

Ruminating about Unfinished Tasks? – The Role of Peace of Mind

Natalia Sange

s4773470

Department of Psychology, University of Groningen

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Supervisor: Dr. Oliver Weigelt

Second evaluator: Roxana E. Bucur

In collaboration with: Anne Schröer, Luis Castillo Janschek, Max Günther and Nidarshana Ganesan.

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Abstract

Work-related stress can spill over into off-job time, potentially resulting in negative health consequences. Previous research demonstrated that unfinished tasks are an important job stressor and are linked to work-related rumination. We aimed to replicate that finding and extend this line of research by exploring its boundary conditions. More specifically, we investigated the role of one individual difference: Peace of mind describes an inner state of the mind characterized by feelings of harmony and a balance between positive and negative affect. We expected that individual differences in peace of mind moderate the relationship between unfinished tasks and affective rumination. We used a cross-sectional survey and obtained a sample of 199 mostly European employees working at least part-time. Performing a linear regression analysis, our findings suggest a positive link between unfinished tasks and affective rumination. While this is in line with our predictions, the results of our moderation analysis contradict our prediction: peace of mind did not moderate this link. However, our findings revealed that peace of mind relates negatively to affective rumination. We replicated prior evidence on the link between unfinished tasks and affective rumination and expanded the body of knowledge on the role of peace of mind for employee well-being. The study opens avenues for future research, for instance replicating the findings with a diary study.

Keywords: unfinished tasks, affective rumination, peace of mind, control theory, work-related stress

Ruminating about Unfinished Tasks? - The Role of Peace of Mind

With a high number of employees suffering from stress at work and many diagnoses, such as burnout, research focusing on work-related stress has become more prominent (Agolli & Holtz, 2023). The well-being of employees is a growing field of interest constantly adapting to changes and new developments. The increase in communication and information technologies characterizes work in the 21st century (Mohr et al., 2006). Due to the demand to be more accessible and available, setting boundaries and detaching from work has become more challenging (see e.g., Eichberger et al., 2022; Mohr et al., 2006). Stress reactions may spill over into rest periods as reflected in work-related rumination (Kinnunen et al., 2017). There is meta-analytic evidence that negative work-related thoughts are positively related to health complaints and burnout (Jimenez et al., 2021), aligning with the idea captured in the perseverative cognition hypothesis that stress-related thinking can be as distressing as the stressor itself (Meurs et al., 2010). Even though the right amount of stress can have positive effects, it can have serious negative implications if experienced chronically (Crum et al., 2013). Consequences of work-related stress entail an increasing risk of mortality especially for employees with high job demands and little control (Gonzales-Mule et al., 2017). With the following study, we aim to investigate whether individuals experiencing a peaceful state of mind are less affected by distressing thoughts about not finishing specific work demands. We plan to build on and expand previous research in the field of occupational health psychology.

The Link between Unfinished Tasks and Rumination

Unfinished tasks have been identified as being one important job stressor (Syrek & Antoni, 2014). *Unfinished tasks* are tasks that the employee intended to finish but was not able to complete and therefore they had to be left in an undesired state (Syrek et al., 2017). Not finishing one's tasks at the end of the week can trigger rumination during the weekend, which can have severe implications, for instance, sleep impairment (Syrek et al., 2017). *Work-*

related rumination is defined as recurrent and intrusive thoughts about work during off-job time without a present environment eliciting these thoughts (Weigelt et al., 2019). Various research has looked at the role of unfinished tasks and their link to rumination showing that there is a significant correlation between both constructs (Syrek & Antoni, 2014; Syrek et al., 2017; Weigelt & Syrek, 2017; Weigelt et al., 2019). Multiple theories, for instance, control theory and other aspects, such as striving for need accomplishment have been considered in explaining the link between unfinished tasks and rumination (see e.g., Syrek & Antoni, 2014; Syrek et al., 2017; Weigelt & Syrek, 2017; Weigelt et al., 2019).

