COMPANION KIT

Study notes at a glance

One row per study, with the limit to keep in mind. The book's Appendix B has the longer version and the Bibliography has the full citations.

Study	What was done	What it found	Keep in mind
Wilson et al. (2014)	Eleven studies of sitting alone with thoughts for about six to fifteen minutes	Many people did not enjoy it, and some chose a mild electric shock instead	Artificial setting; imposed nothing
Fox et al. (2014)	Review of Wilson and of mind-wandering research	Unstructured thinking is often pleasant and useful	A commentary, not an experiment
Killingsworth and Gilbert (2010)	Phone app asking thousands of people what they were doing and feeling	Minds wandered nearly half the time; people were less happy when they wandered	Correlational
Baird et al. (2012)	Creative problems, then a demanding task, an undemanding task, rest or no break	The undemanding task helped most on repeated problems	Repeated problems only
Sio and Ormerod (2009)	Combined many incubation studies	A break helps overall, more when the break task is low in demand	Effect varies by task and method
Dewar et al. (2012)	Stories, then ten minutes of eyes-closed rest or a game	More of the story remembered after rest	Small samples; later work mixed
King and Nicosia (2022)	Review and an online study of wakeful rest	Results were inconsistent	Why Chapter 6 says promising, not a law
Hsee, Yang and Wang (2010)	Choice between idle and busy, with and without a reason	People preferred busy, mostly when they had a justification	The candy idea is the author's reading
Berman, Jonides and Kaplan (2008)	Park walk against street walk, then an attention test	Attention was better after nature	Supports "nature may help," not "nothing works"
Bench and Lench (2013)	Review of boredom research	Boredom can push people toward something meaningful	A review, not a test of the protocol
Nolen-Hoeksema, Wisco and Lyubomirsky (2008)	Review of rumination research	Repetitive, passive thinking about distress is linked to worse mood	The reason for the exit rule
Stroebe and Schut (1999)	A model of coping with bereavement	Healthy coping moves between the loss and respite from it	A model, not a prescription