The Role of Stress Mindset in Coping with Unfinished Tasks

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Abstract

Unfinished tasks have been consistently linked to affective rumination, which involves dwelling on unresolved work issues and negatively impacts well-being. However, the contingencies underlying this association are underexplored. Individual differences may explain why some persons find it easier to unwind from work despite having unfinished tasks. Next to replicating the relationship between unfinished tasks and affective rumination, we are the first to investigate how beliefs about the nature of stress influence this link. Specifically, we test whether stress mindset serves as a boundary condition between unfinished tasks and affective rumination. Using a cross-sectional survey, we measured levels of unfinished tasks, affective rumination, and stress mindset among 199 employees. Our convenience sample is mostly German and individuals worked at least part-time. In line with control theory and the Zeigarnik effect, our results indicate a positive relationship between unfinished tasks and affective rumination. However, in our regression analysis, we found no interaction effect with stress mindset. This illustrates that the link between unfinished tasks and affective rumination is robust since it is not affected by differing levels of stress mindset. We should explore individual differences beyond stress mindset when designing interventions to reduce affective rumination.

Keywords: affective rumination, unfinished tasks, stress mindset, control theory, Zeigarnik effect

The Role of Stress Mindset in Coping with Unfinished Tasks

The prevalence of work stress is high: sixty-nine percent of Americans report that their job stress ranges from rather stressful to extremely stressful (Milligan, 2016). One significant source of work stress is an excessive workload (Smit, 2016). It can result in unattained goals because tasks must be left unfinished at the end of the workday. A common consequence of unfinished tasks is work-related rumination, which can prevent employees from enjoying off-work time (Wang et al., 2013). Rumination is characterized by conscious, repetitive thoughts focused on a common instrumental theme, not prompted by the immediate environment (Martin & Tesser, 1996).

Research highlights the detrimental effects of rumination on our mental health (Aldao et al., 2010; Roberts et al., 1998). Specifically, high ruminators have a higher risk of developing anxiety, major depressive disorder, and dysphoria. In addition to that, ruminating about work can have adverse effects on our sleep (Syrek et al., 2017). Sleep is a major contributor to recovery, which affects our mental and physical well-being (Demerouti et al., 2009).

In the past, unfinished tasks have been repeatedly linked to work-related rumination (Syrek & Antoni, 2014; Syrek et al., 2017; Weigelt & Syrek, 2017; Weigelt et al., 2019). Unfinished tasks are tasks that the employee intended to complete or make specific progress on, which have been left unfinished or in an unsatisfactory state upon cessation of work. We use control theory and the Zeigarnik effect (Carver & Scheier, 1982; Zeigarnik, 1938) to explain the relationship between unfinished tasks and work-related rumination.

While the link between unfinished tasks and rumination is well-established, there has been limited research on individual differences that may act as boundary conditions, potentially modifying the impact of unfinished tasks on rumination. We focus on one specific

difference: stress mindset. In particular, we aim to investigate if a more positive stress mindset can mitigate the adverse impact of unfinished tasks on rumination.

This research intends to determine whether stress mindset can buffer the link between unfinished tasks and affective rumination. By doing so, we extend the literature on the evolving topic of stress mindset and apply its theoretical framework to the domain of unfinished tasks and work-related rumination. If we find significant effects, we will have pinpointed a crucial variable, which should be considered when developing interventions.

Affective Rumination as Prototypical Work-Related Rumination

Work-related rumination can be described as having persevering thoughts about work issues during off-job time (Cropley & Zijlstra, 2011). In their tripartite conceptualization of work-related rumination, Cropley and Zijlstra (2011) differentiate between psychological detachment, problem-solving pondering, and affective rumination. We focus on affective rumination as our dependent variable because it is the most health-threatening aspect of work-related rumination. Weigelt et al. (2023) found that while considering different forms of rumination, affective rumination is the most robust independent predictor of fatigue, burnout, psychosomatic problems, and life satisfaction. Higher levels of affective rumination also predicted elevated exhaustion after one year (Kinnunen et al., 2019). Affective rumination can be depicted as a cognitive state defined by recurrent, unfavorable, intrusive, work-related thoughts (Cropley & Zijlstra, 2011). Characterized by distressing emotional processes, it is also considered an affective state. Being the only aspect of work-related rumination that covers cognitive and affective states, affective rumination is the most prototypical aspect of work-related rumination.