According to control theory, individuals strive for goal attainment and therefore try to reduce the discrepancy between their current state and their desired state (Carver & Scheier, 1982). One idea is that due to the resulting tension of leaving them in an undesired state, unfinished tasks are more easily accessible, which is why they are easier retrieved from memory than completed ones as illustrated by the Zeigarnik effect (Seifert & Patalano, 1991). As per Martin and Tesser (1996), rumination is elicited when progress towards a goal fails to meet expectations. In contrast to the Zeigarnik effect, where one would expect a link to any form of work-related rumination (Syrek et al., 2017), control theory provides a theoretical framework helping to explain the effects of affective rumination (Carver & Scheier, 1990; Gabriel et al., 2011), adding the affective aspect to the cognitive aspect of the Zeigarnik effect. The theory suggests that self-generated feedback loops and regulatory processes are used to maintain control, inform about the progress toward a specific goal, and prompt behavior in that direction (Carver & Scheier, 1982).

Work-related rumination includes multiple facets, with one often-used distinction being made between problem-solving pondering, psychological detachment, and affective rumination, the so-called tripartite conceptualization (Cropley & Zijlstra, 2011; Weigelt et al., 2019). We will focus on one aspect, namely *affective rumination* involving repetitive and

intrusive thoughts during non-work hours, accompanied by negative emotional experiences (Firoozabadi et al., 2018). Contrary to the other two components, emphasis is placed on both cognitive and affective experiences. Especially the emotional aspect of rumination has often been studied in clinical settings (Firoozabadi et al., 2018). Affective rumination has the greatest negative impact on well-being since it is, for instance, linked to higher job exhaustion, lower work engagement, and sleeping problems (Kinnunen et al., 2017). It negatively affects health-related behavior and is furthermore linked to depression, anxiety (Firoozabadi et al., 2018), and burnout (Weigelt et al., 2017). Considering its highly relevant negative implications and predictive power (Weigelt et al., 2023), we will refer to affective rumination in the following study.

Overall, we will expand upon prior research by replicating the link between unfinished tasks and affective rumination (e.g., Syrek et al., 2017). Thus, we suspect that a higher number of unfinished tasks at work is associated with higher work-related affective rumination (H1).

Peace of Mind as a possible Moderator

Individual differences might moderate the relationship between unfinished tasks and rumination. We do not have a sufficient understanding of the role of different moderators and their effect on the link between unfinished tasks and affective rumination yet because there has been a lack of research in that regard. Looking at a component of rumination, namely psychological detachment, Agolli and Holtz (2023) conducted a systematic review of different studies and noted that stable individual characteristics have an impact on psychological detachment from work. Segmentation preferences have been predominantly studied (Agolli & Holtz, 2023). Individuals who keep their work and private life separate report higher detachment from work. Therefore, dispositions have been found to mitigate the link between job stressors and detachment. Based on this perspective, our focus lies on

dispositions that alleviate the link between unfinished tasks as a specific job stressor and work-related rumination.

We aim to investigate whether individual differences in peace of mind may contribute to explaining why some individuals experience greater or lesser difficulty in unwinding from unfinished tasks. Peace of mind (POM) is a new emerging construct assessing affective well-being but is seen as distinct from general measures of well-being (Lee et al., 2013). The construct has been previously mainly studied in Eastern cultures but recently gained more attention in Western cultures (Sikka et al., 2023; Sophie et al., 2022). *Peace of mind* is described as an inner state of the mind characterized by peace and harmony (Lee et al., 2013). Whereas affective rumination entails the arising of intrusive thoughts paired with negative affect, peace of mind is a neutral state of balance between negative and positive affect (Lee et al., 2013). In contrast to rumination, POM negatively correlates with depression and anxiety and correlates positively with life satisfaction and adaptive emotion regulation strategies (Firoozabadi et al., 2018; Lee et al., 2013; Sikka et al., 2023; Sophie et al., 2022). According to Sikka et al. (2023), people scoring high on POM are more likely to use cognitive reappraisal and have a lower tendency to engage in expressive suppression. Cognitive reappraisal is associated with lower levels of rumination. Moreover, active inhibitory control is linked to peace of mind (Lee & Chao, 2012). Individuals with greater active inhibition capacities experienced higher levels of peace of mind compared to those with lower capacities. Looking at, for instance the link to adaptive emotion regulation strategies (Sikka et al., 2023), one could argue that peace of mind might be particularly relevant and helpful in dealing with stressful situations. It might serve as a buffering element between the job stressor unfinished tasks and rumination. Thus, building on previous research and the role of individual differences (Agolli & Holtz, 2023), we suggest that peace of mind moderates the relationship between unfinished tasks and affective rumination (H2).

