

Supplementary Materials

for

**Building Movement Resilience: Structural and Psychological Aspects Associated with
Environmental Activist Burnout**

by

Karen R. S. Hamann, Luca Markus, Paula Blumenschein, & Anna-Sophie von Agris

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Study 1

Table A1. Socio-demographic and volunteer characteristics of the sample (Study 1).

	<i>N</i>	%
Gender		
Female	181	68
Male	82	31
Diverse	5	2
Net income		
<500€	78	29
500 - 1,000€	78	29
1,000 - 1,500€	34	13
1,500 - 2,000€	19	7
2,000 - 2,500€	28	10
2,500 - 3,500€	17	6
3,500 - 4,500€	8	3
4,500 - 5,500€	0	0
>5,500€	4	2
Highest Education		
Not yet graduated from school	1	0
No school diploma	0	0
Lower secondary school diploma	1	0
Middle secondary school diploma	10	3
Higher education school diploma	91	34
University degree	151	56
PhD	9	3
other	5	2
Paid for engagement		
yes	49	18
no	219	82

Table A2. Socio-demographic and volunteer characteristics of the sample (Study 1).

	<i>M</i>	<i>SD</i>
Age	34.38	13.24
Hours working in wage labor	17.66	16.68
Engagement hours/week for main initiative	7.19	11.20
Volunteer hours/week	4.54	8.13
Paid hours/week	2.65	7.99
Duration of engagement (in years)	6.03	7.87

A3. Comparison of engaged and non-engaged sub-samples in Study 1

To further characterize our engaged sample, we conducted analyses comparing them to participants who completed the extra-questionnaire but indicated no engagement in any environmental initiative. Compared to non-engaged participants, our sample scored significantly higher on nearly all pro-environmental belief measures central to our study. As expected, engaged participants reported stronger environmental self-identity ($M_{\text{engaged}} = 5.98$, $SD_{\text{engaged}} = 0.81$, $M_{\text{non-engaged}} = 5.29$, $SD_{\text{non-engaged}} = 1.11$, $t(684) = 9.51$, $p < .001$) and personal self-efficacy ($M_{\text{engaged}} = 5.38$, $SD_{\text{engaged}} = 0.98$, $M_{\text{non-engaged}} = 4.90$, $SD_{\text{non-engaged}} = 1.15$, $t(631) = 5.96$, $p < .001$). Moreover, engaged participants were on average older ($M_{\text{engaged}} = 1984.44$, $SD_{\text{engaged}} = 13.20$, $M_{\text{non-engaged}} = 1987.83$, $SD_{\text{non-engaged}} = 10.67$, $t(472) = -3.53$, $p < .001$) and more likely to be male (coded as female = 1, male = 2; $M_{\text{engaged}} = 1.31$, $SD_{\text{engaged}} = 0.46$, $M_{\text{non-engaged}} = 1.24$, $SD_{\text{non-engaged}} = 0.43$, $t(518) = 2.00$, $p = .046$). All analyses employed Welch's t-test due to significant Levene's tests for equality of variances.

