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A Metacognitive Model of Procrastination

Bruce A. Fernie, Zinnia Bharucha, Ana V. Nikčević, Claudia Marino, Marcantonio M. Spada



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Bruce A. Fernie^{a,b*}, Zinnia Bharucha^a, Ana V. Nikčević^c, Claudia Marino^d,
Marcantonio M. Spada^e

^aKing's College London, Institute of Psychiatry, Psychology and Neuroscience,
Department of Psychology, London, UK

^bHIV Assessment and Liaison Team, South London & Maudsley NHS Foundation
Trust, London, UK

^cKingston University, Kingston upon Thames, UK

^dDipartimento di Psicologia dello Sviluppo e della Socializzazione, Università di
Padova, Padova, Italy

^eLondon South Bank University, London, UK

*Correspondence should be addressed to: Bruce Alexis Fernie, Department of
Psychology, Institute of Psychiatry, Psychology and Neuroscience, King's College
London, Henry Wellcome Building, De Crespigny Park, London, SE5 8AF, United
Kingdom. Tel. +44 (0)7779 300 427, fax +44 (0)20 7848 5310, e-mail
bruce.fernie@kcl.ac.uk

Abstract

Background: procrastination refers to the delay or postponement of task or decision-making initiation or completion and is often conceptualised as a failure of self-regulation. Recent research has suggested that metacognitions play a role in procrastination and that unintentional procrastination (UP), as opposed to intentional procrastination (IP), may be the most problematic form of this behaviour. We aimed to test a metacognitive model of procrastination that was grounded in the Self-Regulatory Executive Function model. Methods: a convenience sample of 400 participants were recruited and completed (at least partially) a battery of online questionnaires that measured IP and UP, metacognitions about procrastination, depression, and Cognitive Attentional Syndrome (CAS) configurations. Initially, we tested series of hypotheses to

[☆] **Compliance with Ethical Standards.** All authors declare that they have no conflicts of interest. This study involved human participants. All procedures performed in this study were conducted in accordance with the ethical standards of the institutional research committee and with the 1964 Helsinki declaration and its later amendments or comparable ethical standards. Informed consent was obtained from all individual participants included in the study.

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