

Katy Y. Y. TAM
Curriculum Vitae
Email: katy.tam@utoronto.ca

ACADEMIC POSITIONS

- 2025 – Present **Assistant Professor,**
Department of Psychology, University of Toronto
- 2022 – 2024 **Postdoctoral Fellow,**
Department of Psychology, University of Toronto
Supervisor: Michael Inzlicht

EDUCATION

- 2018 – 2022 **Joint Ph.D. (HKU and KCL) in Psychology,**
Department of Psychology, The University of Hong Kong and King's College
London
Supervisors: Christian S. Chan, Wijnand A. P. van Tilburg, and Jennifer Y. F. Lau
- 2013 – 2017 **Bachelor of Social Sciences,**
Department of Psychology, The University of Hong Kong
Double Majors: Psychology, Counseling; First Class Honours

AWARDS & FELLOWSHIPS

- 2023 **Ig Nobel Prize,** Improbable Research
- 2023 **2020-21 Graduate Research Publication Award – 1st Prize** (\$1,000 HKD),
Department of Psychology, The University of Hong Kong
- 2022 – 2024 **University of Toronto Scarborough Postdoctoral Fellowship** (\$45,000 CAD),
University of Toronto Scarborough
- 2021 **SPSP Graduate Travel Award** (\$55 USD), Society for Personality and Social
Psychology
- 2020 **Erik Kvan Postgraduate Scholarship** (\$9,000 HKD), The University of Hong Kong
- 2018 – 2022 **Postgraduate Scholarship** (\$850,000 HKD), The University of Hong Kong
- 2018 **University Postgraduate Fellowship** (\$70,000 HKD), The University of Hong Kong
- 2017, 2014 **Dean's Honours List,** The University of Hong Kong
- 2015 **Evergreen Scholarships for Student Enrichment** (\$15,000 HKD), The University
of Hong Kong
- 2014 **CLP Centenary Scholarship 2014** (\$50,000 HKD), CLP Power Hong Kong Limited
- 2013 **HKU Foundation Scholarships for Outstanding Students** (\$2,000 HKD), The
University of Hong Kong

PUBLICATIONS

- 2025 Chan, C., Lim, H., Lau, F., Ip, W., Lui, C., **Tam, K. Y. Y.**, & Feldman, G. (2025). Revisiting the Effects of Helper Intention on Gratitude and Indebtedness: Replication and extensions Registered Report of Tsang (2006). *Royal Society Open Science*, 12, 250508. <https://doi.org/10.1098/rsos.250508>
- 2024 **Tam, K. Y. Y.**, & Inzlicht, M. (2024). People are increasingly bored in our digital age. *Communications Psychology*, 2, 106. <https://doi.org/10.1038/s44271-024-00155-9>
- Tam, K. Y. Y.**, & Inzlicht, M. (2024). Fast-forward to boredom: How switching behaviour on digital media makes people more bored. *Journal of Experimental Psychology: General*, 153(10), 2409-2426. <https://dx.doi.org/10.1037/xge0001639>
- Jacobs, T., Wang, M., Leach, S., Loong, S., Khanna, M., Chan, K., Chau, H., **Tam, K. Y. Y.**, & Feldman, G. (2024). Revisiting the motivated denial of mind to animals used for food: Replication and extension of Bastian et al. (2012). *International Review of Social Psychology*, 37(1): 6, 1–15. <https://doi.org/10.5334/irsp.932>
- 2023 Yu, B. Y. M., Lam, C. S., **Tam, K. Y. Y.**, Cheung, D. S. T., Chen, S. C., & Yeung, W. F. (2023). The role of insomnia and exercise in COVID-19 worries for mental health: A moderated mediation model. *Behavioral Sleep Medicine*, 22(3), 378-392. <https://doi.org/10.1080/15402002.2023.2270095>
- Gulliver, R. E., Chan, C. S., Chan, W. W. L., **Tam, K. Y. Y.**, & Louis, W. R. (2023). Bystanders, Protesters, Journalists: A qualitative examination of different stakeholders' motivations to participate in collective action. *Journal of Pacific Rim Psychology*, 17. <https://doi.org/10.1177/18344909231187018>
- Tam, K. Y. Y.**, van Tilburg, W. A. P., & Chan, C. S. (2023). Lay beliefs about boredom: A mixed-methods investigation. *Motivation and Emotion*, 47(6), 1075-1094. <https://doi.org/10.1007/s11031-023-10043-0>
- Tam, K. Y. Y.**, Chan, C. S., van Tilburg, W. A. P., Lavi, I., & Lau, J. Y. F. (2023). Boredom belief moderates the mental health impact of boredom among young people: Correlational and multi-wave longitudinal evidence gathered during the COVID-19 pandemic. *Journal of Personality*, 91(3), 638-652. <https://doi.org/10.1111/jopy.12764>
- Chan, C. S., Gulliver, R. E., Awale, A., **Tam, K. Y. Y.**, & Louis, W. R. (2023). The influence of perceived threat and political mistrust on politicized identity and normative and violent nonnormative collective action. *Journal of Social and Political Psychology*, 11(1), 126-144. <https://doi.org/10.5964/jspp.7979>
- Gulliver, R. E., Chan, C. S., **Tam, K. Y. Y.**, Lau, I. S. K., Hong, Y. Y., & Louis, W. R. (2023). Political distrust, perceived threat, and intentions to engage in normative and violent collective action: A mixed-methods study. *European Journal of Social Psychology*, 53(2), 401-417. <https://doi.org/10.1002/ejsp.2910>
- Tam, K. Y. Y.**, van Tilburg, W. A. P., & Chan, C. S. (2023). Whatever will bore, will bore: The mere anticipation of boredom exacerbates its occurrence in lectures. *British Journal of Educational Psychology*, 93(1), 198-210. <https://doi.org/10.1111/bjep.12549>

