

**Table S1.** Means, standard deviations, and correlations

Variable	<i>M</i>	<i>SD</i>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
1. IV1: Medium Idle Time	0.33	0.47	–																						
2. IV2: Long Idle Time	0.33	0.47	-.50**	–																					
3. Subjective Idle Time	2.01	1.27	.09	.17**	(.88)																				
4. Honesty-Humility	3.51	0.65	.04	.05	-.08	(.69)																			
5. Emotionality	3.09	0.61	-.09	.08	.01	-.06	(.73)																		
6. Extraversion	3.28	0.60	-.01	.01	-.15**	.12*	-.21**	(.76)																	
7. Agreeableness	3.21	0.52	-.07	.09	-.10	.27**	-.17**	.20**	(.67)																
8. Conscientiousness	3.66	0.55	-.09	.01	-.19**	.22**	-.00	.30**	.14**	(.75)															
9. Openness	3.25	0.65	.01	-.05	-.03	.12*	-.02	.27**	.17**	.25**	(.75)														
10. Accommodation	3.50	0.65	-.01	-.02	-.02	.01	-.11	.13*	.17**	.02	.17**	(.88)													
11. Assimilation	3.47	0.69	.06	.05	-.03	.11*	-.03	.33**	.27**	.24**	.12*	.06	(.91)												
12. Boredom Proneness	2.28	0.83	.01	.00	.27**	-.42**	.13*	-.41**	-.21**	-.56**	-.24**	-.02	-.11	(.90)											
13. Age	45.72	12.02	-.06	.03	-.17**	.29**	-.11*	.21**	.13*	.20**	.03	.03	.16**	-.31**	–										
14. High Arousal PA (T0)	3.59	1.04	.05	-.01	.01	.17**	-.36**	.40**	.23**	.18**	.10	.17**	.27**	-.32**	.10	(.92)									
15. Low Arousal PA (T0)	2.75	1.02	.07	-.03	-.01	-.06	-.17**	.48**	.22**	.02	.07	.19**	.25**	-.05	-.08	.47**	(.94)								
16. High Arousal NA (T0)	1.95	1.10	-.01	.00	.17**	-.21**	.30**	-.43**	-.21**	-.22**	-.10	-.08	-.12*	.41**	-.22**	-.48**	-.30**	(.90)							
17. Low Arousal NA (T0)	1.70	0.93	-.06	-.02	.11	-.28**	.21**	-.26**	-.19**	-.22**	-.05	-.08	-.08	.41**	-.26**	-.49**	-.04	.62**	(.96)						
18. High Arousal PA	2.56	1.11	.04	-.02	-.09	-.03	-.14**	.41**	.21**	.04	.10	.15**	.24**	-.05	-.08	.43**	.76**	-.29**	-.07	(.93)					
19. Low Arousal PA	3.34	1.15	.02	.04	-.07	.17**	-.26**	.36**	.25**	.22**	.15**	.14*	.25**	-.28**	.07	.76**	.44**	-.41**	-.36**	.59**	(.97)				
20. High Arousal NA	1.65	0.90	-.02	.00	.17**	-.24**	.23**	-.32**	-.18**	-.23**	-.04	.01	-.04	.40**	-.26**	-.48**	-.13*	.58**	.76**	-.16**	-.44**	(.88)			
21. Low Arousal NA	1.99	1.17	.04	.03	.22**	-.18**	.23**	-.47**	-.22**	-.24**	-.12*	-.07	-.15**	.36**	-.24**	-.47**	-.29**	.83**	.52**	-.33**	-.48**	.65**	(.97)		
22. Task Satisfaction (T0)	3.62	0.87	.01	-.02	-.24**	.13*	.05	.35**	.21**	.28**	.20**	.18**	.33**	-.25**	.13*	.31**	.32**	-.17**	-.11	.39**	.40**	-.18**	-.23**	(.87)	
23. Task Satisfaction	3.31	1.03	-.02	-.00	-.21**	.09	.09	.26**	.10	.23**	.12*	.08	.26**	-.17**	.20**	.22**	.23**	-.13*	-.06	.44**	.44**	-.19**	-.21**	.79**	(.89)

*Note.* *M* and *SD* are used to represent mean and standard deviation, respectively. *N* = 338, except for cells with boredom proneness, here *N* = 303. Diagonals represent scale reliability (McDonald's Omega), where available. T0 measures were measured before the manipulation (i.e., baseline measures). PA = Positive affect, NA = Negative affect. IV1 was coded as 'medium objective idle time' ('1') compared to the other conditions ('0') and IV2 was coded as 'long objective idle time' ('1') compared to the other conditions ('1').

\*  $p < .05$ . \*\*  $p < .01$ .