The Association between Unfinished Tasks and Affective Rumination

A useful framework for explaining the link between unfinished tasks and affective rumination is control theory (Carver & Scheier, 1982). Control theory is a model of self-

regulation based on a discrepancy-reducing feedback loop, illustrating that individuals experience tension whenever their expectations do not align with actual outcomes. Employees typically aim to complete their tasks before leaving work (expectation), but often they do not succeed (actual outcome). This lack of progress toward a desired goal underlies rumination (Martin & Tesser, 1996). High ruminators frequently worry about unfinished tasks when work-related thoughts are triggered (Cropley & Millward, 2009). The Zeigarnik effect explains why individuals think more about unfinished tasks than completed ones (Zeigarnik, 1938). Unfinished tasks increase the likelihood of thoughts about those tasks, and according to control theory, this tension manifests as negative affect (Carver & Scheier, 1982).

Several studies have linked unfinished tasks to affective rumination (Syrek & Antoni, 2014; Syrek et al., 2017; Weigelt & Syrek, 2017; Weigelt et al., 2019). We hope to contribute to this literature by replicating the main effect between unfinished tasks and affective rumination. Drawing on control theory, the Zeigarnik effect, and previous research (Carver & Scheier, 1982; Syrek & Antoni, 2014; Syrek et al., 2017; Weigelt & Syrek, 2017; Weigelt et al., 2019; Zeigarnik, 1938), we expect to find a positive relationship between unfinished tasks and affective rumination, so that an increase in unfinished tasks is associated with more affective rumination (hypothesis one).

Stress Mindset as a Moderator

Individual differences may offset the link between unfinished tasks and affective rumination. We focus on different perceptions of the nature of stress (Crum et al., 2013). Stress researchers typically distinguish between positive stress (eustress) and negative stress (distress) (Selye, 1974). However, the main focus of stress in research and our daily lives seems to be on the debilitating aspects of stress, neglecting its enhancing aspects (Crum et al., 2020). We describe stress as the expectation or actual encounter with challenges within the context of one's goals (Carver & Connor-Smith, 2010). An individual´s stress

mindset can be defined as the degree to which they believe that stress can positively impact a variety of stress-related outcomes, including performance and productivity, health and well-being, and learning and growth. This belief is termed the stress-is-enhancing mindset. In contrast to that, the stress-is-debilitating mindset involves the belief that stress has negative consequences on these outcomes.

Previous research shows that embracing a particular mindset can significantly impact outcomes in various life and health domains, influencing psychological, behavioral, and physiological aspects (e.g., Aronson et al., 2002; Crum et al., 2011; Crum & Langer, 2007; Levy & Myers, 2004). National longitudinal research shows that Americans experienced a heightened risk of premature death if they perceived stress as affecting their health and claimed high levels of stress (Keller et al., 2012). Similarly, British people displayed an enhanced risk of coronary heart disease if they believed that stress was affecting their health (Nabi et al., 2013).

Crum et al. (2017) also support the influence of stress mindset on the body. They found that a stress-is-enhancing mindset led to more pronounced elevations in anabolic ("growth") hormones. Upon the perception of stress as a challenge, a stress-is-enhancing mindset resulted in stronger increases in positive affect, enhanced attentional bias towards positive stimuli, and higher cognitive flexibility. In contrast to that, a stress-is debilitating mindset resulted in poorer cognitive and affective outcomes.

Additionally, Crum et al. (2013) showed that stress mindset moderates the link between acute stress and cortisol response, so individuals with a stress-is-enhancing mindset exhibit more adaptive cortisol reactivity to stress. The stress-is-enhancing mindset reduced the cortisol response for individuals with high cortisol reactivity to stress while it heightened the response for individuals with low reactivity for cortisol. The link between unfinished tasks and affective rumination can also be considered a reflection of reactivity to a stressor.

Huebschmann and Sheets (2020) also indicated that stress mindset can act as a boundary condition. In their research, stress mindset moderated the relationship between perceived stress and depressive symptoms. In our study, we focus on unfinished tasks, a unique stressor that employees repetitively face, and rumination, a risk factor for depression (Aldao et al., 2010; Syrek & Antoni, 2014). Following prior research that has successfully applied stress mindest to work and organizational research in psychology (Casper et al., 2017; Keech et al., 2018), we argue that how we deal with the unattained goal of finishing one´s work tasks by the end of the workday is influenced by stress mindset. Employees who perceive stress as enhancing may be less susceptible to the distressing effects of unfinished tasks reflected in affective rumination. We hypothesize that the relationship between unfinished tasks and affective rumination is moderated by stress mindset (hypothesis two).