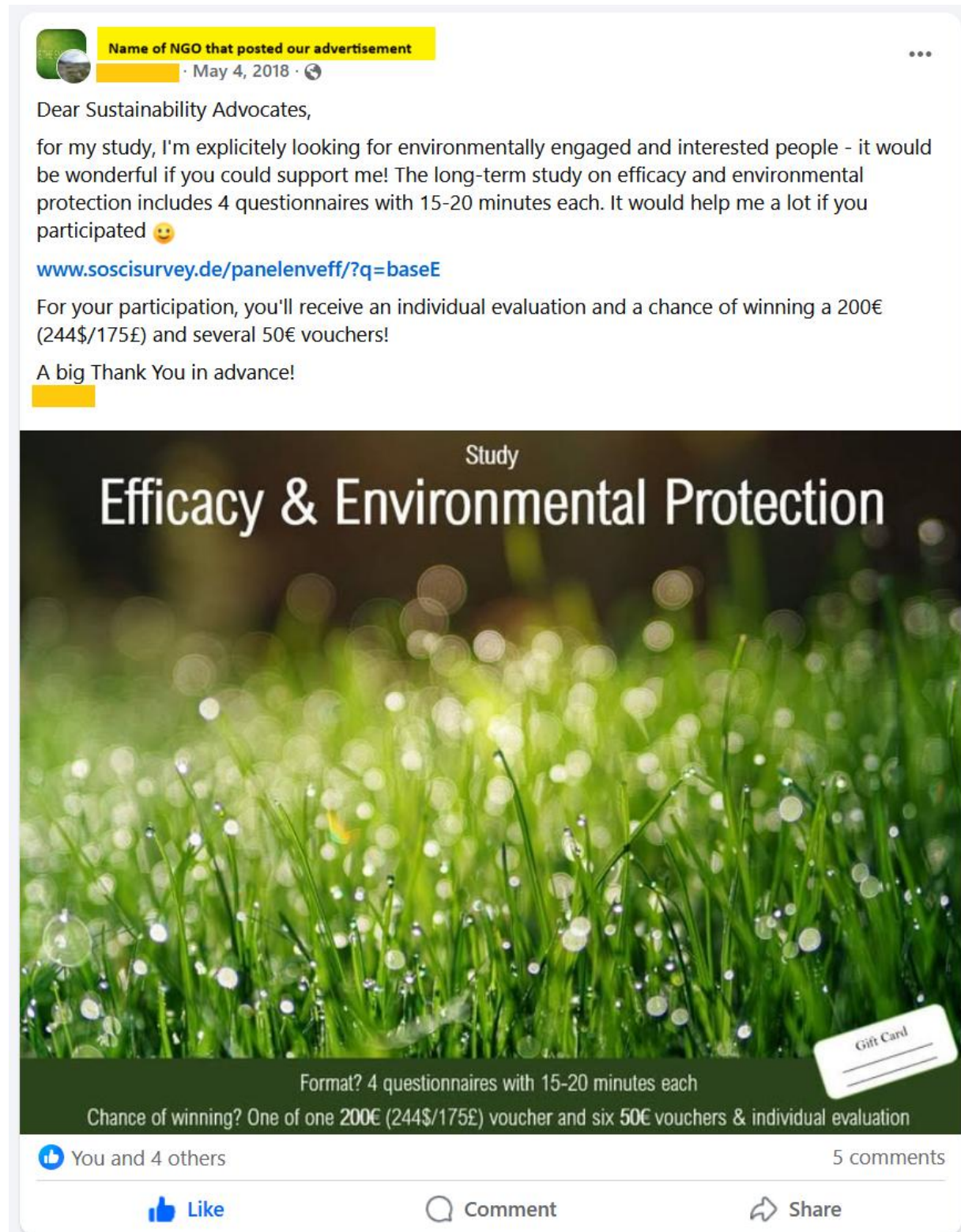
We explored additional measures not central to the main research question and found no significant differences in identification with all humanity ($M_{\text{engaged}} = 5.39$, $SD_{\text{engaged}} = 1.16$, $M_{\text{non-engaged}} = 5.48$, $SD_{\text{non-engaged}} = 1.18$, $t(704) = -1.01$, $p = .315$) or collective efficacy of all humanity ($M_{\text{engaged}} = 6.20$, $SD_{\text{engaged}} = 0.77$, $M_{\text{non-engaged}} = 6.10$, $SD_{\text{non-engaged}} = 0.88$, $t(704) = 5.74$, $p = .110$). However, as assumed, engaged participants reported significantly more private pro-environmental behavior ($M_{\text{engaged}} = 5.89$, $SD_{\text{engaged}} = 0.54$, $M_{\text{non-engaged}} = 5.39$, $SD_{\text{non-engaged}} = 0.70$, $t(666) = 10.62$, $p < .001$) and activist pro-environmental behavior ($M_{\text{engaged}} = 2.29$, $SD_{\text{engaged}} = 0.65$, $M_{\text{non-engaged}} = 1.39$, $SD_{\text{non-engaged}} = 0.42$, $t(408) = 20.27$, $p < .001$), with Welch's t-test applied for both comparisons.

