

Passive Procrastination Scale (PPS)

Example Report

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About this report

The Passive Procrastination Scale (PPS; [Chu & Choi, 2005](#)) is a brief (6 item) measure of maladaptive procrastination. It has been shown to have good internal reliability and be a good predictor of problematic delay ([Wessel et al., 2019](#)).

Results are presented relative to others who have completed the same 6 questions

The PPS is provided for entertainment and education purposes only.

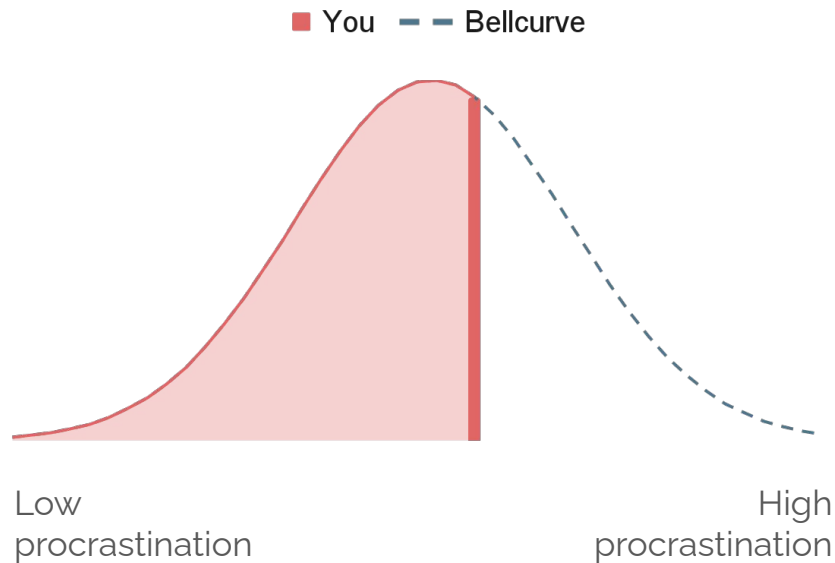


Your results

You scored **23 out of a maximum of 42**, which is **higher than 44%** of the 716 others who have completed this scale. Your problematic procrastination is **average**.

Your procrastination is in the 'normal' range. There are some things you put off, and other things you don't.

While procrastination is unlikely to have held you back in life, you do have room to improve.





Comparative results

Your PPS score	23
Average score for those who selected Male in the question about gender.	23.50
Average for the 28-33 age bracket.	20.00
Average for those who selected Professional in the question about group.	23.00



Resources

- An entertaining take on beating procrastination:
<https://waitbutwhy.com/2013/11/how-to-beat-procrastination.html>
- A comprehensive categorisation of anti-procrastination strategies:
<https://scienceofselfhelp.org/articles-1/2018/11/28/the-elements-of-change-a-grand-unified-theory-of-self-help>
- There is good evidence that Cognitive Behaviour Therapy (CBT) can help people overcome their procrastination. That also aligns with my clinical experience. While I can help you with it, a capable psychologist / CBT practitioner near you should be well-equipped to help you manage and potentially overcome problematic procrastination.
- For procrastination resources and coaching for students, professionals, and entrepreneurs, visit: <https://www.unpackpsychology.com.au/procrastination>