Methods

Research Design and Procedure

To test our hypotheses, we designed a cross-sectional survey. The study was part of a larger data collection effort by a group of five bachelor's students. Table A1 shows the complete set of variables captured in the survey. This study focuses on the criterion variable affective rumination, and predictor variables unfinished tasks and stress mindset. The study was exempt from formal examination by the Ethics Committee of the Faculty of Behavioral and Social Sciences of the University of Groningen (research code: PSY-2324-S-0356). We recruited participants via social networking platforms like Instagram and WhatsApp. To have a bigger reach of our survey, we used a snowball sampling technique. The only condition to participate was to work at least part-time to ensure only employees filled out the survey and to increase the chances that participants had unfinished tasks. Participation was individual and had an approximate duration of 10 minutes. Participants had two weeks to complete the survey. We provided all materials for the study. Upon starting

the survey, participants selected their preferred language (English or German). No rewards or compensation were provided for finishing the survey and no deception or debriefing was used.

Sample

In total, 268 persons responded to our survey. We excluded 69 participants, most of them because of incomplete data: 19 participants answered no questions, 11 only gave their consent, 17 only gave consent and provided demographic information, and 21 missed at least one question in the focal part of the survey related to our core variables. Additionally, one person did not consent to participate. Therefore, our study included 199 participants.

Our convenience sample contained participants of different nationalities, most being from Germany ($n = 107$), Austria ($n = 24$), and Spain ($n = 22$) (see Table A2 for more details on participants´ nationalities). Most participants were between 55 and 64 years old (32.2%). We had more female ($n = 118$, 59.3%) than male participants ($n = 80$, 40.2%), and one participant identified as non-binary/other. The occupations were diverse, with most participants working in healthcare, education, and legal positions. An average participant worked around 40 hours per week ($M = 39.6$, $SD = 12.6$). Participation was optional, and participants could stop the survey at any time.

Measures

We used validated scales from prior research for our study. Every scale was available in both English and German. All scales indicated excellent reliability. At the end of the survey, participants had the option to comment on the survey.

Demographics

We started our survey by asking about the demographics of the participants. Specifically, we gathered their age group, gender (male, female, non-binary/other, prefer not to say), nationality, occupation, and average working hours per week. We had answer options

for age group, gender, and nationality, an open answer for occupation, and a scale for working hours.

Unfinished Tasks

For both the English and German versions, we applied a 6-item scale developed by Syrek et al. (2017) to measure the participants' amount of unfinished tasks. The survey asked respondents whether they agreed with statements like "At the end of a working week, I have not completed important tasks that I wanted to do." and "At the end of a working week, I haven't even started on important tasks that I wanted to do.". Participants responded on a 5-point Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree). The scale had a Cronbach's alpha of .92.

Affective Rumination

We measured affective rumination with a 5-item scale developed by Cropley et al. (2012). Consistent with prior research (e.g., Pauli et al., 2023; Weigelt et al., 2019; Weigelt et al., 2023) the items consisted of statements rather than questions. With items like "I become tense when I think about work-related issues during my free time." or "I am troubled by work-related issues when not at work.", the scale focused on work's impact on the participants´ leisure time. We used Weigelt et al.'s (2019) translation for the German version, with Pauli et al. (2023) providing evidence for measurement invariance across languages. Participants' responses were recorded on a 5-point Likert scale ranging from 1 (very seldom or never) to 5 (very often or always). The Cronbach's alpha for the scale was .90.

Stress Mindset

We used the 8-item scale for measuring stress mindset from Crum et al. (2013) for the English version and from Casper et al. (2017) for the German translation. Sample items are: "The effects of stress are positive and should be utilized.", and "Experiencing stress enhances

my performance and productivity." Participants answered on a 5-point Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree). The scale had a Cronbach´s alpha of .86.

Analytic Strategy

We analyzed the data using IBM SPSS Statistics (Version 28) and tested our hypotheses using a multiple linear regression analysis. Prior to this, we reverse-coded the items of stress mindset and checked the reliability of our measurements by investigating Cronbach´s alpha and the intercorrelations between our variables. Further, we plotted descriptive statistics to have an initial look at our data. We created composite scores for each variable before testing the assumptions of a regression analysis. We used a residual plot to check the assumptions of linearity and homoscedasticity, a P-P plot to test for normality, and the variance inflation factor to assess multicollinearity. To examine our hypotheses, we predicted affective rumination with unfinished tasks, stress mindset, and an interaction term of the two predictor variables. Additionally, we inspected the significance of our correlations. This enabled us to investigate the main effect (hypothesis one) and the moderating effect (hypothesis two).

