



Distress	$\circ \bullet \circ$	3.7 / 7.0
Resilience	\circ	3.7 / 7.0
General Self-efficacy	$\circ \circ \bullet$	5.7 / 7.0
Downtime	\circ	4.0 / 7.0
Mastery		3.0 / 7.0
Control		1.8 / 7.0
Work-life Conflict	$\circ \bullet \circ$	3.6 / 7.0



Autonomy	$\circ \circ \bullet$	5.2 / 7.0
Competence		2.5 / 7.0
Relatedness	$\circ \bullet \circ$	3.8 / 7.0
Benevolence	$\circ \bullet \circ$	3.8 / 7.0



Connectivity Choice	\circ	3.8 / 7.0
Interdependence		3.0 / 7.0
Psychological Safety	$\circ \circ \bullet$	5.3 / 7.0
Social Connectivity	$\circ \circ \bullet$	5.6 / 7.0



Connectivity Overload	$\circ \bullet \circ$	4.3 / 7.0
Burnout Risk	$\circ \bullet \circ$	4.3 / 7.0
Life Satisfaction	$\circ \bullet \circ$	4.7 / 7.0
Meaningfulness	$\circ \circ \bullet$	7.0 / 7.0
Work Engagement	$\circ \bullet \circ$	4.1 / 7.0
Work Productivity	•	101.0%
Work Quality		-3.0/10.0
After-hour Connectivity	-	3.5/7.0

