

## Bibliography

Cherry, Kendra. *What Is Procrastination?* Verywell Mind, 2026.

Fox, Rachel. *Basic Procrastination Triggers*. Rhodes College, 2019.

Harbor Mental Health. *How Does Procrastination Affect Mental Health*. Harbor Mental Health, 2022.

Morgan, Christopher. *Student Procrastination Statistics*. Gitnux, 2026.

Pérez-Jorge, David et al. "Tomorrow Never Comes: The Risks of Procrastination for Adolescent Health." *European journal of investigation in health, psychology and education* vol. 14,8 2140-2156. 26 Jul. 2024.

Raypole, Crystal. *How to (Finally) Break the Cycle of Chronic Procrastination*. Healthline, 2021.

Sperling, Jacqueline. *Why We Procrastinate: The Psychology of Putting Things Off*. Deconstructing Stigma, 2025.

Yin, Y., et al. "Exploring Common and Distinct Neural Bases of Procrastination and Impulsivity Through Elastic Net Regression." *PubMed*, 2025.