Nevertheless, there remains a lack of extensive research on POM and its external validity needs to be questioned. Previous research mainly included students as participants. We will address this by using a different sample consisting of employees and thus examine the construct in a new work-related setting. Therefore, our study is among the first to connect the peace of mind literature to industrial and organizational psychology. Following the future research suggestion from Sikka et al. (2023), we will broaden the research on POM also concerning emotion regulation since work-related affective rumination can be seen as a maladaptive emotion regulation strategy (Aldao et al., 2010). Meta-analytical evidence highlights that the use of rumination as a maladaptive emotion regulation strategy is more strongly related to psychopathology than other emotion regulation strategies.

Methods

Procedure

We designed a questionnaire comprising validated scales. This study was part of a larger data collection effort by a group of five bachelor students. The survey encompassed multiple variables, see table A1 for the complete set of variables captured. In the present study, we focus on unfinished tasks as a predictor variable and affective rumination as a criterion variable. We solely consider peace of mind as a potential moderator in their relationship.

We recruited our participants by reaching out via social networking platforms like Instagram and WhatsApp. We used snowball sampling since we asked our contacts to further spread the information and the link to the study in their networks and thus improved the reach of our survey. The survey is conducted individually and has an approximate duration of 10 minutes to finish. Participants were given two weeks to complete the survey upon its rollout date. Participation was optional, and participants could stop the survey at any time. We provided all materials for the study. Participants selected their preferred language upon

starting the survey. The survey was available in English and German, with respondents being able to switch freely between the two languages. No rewards or compensation were provided for finishing the survey and no deception and debriefing were used. The only condition to participate was to be working at least part-time to ensure a sample of employees.

Participants

We received 268 responses to our survey. We excluded 69 participants in total. We left out 68 participants because of incomplete data: 21 participants did not fill in at least one item of our core variables of interest, 19 did not answer any question, 17 participants stopped the survey after consenting and providing their demographic data and 11 participants gave their consent but did not participate further. We deleted data from one participant because they did not consent to participate. Therefore, our study includes 199 participants.

Our convenience sample contains people of different nationalities, most being from Germany ($n = 107$), Austria ($n = 24$), and Spain ($n = 22$) (Table A2). Most people were between 55 and 64 years old (32.2%). Less than half of the participants were male, namely 40.2 percent ($n = 80$). Most participants were female ($n = 118$, 59.3%), and one participant identified as non-binary/other. The occupations were diverse with most people working in healthcare, education, and legal positions. Most respondents worked around 40 hours a week ($M = 39.6$, $SD = 12.6$). The study was exempt from formal examination by the Ethics Committee (BSS; RUG; PSY-2324-S-0356).

Materials

We used three different scales for our study. Our survey contained both an English version and a German version. The items of the questionnaires for affective rumination and unfinished tasks are rated on a 5-point Likert scale (1 = *very seldom or never* to 5 = *very often and always*). The items from the questionnaire for peace of mind are also rated on a 5-point

Likert scale (1 = *not at all* to 5 = *all of the time*). Participants had the option to leave a comment after filling out the survey.