A4. Definition of active engagement presented to participants in Study 1

In our understanding, an environmental initiative can be anything from a small local group up to a global NGO. It can be political work in a party as well as volunteer work in a nature conservation project. Active engagement is characterized by not only membership, but active contribution to an environmental initiative

(e.g. participating in meetings or organizing events). If paid work in an environmental initiative feels like engagement, it also counts as “active engagement”.

A5. Example of advertisement for Study 1



The image is a screenshot of a Facebook post. At the top, there is a profile picture of a green leaf and a yellow banner that reads "Name of NGO that posted our advertisement". Below this, the date "May 4, 2018" is shown. The post text begins with "Dear Sustainability Advocates," followed by a paragraph explaining the study's need for environmentally engaged people. It mentions a long-term study on efficacy and environmental protection, consisting of 4 questionnaires (15-20 minutes each). A link to the survey is provided: www.soscisurvey.de/panelenveff/?q=baseE. The post also states that participants will receive an individual evaluation and a chance to win a 200€ (244\$/175£) voucher and several 50€ vouchers. It ends with "A big Thank You in advance!". Below the text is a large image of green grass with water droplets. Overlaid on this image is the text "Study Efficacy & Environmental Protection". At the bottom of the image, there is a dark green banner with white text: "Format? 4 questionnaires with 15-20 minutes each" and "Chance of winning? One of one 200€ (244\$/175£) voucher and six 50€ vouchers & individual evaluation". In the bottom right corner of the image, there is a small white tag that says "Gift Card". Below the image, the Facebook interface shows "You and 4 others" liked it, "5 comments", and buttons for "Like", "Comment", and "Share".

Name of NGO that posted our advertisement · May 4, 2018 ·

Dear Sustainability Advocates,

for my study, I'm explicitly looking for environmentally engaged and interested people - it would be wonderful if you could support me! The long-term study on efficacy and environmental protection includes 4 questionnaires with 15-20 minutes each. It would help me a lot if you participated 😊

www.soscisurvey.de/panelenveff/?q=baseE

For your participation, you'll receive an individual evaluation and a chance of winning a 200€ (244\$/175£) and several 50€ vouchers!

A big Thank You in advance!