- 2022 Awale, A., Chan, C. S., **Tam, K. Y. Y.**, & Karasawa, M. (2022). Perceived warmth of offending group moderates the effect of intergroup apologies. *Group Processes and Intergroup Relations*, 25(5), 1372-1394. <https://doi.org/10.1177/1368430220961844>
- 2021 **Tam, K. Y. Y.**, van Tilburg, W. A. P., & Chan, C. S. (2021). What is boredom proneness? A comparison of three characterizations. *Journal of Personality*, 89(4), 831-846. <https://doi.org/10.1111/jopy.12618>
- Tam, K. Y. Y.**, van Tilburg, W. A. P., Chan, C. S., Igou, E. R., & Lau, H. (2021). Attention drifting in and out: The Boredom Feedback Model. *Personality and Social Psychology Review*, 25(3), 251-272. <https://doi.org/10.1177/10888683211010297>
- 2020 **Tam, K. Y. Y.**, Poon, C. Y. S., Hui, V. K. Y., Wong, C. Y. F., Kwong, V. W. Y., Yuen G. W. C., & Chan, C. S. (2020). Boredom begets boredom: An experience sampling study on the impact of teacher boredom on student boredom and motivation. *British Journal of Educational Psychology*, 90, 124-137. <https://doi.org/10.1111/bjep.12309>
- 2019 **Tam, K. Y. Y.**, & Chan, C. S. (2019). The effects of lack of meaning on trait and state loneliness: Correlational and experience-sampling evidence. *Personality and Individual Differences*, 141, 76-80. <https://doi.org/10.1016/j.paid.2018.12.023>
- 2018 Chan, C. S., van Tilburg, W. A. P., Igou, E. R., Poon, C. Y. S., **Tam, K. Y. Y.**, Wong, V. U. T., & Cheung, S. K. (2018). Situational meaninglessness and state boredom: Cross-sectional and experience-sampling findings. *Motivation and Emotion*, 42, 555-565. <https://doi.org/10.1007/s11031-018-9693-3>

BOOK CHAPTER

- 2024 Igou, E. R., O'Dea, M. K., **Tam, K. Y. Y.**, & van Tilburg, W. A. P. (2024). Boredom and the quest for meaning. In Bieleke, M., Wolff, W., & Martarelli, C. (Eds.) *The Routledge International Handbook of Boredom*. Routledge.

Google Scholar Statistics (as of July 2, 2025):

h-index: 9

i10-index: 9

Total Citation Count: ~611

MANUSCRIPTS UNDER REVIEW

Tam, K. Y. Y., van Tilburg, W. A. P., Chan, C. S., & Inzlicht, M. (under review). Meaning and attention intertwined: Experimental and experience-sampling findings. [[Preprint](#)]

Tam, K. Y. Y., van Tilburg, W. A. P., & Chan, C. S. (under review). Swiping away dullness: Disliking boredom predicts more smartphone use.