Unfinished Tasks

For measuring unfinished tasks, we used a scale from Syrek et al. (2017) for the English and the German version. They found excellent reliability for the scale ($\alpha = 0.93$). The scale consists of six items with questions regarding how many tasks were left incomplete at the end of a week. We instructed the participants to think of a typical working week. A sample item is: “*At the end of a working week, I have not completed important tasks that I wanted to do.*” (Syrek et al., 2017).

Affective Rumination

For the variable affective rumination, we used a scale consisting of five items developed by Cropley et al. (2012). In their study, the reliability was excellent ($\alpha = 0.90$). We used the German translation from Weigelt et al. (2019), with Pauli et al. (2023) providing evidence for measurement invariance across languages. The scale assesses the experience of intrusive thoughts about work and the accompanying negative feelings. Consistent with prior research (e.g., Pauli et al., 2023; Weigelt et al., 2019, 2023) the items were adapted to statements instead of questions. We instructed the participants to think about how work affects them during their free time. One sample item is: “*I am troubled by work-related issues when not at work.*” (Cropley et al., 2012).

Peace of Mind

We used a scale developed by Lee et al. (2013) for measuring peace of mind. The scale consists of seven items with items five and seven being reversed scored. It assesses experiences and feelings of inner peace and calmness and was reliable in their study ($\alpha = 0.88$). We adapted the English version to German. One example item is: “*I have peace and harmony in my mind.*” (Lee et al., 2013).

Data Analysis

To test our hypotheses, we used a multiple linear regression analysis. Before that, we investigated the reliability of our measurements and plotted descriptive statistics alongside correlations between our variables. That allowed us to have an initial look at our data and check tendencies related to our hypotheses. Consequently, we tested the assumptions of a regression analysis. We used a residual plot to look at the assumption of linearity and homoscedasticity. We tested the assumption of normality using a P-P plot and checked for multicollinearity using the variance inflation factor (VIF). Lastly, we investigated our hypotheses. We used a regression analysis to predict affective rumination with unfinished tasks and peace of mind. In addition, we administered a moderator analysis by including an interaction term consisting of unfinished tasks and POM. All our data analyses were conducted using the software package SPSS, version 29.0.1.0.

Results

The scales capturing unfinished tasks, affective rumination, and peace of mind achieved good to excellent reliabilities as reflected in composite reliabilities of Cronbach's alpha coefficients of .90, .87, and .90, respectively.

We consider 199 responses to our survey in the data analysis (Table A3). Most participants seldom have unfinished tasks in a typical working week ($M = 2.2$, $SD = 0.8$). Most participants reported having affective rumination seldom or sometimes during free time after work ($M = 2.6$, $SD = 0.9$). Participants indicated they often experience peace of mind ($M = 3.3$, $SD = 0.8$).

Looking at the scatterplots and the correlation table, we can infer that unfinished tasks and affective rumination are positively related ($r = .40$) (Table 1, Figure A4). Peace of mind and unfinished tasks are negatively related ($r = -.29$) and POM and affective rumination are also negatively related ($r = -.42$) (Table 1).

Table 1*Correlations*

	Unfinished tasks	Peace of mind	Affective rumination
Unfinished tasks	-	-.29**	.40**
Peace of mind		-	-.42**
Affective rumination			-

Note. N = 199. All correlations are significant with ** $p < .001$. The table depicts Pearson correlations.

Therefore, scoring low on peace of mind is associated with more unfinished tasks and higher levels of affective rumination.

To check our two hypotheses, whether unfinished tasks are linked to affective rumination (H1) and if peace of mind moderates that relationship (H2), we conducted a linear regression and a moderation analysis. First, we checked the assumptions for a linear regression analysis: linearity, homoscedasticity, normality, and multicollinearity. The data met the assumptions of homoscedasticity and linearity since no specific pattern could be seen in the residual plot (Figure A6). Considering the P-P plot, the data appeared to be normal (Figure A5). Multicollinearity was not of concern in our study, since a variance inflation factor below four indicates that multicollinearity is not a problem ($VIF = 1.00$) (Table 2).

