

Procrastination Scale (Lay, 1986)

Instructions:

People may use the following statements to describe themselves. For each statement, decide whether the statement is uncharacteristic or characteristic of you using the following 5 point scale. Note that the 3 on the scale is Neutral – the statement is neither characteristic nor uncharacteristic of you. In the box to the right of each statement, fill in the number on the 5 point scale that best describes you.

Extremely <u>Un</u> characteristic	Moderately <u>Un</u> characteristic	Neutral	Moderately Characteristic	Extremely Characteristic
1	2	3	4	5

1. I often find myself performing tasks that I had intended to do days before.
- 2.* I often miss concerts, sporting events, or the like because I don't around to buying tickets on time.
- 3.* When planning a party, I make the necessary arrangements well in advance.
4. When it is time to get up in the morning, I most often get right out of bed.
5. A letter may sit for days after I write it before mailing it.
6. I generally return phone calls promptly.
7. Even with jobs that require little else except sitting down and doing them, I find they seldom get done for days.
8. I usually make decisions as soon as possible.
9. I generally delay before starting on work I have to do.
- 10.* When travelling, I usually have to rush in preparing to arrive at the airport or station at the appropriate time.
11. When preparing to go out, I am seldom caught having to do something at the last minute.
12. In preparing for some deadline, I often waste time by doing other things.
- 13.* If a bill for a small amount comes, I pay it right away.
- 14.* I usually return an RVSP request very shortly after receiving the invitation.
15. I often have a task finished sooner than necessary.
16. I always seem to end up shopping for birthday or Christmas gifts at the last minute.
17. I usually buy even an essential item at the last minute.
18. I usually accomplish all the things I plan to do in a day.
19. I am continually saying "I'll do it tomorrow".
20. I usually take care of all the tasks I have to do before I settle down and relax for the evening.

Note: Reversed-keyed items: 3,4,6,8,11,13,14,15,18,20

Note: * indicates items that differ from student to non-student forms

References

Lay, C. (1986). At last, my research article on procrastination. *Journal of Research in Personality*, 20, 474-495.