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Results

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Preliminary Analysis

We used Cronbach's alpha coefficient to check our internal consistency reliability. We found the reliability of our scales to range from good to excellent ($\alpha = .87$ for unfinished tasks, $\alpha = .90$ for affective rumination, and $\alpha = .82$ for stress mindset).

The results demonstrate that participants seldom had unfinished tasks in a typical working week ($M = 2.2$, $SD = 0.8$, see Table A3) and sometimes experienced affective rumination in their free time ($M = 2.6$, $SD = 0.9$). Most participants had slightly positive thoughts about stress ($M = 2.9$, $SD = 0.3$).

Furthermore, we verified the assumptions for the regression analysis. Our residual plot (see Figure A1) shows that the residuals were scattered randomly around zero. Therefore, we met the assumptions of linearity and homoscedasticity. In the P-P plot (see Figure A2), no points deviated systematically, assuming normality. As depicted in Table 2, the variance inflation factor for all variables lay below four, ruling out multicollinearity. Therefore, we met all assumptions for our regression analysis.

Table 1

Intercorrelations between Variables

	Unfinished Tasks	Affective Rumination	Stress Mindset
Unfinished Tasks	-	.40**	.08
Affective Rumination		-	.03
Stress Mindset			-

Note. $N = 199$; **$p < .01$

Table 2

Coefficients

	Unstandardized Coefficients		Standardized Coefficients			Collinearity Statistics	
	B	Std. Error	Beta	t	Sig.	Tolerance	VIF
(Constant)	.00	.07		-.01	1.00		
Unfinished Tasks	.40	.07	.40	6.04	<.001	.99	1.00
Stress Mindset	.00	.07	.00	.03	.97	.99	1.00
Interaction	.00	.05	.01	.08	.94	.99	1.00

Note. Affective rumination is the criterion variable; Interaction: Unfinished Tasks $\times$ Stress Mindset

Unfinished Tasks and Rumination and the Role of Stress Mindset

As shown in Tables 1 and 2, a moderate positive relation between unfinished tasks and affective rumination exists, $r(197) = .40$, $p < .001$ (also see Figure A3). This is in line with our first hypothesis. In contrast, we found no support for our second hypothesis. The results presented in Table 2 indicate that stress mindset did not moderate the association between unfinished tasks and affective rumination ($\beta = .01$, $SE = .05$, $p = .94$). Our regression model explains 16 percent of the variance in the data ($R^2 = .16$).

Discussion

In this study, we aimed to extend the understanding of the link between unfinished tasks and affective rumination. Specifically, we explored stress mindset as a boundary condition, which may offset this association. Our findings indicate that employees with more unfinished tasks ruminate more in affective terms, and this association is not influenced by stress mindset.

Theoretical and Practical Implications

Looking at the theoretical implications, the positive link between unfinished tasks and affective rumination supports the explanatory power of control theory and the Zeigarnik effect (Carver & Scheier, 1982; Zeigarnik, 1938). Since stress mindset did not buffer the relationship, the link between unfinished tasks and affective rumination appears robust. The tendency to ruminate on unfinished tasks holds across different levels of stress mindset. Additionally, the link has been conceptually replicated several times using a weekly diary design (Syrek & Antoni, 2014; Syrek et al., 2017; Weigelt & Syrek, 2017; Weigelt et al., 2019). This strengthens the validity of the conclusions and increases their generalizability

Contrary to this, we discovered an inconsistency in the stress mindset literature. While previous research showed that stress mindset can act as a boundary condition in a stress-strain relationship (Crum et al., 2013; Crum et al., 2017; Huebschmann & Sheets, 2020; Keller et

al., 2012; Nabi et al., 2013), our findings do not support a moderating role of stress mindset. Therefore, stress mindset can only buffer some stress-related variables.