Second, we used linear regression with standardized values to test our hypotheses (Table 2). Regarding our first hypothesis that a higher number of unfinished tasks is linked to higher affective rumination, we found a significant result ($t = 4.73, p < .001$). A one standard deviation increase in unfinished tasks was associated with a 0.30 standard deviation increase in affective rumination ($\beta = .30, SE = .06$). That reflects a positive link, consistent with hypothesis one. Third, testing our second hypothesis that peace of mind moderates the relationship between unfinished tasks and affective rumination, we did not find a significant result ($t = 0.62, p = .539, \beta = .04, SE = .06$).

Table 2*Coefficients^a*

	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
	B	Std. Error	Beta			Tolerance	VIF
(Constant)	.01	.06		.16	.873		
Unfinished tasks	.30	.06	.30	4.73	<.001	.92	1.09
Peace of mind	-.34	.06	-.34	-5.23	<.001	.91	1.10
POM*UT	.04	.06	.04	.62	.539	.99	1.01

Note. The outcome variable was affective rumination. POM*UT is the interaction term of peace of mind and unfinished tasks.

Noteworthy, we obtained a significant result for the relationship between peace of mind and affective rumination ($t = -5.23, p < .001$), suggesting that a one standard deviation increase in peace of mind was linked to a 0.34 decrease in affective rumination ($\beta = -.34, SE = .06$). Peace of mind uniquely accounted for 10% of the variance in the model, ΔR^2 change = .10, $\Delta F(1, 196) = 27.09, p < .001$ (Table 3). Overall, the model explained 26% of the variance in our data ($R^2 = .26$).

Table 3*Model Summary*

Model	R	Adjusted R Square		Std. Error of the Estimate	Change Statistics			Sig. F Change	
		R Square	R Square		R Square Change	F Change	df1		df2
1	.40 ^a	.16	.16	.92	.16	37.25	1	197	<.001
2	.51 ^b	.26	.25	.86	.10	27.09	1	196	<.001
3	.51 ^c	.26	.25	.87	.00	.38	1	195	.54

Note. a. Predictors: (Constant), unfinished tasks

b. Predictors: (Constant), unfinished tasks, peace of mind

c. Predictors: (Constant), unfinished tasks, peace of mind, interaction

Discussion

Unfinished tasks can be seen as a job stressor (Syrek & Antoni, 2014) and affective rumination is associated with detrimental mental health outcomes (see e.g., Firoozabadi et al., 2018). We aimed to expand upon previous research by replicating the link between unfinished tasks and affective rumination and examining its boundary conditions, specifically by investigating peace of mind as a potential moderator. Building on previous findings (Syrek et al., 2017; Weigelt et al., 2019), we expected that not completing tasks at work is associated with affective rumination in off-job time (H1). In line with our first hypothesis, we found a moderate positive link between unfinished tasks and affective rumination. Moreover, we assumed that individual differences might moderate their relationship (Agolli & Holtz, 2023). Peace of mind is associated with multiple positive well-being aspects (Sophie et al., 2022) and we presumed that peace of mind might serve as a buffering factor between the job stressor unfinished tasks and affective rumination (H2). Contrary to H2, peace of mind did not moderate this relationship but was directly negatively linked to affective rumination.

Theoretical Implications

As shown by previous research (see e.g., Syrek and Antoni, 2024) and our findings, unfinished tasks correlate with affective rumination. Our results are consistent with the implications posed by the control theory and the Zeigarnik effect (Carver & Scheier, 1982; Seifert & Patalano, 1991). The link between the two variables is robust, not only upholding across different samples and contexts but also not significantly changing when an individual difference variable is introduced.

