

Supplemental table

Correlations of work activities with productivity and measures of well-being at time 1 (Spearman)

	Coding	Bugfixing	Testing	Specification	Reviewing code	Writing documentation	Meetings	Email	Interruptions	Helping	Networking	Learning	Administrative tasks	Breaks	Various
Well-being	0.1	0.02	0	-0.06	0.08	0.03	-0.03	-0.06	-0.21	0.03	0	-0.04	-0.04	0.05	-0.14
Productivity	0	0.12	0.06	0.14	0.15	-0.02	0.1	0.15	0.04	0.11	0.04	-0.07	-0.11	-0.24	-0.03
Stress	-0.21	-0.12	-0.05	0.07	-0.07	0.06	0.14	-0.02	0.19	-0.02	0.12	0.15	0.06	0.06	0.11
Boredom	-0.05	-0.13	-0.09	0.08	-0.03	0.06	-0.04	-0.13	0.03	-0.11	0.1	0.13	-0.04	0.08	0.03
Relatedness	0.15	-0.05	0.12	-0.07	0.05	0.02	-0.09	0.02	-0.22	-0.05	-0.03	-0.03	-0.06	-0.03	-0.04
Competence	0.14	0.08	0.11	-0.02	0.17	0.01	-0.04	0.06	-0.1	0.07	0	-0.09	-0.02	-0.16	-0.1
Autonomy	0.19	0	0.05	-0.17	0.04	-0.08	-0.24	0.01	-0.24	-0.14	-0.02	0.03	-0.07	-0.02	-0.09
Communication	0.08	0.05	0.07	0.02	0.1	0.04	0.03	0.08	-0.07	0.01	-0.08	0.06	-0.08	-0.08	-0.1
Daily routines	0.1	0.02	0.11	-0.07	0.04	-0.01	-0.12	0.03	-0.21	-0.05	-0.05	-0.08	-0.12	-0.09	-0.11
Distractions	-0.11	-0.02	-0.06	0.08	-0.12	-0.03	-0.03	-0.09	0.1	-0.08	0.02	0.05	0.12	0.14	0.14

Correlations of work activities with productivity and measures of well-being at time 2 (Spearman)

	Coding	Bugfixing	Testing	Specification	Reviewing code	Writing documentation	Meetings	Email	Interruptions	Helping	Networking	Learning	Administrative tasks	Breaks	Various
Well-being	0.07	0.12	0.09	0	0.02	0.07	-0.04	-0.17	0	0.04	0.02	-0.05	-0.09	-0.12	0.07
Productivity	0.03	0.17	0.1	0.1	-0.06	0.18	0.03	-0.05	0.03	-0.13	-0.13	-0.04	-0.04	-0.15	0.06
Stress	-0.04	-0.1	0.01	0.08	0.08	-0.1	0	0.06	0	-0.08	-0.12	0.06	0	0.01	-0.1
Boredom	0.08	-0.01	-0.07	0.04	0.06	-0.06	-0.09	0.01	-0.08	-0.13	-0.12	0.03	-0.16	0.04	-0.09
Relatedness	0.08	-0.01	0.06	-0.1	-0.01	-0.06	0.02	-0.02	-0.02	0.11	0.02	0.03	0.05	-0.02	0
Competence	0.08	0.04	0.04	0	-0.07	0.14	0.07	-0.06	0	0.13	0.03	-0.03	0.07	-0.08	0.07
Autonomy	0.12	0.05	-0.02	-0.11	-0.17	0.02	-0.15	-0.07	-0.06	-0.02	0.03	0	-0.03	0.03	0.02
Communication	0.1	0.09	0.1	0.23	0	0.08	0.11	-0.18	0.06	0.12	0.07	-0.01	-0.03	-0.03	0.03
Daily routines	0.12	0.15	0.07	-0.03	-0.12	0.02	-0.02	-0.06	0.05	0.07	0.03	-0.11	-0.04	0.04	0.05
Distractions	0.02	-0.01	-0.1	0.02	0	-0.09	-0.08	-0.03	-0.07	-0.16	-0.06	0.18	-0.01	0.06	-0.12