University of Foggia), Italy

PT 021 Academic Procrastination and Self-Regulation Processes
Lucia Monacis, Valeria de Palo, (University of Foggia), Italy Silvana Miceli, (University of Palermo), Italy, & Maria Sinatra, (University of Bari), Italy

PT 022 Feasibility and Satisfaction of a Web-Based Acceptance and Commitment Therapy Program
Joel Gagnon, Guillaume Raymond, Veronique Pinard, & Frederick Dionne, (University of Quebec at Trois-Rivieres), Canada

PT 023 Do Procrastination-Friendly Environments Make Students Delay Unnecessarily?
Kent Nordby, (Institute of Psychology, The University of Tromso, The Arctic University of Norway), Norway

CONFERENCE FORMATS

Guidelines for PAPER Presentation

Each Speaker has 15 Minutes to present his/her research in English to the audience. Following there will be 5 minutes for an open discussion and questions concerning the paper presented.

For the Paper Presentations to run as smoothly as possibly, we kindly ask all presenters to download their presentation either onto their laptops or onto a flash drive.

Guidelines for POSTER Presentations

The Poster Session will be interactive and involves several number posters that visually present research studies. The presenters place themselves besides their Posters to conduct, during lunch, in-depth discussions with interested attendees. Attendees are also invited to address the posters in breaks during the day.

Poster size is commonly 91.4cm X 121.9 cm, which is equal to 36” X 48”. Posters will be mounted on tabletop cardboard display boards. (http://www.posterpresentations.com/html/free_poster_templates.html). Other formats are of course also possible.

Please print the Poster in English by yourself and bring it with you to the conference.

Thursday, July 13. 2017

07:15-08:30 Registration & Mingle

08:40-09:00 “Welcome” Address

POSTERS—Please post for 2 days, set-up by 9:30 on July 13, 2017
“I Don’t Procrastinate Anymore”- A Meta-Analysis of Procrastination Interventions
Wendelien Van Eerde (University of Amsterdam), The Netherlands & Katrin Klingsieck (University of Paderborn), Germany

09:20-09:30 Break

Models, Moms, and Measures

The Optimal Length of a Break
Thomas A. Weber, (Ecole Polytechnique Federale de Lausanne EPFL) Switzerland

General and Domain-Specific Delays in Students and their Relationship to Parenting
Ranjana Dutta, Jordyn P. Truax, & Joshua Bouchard, (Saginaw Valley State University) USA

The Role of Visual Continuous Performance in the Assessment of Procrastination
William McCown, Burt Ashworth & Hla Blake, (University of Louisiana at Monroe) USA

10:30-10:40 Break
Time to Work & Workplace Issues

Assignment Submission Times as Objective Measures of Individual Differences in Academic Procrastination: A Classroom Study
Akira Miyake, Nicholas P. Carruth, John H. Lurquin, (University of Colorado Boulder) USA
Daniel E. Gustavson, (University of California, San Diego) USA, Michael J. Kane, (University of North Carolina, Greensboro) USA

Driven by Deadlines or Tasks: What Motivates Getting Things Done
Mary Lamia, (The Wright Institute), USA

Prediction and Job-Related Outcomes of Procrastination in the Workplace
Shiri Pearlman-Avnion & Alexander Ziheng, (Tel Hai College), Israel

14:00-14:15  Break

Some Other Current Topics: Sleep and Smartphones

Defining Bedtime Procrastination: What's at Issue, How to Do It, and Why It Matters
Joel Anderson, (Utrecht University), The Netherlands

Insomnia Symptoms Increase Probability for ADHD Diagnosis Among Procrastinators
Ilana S. Hairston (Tel Hai Academic College), Israel, & Roni Shpitalni, (Yaffo Academic College), Israel

More Interruptions and Fewer Accomplishments? How Smartphone Habits Increase the Frequency of Procrastination and Decrease Hedonic and Eudaimonic Well-Being in Everyday Life
Adrian Meier & Leonard Reinecke, (University of Mainz), Germany

15:15-16:00  Wrap-Up & Reflections: Next Conference Site, _____ 2019?

16:15-17:00  Shuttle Back to Hotel
14:15-14:30  Break

14:30-15:30  PAPER SESSION V

**Clutter, Hoarding, & Procrastination**

*Why Putting Off Disposal Decisions is a Bad Idea: An Empirical Investigation of the Relationship Between Procrastination, Clutter and Well-Being Over the Life Span*  
Catherine A. Roster (University of New Mexico), USA, & Joseph R. Ferrari, (DePaul University) USA

*Imperfection, Indecision and Hoarding*  
Isabella Gabrielson, Cheyenne Marani, Randy O. Frost and Alexandra Burgess, (Smith College) USA

*The Relationship Between Continuous Performance Task Scores, Trait Procrastination, and Chronic Hoarding Behavior*  
William McCown & Burt Ashworth, (University of Louisiana at Monroe), USA

15:30-16:15  Shuttle Back to Hotel

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**Dinner at:** PARK TAVERN 5433 Park Pl. Rosemont IL 60018

*Crowne Plaza guests:* walk about 1 block toward the "Fashion Outlet Mall" (ask the front desk for specific directions)

*Comfort Inn guests:* Hotel shuttle will drop off/pick-up

17:30 - 18:15pm [5:30 to 6:15] ~~ cocktails (2 complimentary drinks included)

18:15pm [6:15] ~~ sit down salad, followed by buffet dinner and dessert plus, outdoor concert starting at 7:30pm and fireworks around 10:30pm

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**Friday, July 14, 2017**

09:15-10:15  PAPER SESSION VI

**Biological Base of Procrastination**

*Executive Function Measures of Procrastination and Hoarding in Healthy Aging Adults*  
Greg Stolcis (Virginia Commonwealth University), USA, & William McCown, (University of Louisiana At Monroe), USA

*Procrastination, Impulsivity, Punishment and Executive Control - Monetary Go/No-go fMRI Study*  
Marek Wypych, D. Brodzield, M. Szczepanik, & A. Marchewka (Nencki Institute of Experimental Biology), Poland, J.M. Michalowski, M. Bania, (University of Warsaw), Poland

*Genetic Influences on Procrastination Underlie its Correlations with Personality, Cognition, and Psychopathology*  
Daniel E. Gustavson (University of California, San Diego), USA & Akira Miyake, (University of Colorado Boulder) USA

10:15-10:30  Break

10:30-11:30  PAPER SESSION VII

**Students and Procrastination**

*Decisional Procrastination in Academic Settings: The Role of Metacognitions and Learning Strategies*  
Valeria de Palo, Lucia Monacis, (University of Foggia), Italy, Silvana Miceli & Gioacchino Lavanco, (University of Palermo), Italy

*Undoing Academic Procrastination by Discursive Means*  
Jean O'Callaghan, (Roehampton University), England

*Does it Matter if Students Procrastinate More in Some Courses than Others? A Within-Person Examination of Procrastination and Academic Achievement*  
Kristina Kljajic & Patrick Gaudreau, (University of Ottawa), Canada

11:30-13:00  LUNCH & Posters [Remove by 13:00]