We examined peace of mind as a potential moderator, being a promising, but relatively underexplored individual difference. Looking at our findings, POM did not significantly influence the relationship between unfinished tasks and affective rumination. A possible explanation could be that a high correlation between the moderator and the independent

variable makes it less likely to detect the moderator, as proposed by Murphy (2021). That can be applied to our findings since the correlation between peace of mind (the moderator) and affective rumination (the criterion variable) was significant; peace of mind is moderately linked to affective rumination. In addition, POM explained a substantial amount of variance in the model and therefore seems to be important regarding affective rumination. Thereby, we followed Sikka et al. (2023) future research suggestion, by broadening research on POM and emotion regulation strategies since affective rumination can be seen as a maladaptive emotion regulation strategy.

We addressed multiple research gaps. We contributed to a deeper theoretical understanding by including a moderator analysis, thus providing novel insights into the boundary conditions of unfinished tasks and affective rumination. Our study is among the first to connect the peace of mind literature to industrial and organizational psychology. Furthermore, we are also the first to translate the peace of mind scale into German. Our research suggests that the construct is applicable and relevant within the German context.

Practical Implications

Alongside the theoretical implications of our study, we can propose practical applications. Our study reaffirmed the robust positive association between the number of unfinished tasks and affective rumination during off-job time. We agree with previous research, that employees should not have to face excessive work demands and that it is important that they learn how to cope with rumination (Kinnunen et al., 2017). Therefore, exploring interventions and recovery strategies further and implementing them in practice would be advisable. Prior research looking at unfinished tasks suggested planning behaviour and breaking the tasks into smaller components which was linked to fewer unfinished tasks and less rumination (Uhlir et al., 2023). Organizations can implement short interventions based on cognitive behavioral therapy to reduce affective rumination (Querstret et al., 2016)

and encourage managing boundaries between work and private life to facilitate psychological detachment (Agolli & Holtz, 2023). Bearing our findings in mind, interventions focusing on peace of mind may not be useful for reducing the number of unfinished tasks. However, considering the direct link between peace of mind and affective rumination, peace of mind might serve as a leverage point in altering and potentially reducing affective rumination.

Besides pointing to the relevance of interventions, we are examining aspects that are both relevant and easily applied to everyday life. As shown by the comments in our survey, participants were engaged in the topic and found it interesting and relevant. While adhering strictly to ethical standards, the survey encouraged participants to reflect on their daily lives and their way of dealing with work demands.

Limitations and Strengths

One drawback of our study is that causality between the variables cannot be established (Spector, 2019). We used a cross-sectional design and therefore, only implications about correlations can be made. The direction of the relationship cannot be determined leaving it unclear whether more unfinished tasks lead to an increase in affective rumination or vice versa. However, establishing a correlational link between variables before looking at causality is an efficient and useful way to decide whether further inquiry is needed. The amount of required resources, such as time investment, is low. Furthermore, conducting the moderator test with cross-sectional data tends to be more conservative and the risk of false positive results for the interaction is minimal (Siemsen et al., 2010). Therefore, our cross-sectional design entails certain disadvantages but also offers advantages.

We administered the questionnaire at a single point in time, preventing us from taking dynamic changes over time or possible confounding variables into account (Spector, 2019). Although we instructed participants to think of a typical work week instead of their current week when answering questions about their unfinished tasks to mitigate the limitation, we

recognize that this does not sufficiently address the issue at hand. Moreover, we did not consider other alternative explanations and third variables influencing the link between unfinished tasks and affective rumination as well as peace of mind and affective rumination. Omitted variables can pose a problem and result in biased estimations (Antonakis, 2014). Implementing control variables, integrating an experimental approach (Spector, 2019), or testing for the presence of important excluded variables are possible ways to challenge these drawbacks (Antonakis, 2014). Nevertheless, our study presents a valuable first step since we investigated the role of a moderator in the relationship between unfinished tasks and affective rumination. Given the small scope of our bachelor study, future research might focus on identifying other third variables.