A practical implication is that coping with unfinished tasks requires different strategies because affective rumination is not significantly influenced by stress mindset. Therefore, interventions solely based on changing the participants´ stress mindset are insufficient for reducing affective rumination. Instead, psychologists could educate more about strategies that help to reduce unfinished tasks, such as creating action plans, dividing work into smaller, more manageable goals, and concentrating on these goals (Kinunnen et al., 2019; Smit, 2016; Syrek et al., 2017). These can help finish more tasks or get the feeling of task completion, which should be in turn related to less affective rumination. Alternatively, Weigelt and Syrek (2017) suggest that continuing to work on unfinished tasks after usual working hours helps to satisfy the need for closure resulting in less rumination.

In addition to reducing unfinished tasks, organizations can teach employees about strategies that facilitate relaxation after work (Cropley & Milward, 2009). Positive work-life balance initiatives help prevent employees from experiencing fatigue and burnout. These could be especially beneficial for employees who tend to ruminate frequently.

Strengths and Limitations

The cross-sectional survey design has several advantages as it allows for the collection of numerous responses at a certain point in time, in a manner that is both cost-effective and time-efficient (Spector, 2019). It is an easy way to identify associations and interactions. Because we are the first to explore boundary conditions on the link between unfinished tasks and affective rumination, correlational data is a useful first exploratory step. Nevertheless, our correlational design prevents us from making causal claims. We cannot determine whether unfinished tasks predict rumination or vice versa. Besides, we did not control for any

variables, so confounding variables may be present. We also cannot account for possible changes over time. However, establishing a link initially provides a straightforward method to assess whether causality should be explored in future research.

Common method variance can affect the construct reliability and validity of our research findings (Podsakoff et al., 2024). Common method variance may be an issue because we measured the predictor and criterion variables simultaneously using the same medium - a single-survey self-report (Siemsen et al., 2009). This minimizes the chances of distractions caused by differential cues, thereby enhancing the relationships between the measures (Podsakoff et al., 2024). Other sources of common method variance include consistency biases and occasion factors like mood (Spector, 2018). While recalling a typical working week, participants often try to be consistent in their answers, which can inflate correlations (Podsakoff et al., 2003; Podsakoff & Organ, 1986). Similarly, being in the same mood throughout filling out a survey may lead to similar answers across scales, exaggerating associations (Spector, 2019). On the contrary, common method variance usually deflates interaction effects, making them difficult to detect (Busemeyer & Jones, 1983; Siemsen et al., 2009). Consequently, common method variance increases the probability of identifying a significant covariance while it decreases the likelihood of detecting a significant interaction effect. While we may overestimate the link between unfinished tasks and affective rumination, our test of the moderating role of stress mindset is rather a conservative estimate.

With almost 200 participants, our sample size is large enough to make reliable conclusions from the data. Using an English and a German version of the survey, we were able to reach participants who spoke different languages. Participants came from 23 different countries, making our sample quite diverse, although it remains WEIRD (Western, Educated, Industrialized, Rich, and Democratic; Henrich et al., 2010). Since we used the snowballing

technique to reach participants, they came from similar backgrounds and the findings cannot be generalized to more diverse populations. Further, more than half of the participants were German so we cannot make comparisons between participants from different countries to investigate cultural differences.

Avenues for Future Research

We can derive future research directions from our strengths and limitations. First of all, a longitudinal research design would advance this research (Zapf et al., 1996). We could determine whether unfinished tasks or affective rumination appear first. Further, we could identify temporal changes. It may be particularly interesting, how levels of unfinished tasks, affective rumination, and stress mindset change when employees change their job to either work in a different field or company. A study that runs for a longer time could take these changes into account. Besides, a longitudinal study has the potential to elucidate causal relationships (Spector, 2019). It also partly reduces common method variance as temporal separation can control for consistency biases and occasion factors like momentary mood.

To mitigate more persistent sources of common method variance, such as using the same measurement medium for all variables, we should use different measures for our variables (Spector, 2019). For instance, we could measure unfinished tasks by installing task management software, which tracks how many tasks were completed, left undone, and not started. For affective rumination, we could use experiencing sampling methodology (Hoebeke et al., 2022). This could assess participants´ levels of affective rumination in real-time in a naturalistic setting. Hoebeke et al. (2022) developed an experiencing sampling methodology protocol for rumination and validated its effectiveness. While they focused on five dimensions of rumination typically used in clinical psychology, future research could develop an ESM protocol to measure affective rumination specifically. The assessment would need to be restricted to off-job time.

Since we could not find a significant effect for the moderating role of stress mindset, future research should investigate other potential moderators to clarify the boundary conditions of the link between unfinished tasks and affective rumination. Possible moderators include individual differences like self-efficacy (Bandura, 1977) or mindfulness at work and at home (Haun et al., 2018). If they buffer the link between unfinished tasks and affective rumination, they can be considered when creating interventions to reduce unfinished tasks and affective rumination.