Tam, K. Y. Y., van Tilburg, W. A. P., & Chan, C. S. (under review). Convergence of emotions: Correlational and experimental evidence for emotional contagion and egocentricity. [[Preprint](#)]

Yu, B. Y. M., **Tam, K. Y. Y.,** & Chan, C. S. (under review). Family contact mitigates the impact of parent-child political incongruence: An analysis of cross-sectional and diary data during and after the 2019 social unrest in Hong Kong.

Ruan, J., **Tam, K. Y. Y.,** Li, S., Mak, Y. W., & Yeung, W. F. (under review). Experiences of bedtime procrastination in university students: A qualitative study.

CONFERENCE PRESENTATIONS

- 2024 **Tam, K. Y. Y.,** & Inzlicht, M. (2024, March). The paradox of boredom intolerance: Why vigorously pursuing excitement increases the feeling of boredom. Flash talk presented at the Annual Meeting of the Society for Affective Science, New Orleans, LA, US.
- 2023 **Tam, K. Y. Y.,** van Tilburg, W. A. P., & Chan, C. S. (2023, May). Convergence of emotions: Experimental evidence of both contagion and egocentricity. Poster presented at the 35th Annual Convention of the Association for Psychological Science, Washington, DC, US.
- 2022 Gulliver, R. E., Chan, C. S., Chan, W. W. L., **Tam, K. Y. Y.,** & Louis, W. R. (2022, July). Violent collective action and allyship: A qualitative analysis of allyship behaviours in bystanders, protesters and journalists during the Hong Kong social unrest. Paper presented at the 2022 Annual Scientific Meeting of the International Society of Political Psychology, Athens, Greece.
- Tam, K. Y. Y.,** van Tilburg, W. A. P., & Chan, C. S. (2022, February). Boredom beliefs matter: Disliking boredom exacerbates the link between boredom proneness and smartphone addiction. Poster presented at the 23rd Annual Convention of the Society for Personality and Social Psychology, San Francisco, CA, US. [virtual]
- 2021 **Tam, K. Y. Y.,** Chan, C. S., & van Tilburg, W. A. P. (2021, June). Only boring people get bored? A comparison of three characterizations of boredom proneness. Paper presented at the 21st Annual Research Postgraduate Conference, Faculty of Social Sciences, The University of Hong Kong, Hong Kong. [virtual]

- 2020 **Tam, K. Y. Y.**, Chan, C. S., & van Tilburg, W. A. P. (2020, July). Destined to be bored: Anticipated boredom exacerbates disengagement. Poster accepted to the 19th General Meeting of the European Association of Social Psychology, Krakow, Poland. [conference cancelled]
- 2019 **Tam, K. Y. Y.**, Chan, C. S., & van Tilburg, W. A. P. (2019, May). If you expect a lecture to be boring, boring it will be: The influence of expectations on boredom. Poster presented at the Department of Psychology 5th Annual Research Postgraduate Symposium, The University of Hong Kong, Hong Kong.
- Tam, K. Y. Y.**, Chan, C. S., & van Tilburg, W. A. P. (2019, February). Perceived meaninglessness as an antecedent of state boredom: A mixed-method study. Poster presented at the 20th Annual Convention of the Society for Personality and Social Psychology, Portland, OR, US.
- Chan, C. S., **Tam, K. Y. Y.**, & Awale, A. (2019, February). The influence of separatist identity on normative and nonnormative collective action. Poster presented at the 20th Annual Convention of the Society for Personality and Social Psychology, Portland, OR, US.

INVITED TALKS

- 2024 **Tam, K. Y. Y.** (2024, March). Reappraising boredom: An investigation of boredom beliefs, experience, coping and well-being. Presented at the Centre of Integrative Business Psychology, Aarhus University, Aarhus, Denmark. [virtual]
- 2023 **Tam, K. Y. Y.** (2023, November). Education prize for methodically studying the boredom of teachers and students. Presented at the Ig Nobel Face-to-Face Event, MIT Museum, Boston, US.
- Tam, K. Y. Y.** (2023, October). Does intolerance of boredom paradoxically make people more bored?. Presented at the University of Toronto Social-Personality Research Group, University of Toronto, Toronto, Canada.
- 2022 **Tam, K. Y. Y.** (2022, October). The unbearable boredom of being: Examining the relations between boredom belief, experience, and smartphone use. Presented at the University of Toronto Social-Personality Research Group, University of Toronto, Toronto, Canada.
- Tam, K. Y. Y.** (2022, June). Sharing on workflows of reviewing literature. Presented at the Departmental Seminar, The University of Hong Kong, Hong Kong.
- 2021 **Tam, K. Y. Y.** (2021, April). Whatever will bore, will bore: The mere anticipation of boredom exacerbates its occurrence. Presented at the Brown Bag Lunchtime Seminar, The University of Hong Kong, Hong Kong.
- 2020 **Tam, K. Y. Y.** (2020, August). Why (some) lectures are doomed to be boring: Three studies on the influence of expectations on boredom. Presented at the Addison House Psychology Research Group, King's College London, London, UK.