We used a convenience sample and mostly received responses from Western, educated, industrialized, rich, and democratic (WEIRD) countries, posing a limit to the generalizability of our findings (Masuda, 2020). Nonetheless, we obtained a relatively large sample size including employees from different countries and working in various sectors, presenting a good and fast obtainable snapshot of the population. Thus, our sample can be seen both as a strength and a limitation.

Future Research

To address our limitations, subsequent research could adopt a study design different from the cross-sectional design. Diary studies would be a valuable alternative since they capture temporal changes and look at individuals in their natural context and daily life (Ohly et al., 2010). Unfinished tasks and affective rumination could be measured daily over a longer period, providing an opportunity to deepen existing knowledge and to discover new information such as identifying other potentially relevant individual differences. Weigelt and Syrek (2017) successfully administered a diary design to investigate the interplay of unfinished tasks, supplemental work, progress, and recovery experiences. Future diary studies

could integrate affective rumination and other third variables such as social support system (Cohen & Wills, 1985) or perfectionism (Frost et al., 1990).

Further inquiry could focus on how the implications of our study and previous research can be effectively implemented in practice. Ensuring the well-being of employees is crucial as reflected in performance outcomes (Kundi et al., 2021). Although prior studies suggested ways to handle unfinished tasks (Uhlir et al., 2023) and to minimize work-related affective rumination (see e.g., Querstret et al., 2016), more research is needed. Further investigating the link between peace of mind and affective rumination may be worthwhile to determine whether POM is useful for reducing affective rumination and its adverse impacts. One avenue would be conducting a quasi-experimental field study, namely implementing a developed peace of mind training at work to measure affective rumination before and after the intervention while using a control group not receiving the training as a comparison. Examining mindfulness-based interventions could be an interesting option. Mindfulness training is a possibility to increase feelings of inner peace (Liu et al., 2013) and meta-analytical evidence suggests that administering it in the workplace can benefit well-being (Bartlett et al., 2019).

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Appendix

Table A1

Set of variables

Unfinished tasks
Affective rumination
Psychological detachment
Peace of mind
Self-compassion
Stress-mindset
Needs based off-job crafting

Table A2

Nationality of participants

	N	%
Austria	24	12.1%
Belgium	9	4.5%
Bulgaria	1	0.5%
Croatia	1	0.5%
Denmark	1	0.5%
Estonia	3	1.5%
Finland	1	0.5%
France	3	1.5%
Germany	107	53.8%
Greece	2	1.0%
Hungary	1	0.5%
Italy	3	1.5%
Latvia	1	0.5%
Lithuania	1	0.5%
Netherlands	2	1.0%
Poland	7	3.5%
Portugal	1	0.5%
Romania	1	0.5%
Russia	1	0.5%
Spain	22	11.1%
Switzerland	2	1.0%
United Kingdom	1	0.5%
United States	3	1.5%
Missing System	1	0.5%

Table A3*Descriptive Statistics*

	N	Minimum	Maximum	Mean	Std. Deviation
Unfinished tasks	199	1.0	4.7	2.2	.8
Peace of mind	199	1.1	5.0	3.3	.8
Affective rumination	199	1.0	5.0	2.6	.9
Valid N (listwise)	199				