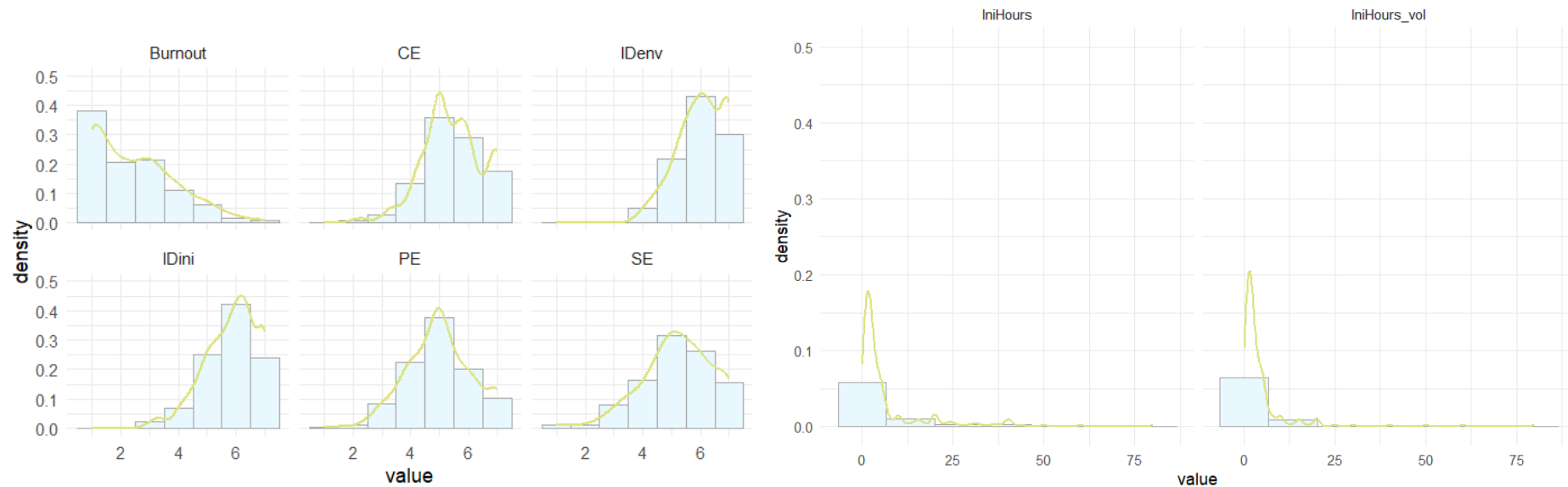
Study
Efficacy & Environmental Protection

Format? 4 questionnaires with 15-20 minutes each
Chance of winning? One of one 200€ (244\$/175£) voucher and six 50€ vouchers & individual evaluation

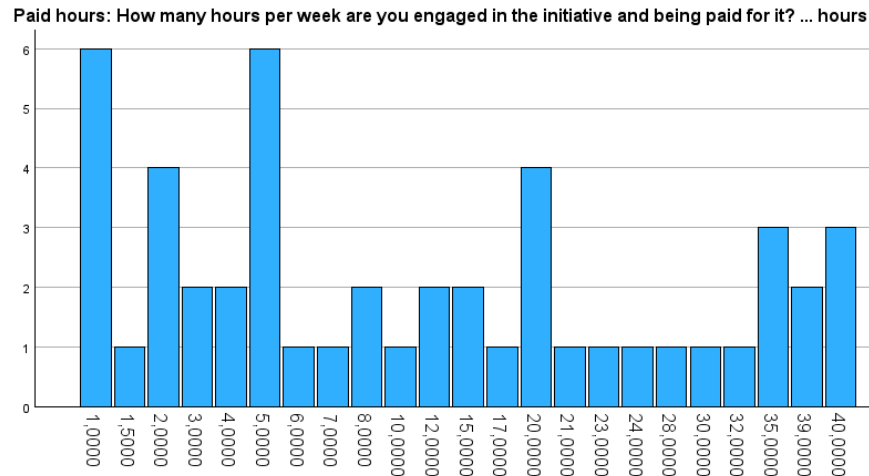
You and 4 others · 5 comments

Like Comment Share

A6. Visual scale inspection of main variables in Study 1



Note. CE = collective efficacy, IDenv = environmental self-identity, IDini = identification with the initiative, PE = participative efficacy, SE = personal self-efficacy, IniHours = total engagement hours, IniHours_vol = voluntary engagement hours.



Note. 49 (of a total of 268) participants indicated they were paid for at least part of their engagement. The described hours ranged from one hour per week to 40 hours per week ($M = 14.50$, $SD = 13.41$).

Table A7. Linear regression models including both structural and psychological variables associated with activist burnout in Study 1.