SELECTED MEDIA COVERAGE (OUT OF 170+ NEWS STORIES)

- 2025
- [“Recapturing the Lost Art of Boredom”](#), Medium [US], May 21, 2025
- 2024
- [“The smartphone habit that's making you more bored”](#), Daily Mail [UK], March 6, 2025
 - [“In an age of endless entertainment, why is boredom on the rise?”](#), The Times [UK], November 15, 2024
 - [“Research suggests people are getting more bored”](#), PsyPost, November 13, 2024
 - [“Scrolling to escape boredom will only bring more boredom, research finds”](#), NPR Weekend Edition Sunday [US], September 1, 2024
 - [“Bored? Scientists say mindless scrolling through online videos makes it worse”](#), The Washington Post [US], August 23, 2024
 - [“Why scrolling isn’t a cure-all for boredom”](#), Psychology Today, August 23, 2024
 - [“Scrolling might make you MORE bored, not less”](#), NPR Short Wave [US], August 23, 2024
 - [“Feeling bored? Watching full videos is a better fix than mindless scrolling, study finds”](#), Science, August 19, 2024
 - [“Feeling bored? Avoid switching between reels and videos online, study says”](#), Forbes [US], August 19, 2024
 - [“The boredom scroll on socials may be making your problem worse, study says”](#), CNN [US], August 19, 2024
 - [“Scrolling through online videos increases feelings of boredom, study finds”](#), The Guardian [UK], August 19, 2024
 - [“Common social media habits of swiping and fast-forwarding videos increase boredom: APA study”](#), The Epoch Times [Canada], August 19, 2024
 - [“New psychology research shows “digital switching” to avoid boredom often backfires”](#), PsyPost, July 11, 2024
- 2023
- [“A Toronto researcher's project about boredom just won an award for making people laugh”](#), CBC Fresh Air with Ismaila Alfa [Canada], October 7, 2023
 - [“Exciting times for Hong Kong researchers studying boredom, after snagging ‘education prize’ at Ig Nobel awards”](#), South China Morning Post [Hong Kong], September 16, 2023
 - [“Ig Nobel prizes 2023: Rock licking and other unlikely winners”](#), New Scientist, September 14, 2023
- 2022
- [“Stay open minded before your next meeting! Simply EXPECTING a presentation to be boring will make you feel more bored, study finds”](#), Daily Mail [UK], October 21, 2022
 - [“If you expect a lecture to be boring, you’ll probably end up feeling more bored”](#), The British Psychological Society [UK], October 7, 2022

TEACHING EXPERIENCE

- 2021 Fall **Teaching Assistant**, Judgement and Decision Making, The University of Hong Kong
- Teaching Assistant**, Advanced Social Psychology, The University of Hong Kong
- 2019 Spring **Teaching Assistant**, Research and Quantitative Methods in Psychology, The University of Hong Kong

MENTORING

- 2018 – 2019 **Sarah Shin Yee Au**, Undergraduate Thesis, The University of Hong Kong
 Yue Hin (Eric) Tang, Undergraduate Thesis, The University of Hong Kong
2017 – 2018 **Wan Hang (Hanna) Wong**, Undergraduate Thesis, The University of Hong Kong

PROFESSIONAL SERVICE

Ad-hoc Reviewer,

Nature Communications

European Journal of Social Psychology

Judgement and Decision Making

Psychological Research

Sport, Exercise, and Performance Psychology

Journal of Pacific Rim Psychology

Journal of Boredom Studies

Current Psychology

Psychological Inquiry

Communications Psychology

Motivation and Emotion

Affective Science

Social Psychological Bulletin

Journal of Sport & Exercise Psychology

Asian Journal of Social Psychology

PROFESSIONAL MEMBERSHIPS

Member, International Society of Boredom Studies

LANGUAGE & SOFTWARE SKILLS

Language: Cantonese (native), English (fluent), Mandarin Chinese (intermediate)

Statistical Software: R, RMarkdown, SPSS