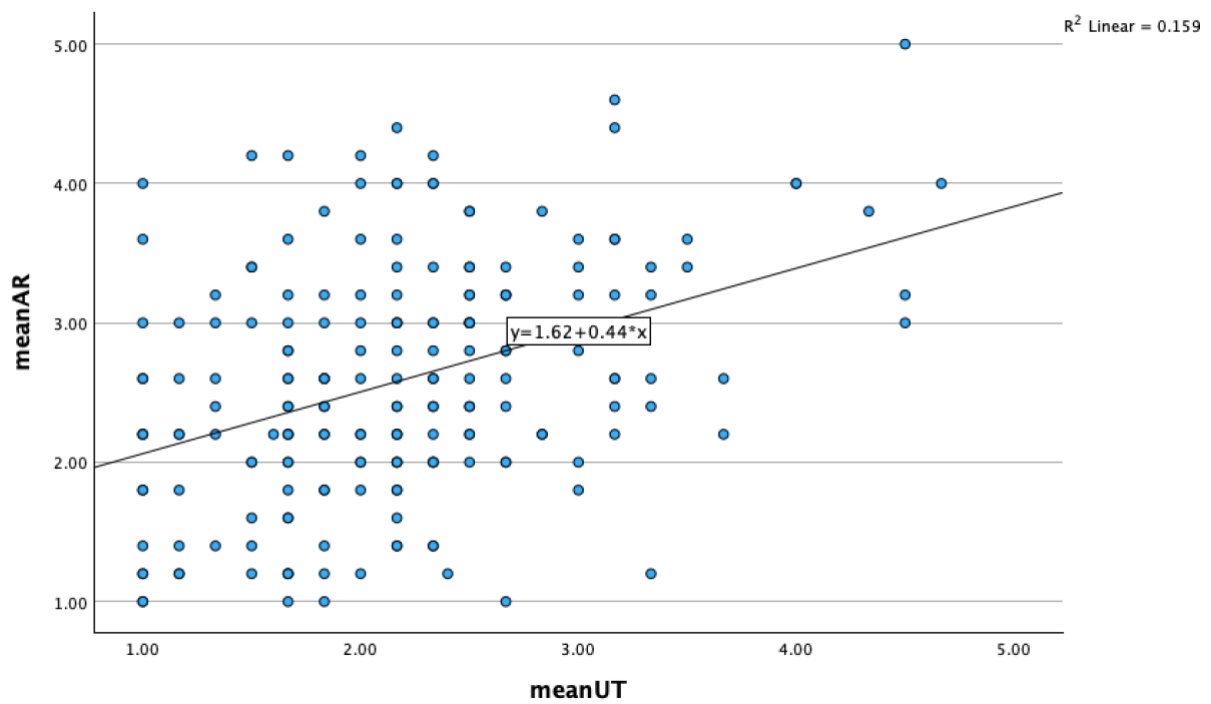
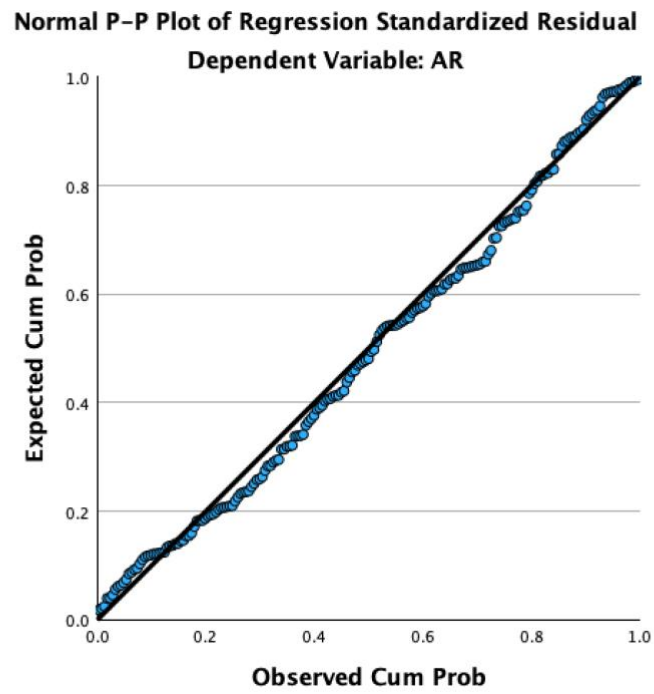
Figure A4*Scatterplot for unfinished tasks and affective rumination*

Figure A5*P-P Plot***Figure A6***Residual Plot*