Lastly, future research should aim to have a more representative sample. Stratified sampling would ensure that employees from different sectors and job levels are included (Morling, 2018). Besides, a future study could focus on having a reasonable number of participants from two or more countries. This would enable us to compare the results of the countries to identify cultural differences. An interesting distinction would be between collectivistic countries, which value interdependence and group harmony, and individualistic countries, emphasizing independence and self-reliance (Hofstede, 1980). Individuals in collectivistic cultures may experience less affective rumination because they feel less personal responsibility for unfinished tasks and more group support. Conversely, in individualistic cultures, the pressure to succeed individually may lead to higher levels of rumination when tasks remain incomplete. Future research could test these hypotheses.

Conclusion

Our research aims to investigate the potential boundary condition of stress mindset on the link between unfinished tasks and affective rumination. Previous research has highlighted the detrimental effects of affective rumination on physical and mental health (Aldao et al., 2010; Roberts et al., 1998; Syrek et al., 2017), emphasizing the importance of understanding potential influences on affective rumination. Several researchers have established a link between unfinished tasks, an important job stressor, and affective rumination (Syrek &

Antoni, 2014; Syrek et al., 2017; Weigelt & Syrek, 2017; Weigelt et al., 2019). We used

control theory and the Zeigarnik effect to explain this relationship (Carver & Scheier, 1982;

Zeigarnik, 1938). To better understand the limits of this link, we examined the influence of

individual differences and were the first to test stress mindset as a boundary condition.

Using a cross-sectional survey with validated scales, we replicated the link between

unfinished tasks and affective rumination in a regression analysis. Our findings indicate that

stress mindset did not influence this relationship, highlighting the robustness of the link

between unfinished tasks and affective rumination.

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Appendix

Table A1

Complete Variables Captured in Survey

Unfinished Tasks
Affective Rumination
Psychological Detachment
Self-Compassion
Peace of Mind
Stress Mindset
Needs-Based Off-Job Crafting

Table A2

Nationalities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Austria	24	12.1	12.1	12.1
	Belgium	9	4.5	4.5	16.7
	Bulgaria	1	.5	.5	17.2
	Croatia	1	.5	.5	17.7
	Denmark	1	.5	.5	18.2
	Estonia	3	1.5	1.5	19.7
	Finland	1	.5	.5	20.2
	France	3	1.5	1.5	21.7
	Germany	107	53.8	54.0	75.8
	Greece	2	1.0	1.0	76.8
	Hungary	1	.5	.5	77.3
	Italy	3	1.5	1.5	78.8
	Latvia	1	.5	.5	79.3
	Lithuania	1	.5	.5	79.8
	Netherlands	2	1.0	1.0	80.8
	Poland	7	3.5	3.5	84.3
	Portugal	1	.5	.5	84.8
	Romania	1	.5	.5	85.4
	Russia	1	.5	.5	85.9
	Spain	22	11.1	11.1	97.0
	Switzerland	2	1.0	1.0	98.0
	United Kingdom	1	.5	.5	98.5
	United States	3	1.5	1.5	100.0
	Total	198	99.5	100.0	
Missing	System	1	.5		
Total		199	100.0		

Table A3

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Unfinished Tasks	199	1.0	4.7	2.2	0.8
Affective Rumination	199	1.0	5.0	2.6	0.9
Stress Mindset	199	1.6	3.9	2.9	0.3
Valid N (listwise)	199				

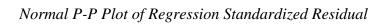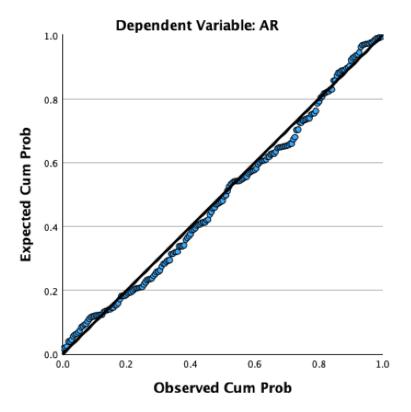**Figure A1**

Residual Plot

Dependent Variable: Zscore: Affective Rumination

Figure A2

Normal P-P Plot of Regression Standardized Residual

Dependent Variable: AR

Figure A3

Scatterplot