DV: Activist burnout				
	B	SE	β (95%-CI)	p
(Intercept)	4.70	0.71		<.001
Engagement (vol)	0.05	0.01	0.26 (0.15, 0.37)	<.001
Engagement (pay)	0.98	0.20	0.27 (0.16, 0.38)	<.001
Initiative numbers	0.06	0.07	0.05 (-0.06, 0.16)	.400
Pers. self-efficacy	-0.26	0.09	-0.22 (-0.37, -0.08)	.003
Collective efficacy	0.01	0.12	0.01 (-0.16, 0.18)	.935
Participative efficacy	0.11	0.11	0.09 (-0.09, 0.27)	.334
ID initiative	-0.35	0.09	-0.23 (-0.34, -0.11)	<.001
Env. self-identity	0.02	0.11	0.01 (-0.11, 0.13)	.879
$R^2 = .228$				
$F(8, 259) = 9.53^{***}$				

Note. Pers. self-efficacy = personal self-efficacy, ID initiative = identification with the initiative, Env. self-identity = environmental self-identity, * $p < .05$; ** $p < .01$; *** $p < .001$.

Table A8. Bivariate correlations of main variables and further wellbeing outcomes in Study 1.

	<i>M (SD)</i>	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.
1. Burnout	2.51 (1.42)											
2. Engagement (total)	7.19 (11.20)	.34***										
3. Engagement (vol)	4.54 (8.13)	.24***	.70***									
4. Engagement (pay)	0.18 (0.39)	.29***	.51***	.01								
5. Initiative number	1.68 (1.12)	.12*	.18**	.17**	.14*							
6. Pers. self-efficacy	5.17 (1.23)	-.19**	.03	.08	-.04	.09						
7. Collective efficacy	5.41 (1.01)	-.10	.03	.07	.00	.15*	.60***					
8. Participative efficacy	4.97 (1.14)	-.08	.05	.09	.02	.18**	.65***	.76***				
9. ID initiative	5.80 (0.91)	-.21***	.09	.11	.00	.01	.21***	.30***	.33***			
10. Env. self-identity	5.98 (0.81)	-.04	.13*	.08	.08	.15*	.36***	.34***	.36***	.24***		
11. PANAS positive	4.42 (1.06)	-.25***	.04	.11	-.04	.01	.31***	.20**	.26***	.18**	.22***	
12. PANAS negative	2.51 (1.25)	.28***	.04	.01	.04	-.08	-.10	.00	-.06	-.13*	-.02	-.29***

Note. Engagement (vol) = voluntary engagement, Engagement (pay) = paid engagement dichotomized, Pers. self-efficacy = personal self-efficacy, ID initiative = identification with the initiative, env. self-identity = environmental self-identity, * $p < .05$; ** $p < .01$; *** $p < .001$.

Table A9. Linear regression models explaining complementary wellbeing indicators (PANAS positive and negative) in Study 1.

	DV: PANAS positive				DV: PANAS negative			
	B	SE	β (95%-CI)	<i>p</i>	B	SE	β (95%-CI)	<i>p</i>
(Intercept)	1.93	0.56		.001	3.39	0.69		<.001
Engagement (total)	0.00	0.01	0.01 (-0.10, 0.13)	.845	0.01	0.01	0.05 (-0.07, 0.17)	.408
Pers. self-efficacy	0.21	0.07	0.24 (0.08, 0.40)	.003	-0.15	0.08	-0.15 (-0.31, 0.02)	.078
Collective efficacy	-0.09	0.10	-0.09 (-0.27, 0.09)	.340	0.20	0.12	0.17 (-0.02, 0.35)	.083
Participative efficacy	0.09	0.09	0.10 (-0.09, 0.29)	.298	-0.06	0.11	-0.05 (-0.25, 0.15)	.609
ID initiative	0.11	0.07	0.09 (-0.03, 0.22)	.133	-0.20	0.09	-0.14 (-0.27, -0.01)	.029
Env. self-identity	0.14	0.08	0.10 (-0.02, 0.23)	.109	0.03	0.10	0.02 (-0.11, 0.15)	.784
			$R^2 = .124$				$R^2 = .040$	
			$F(6, 260) = 6.12^{***}$				$F(6, 261) = 1.79$	

Note. PANAS = positive and negative affect schedule, Pers. self-efficacy = personal self-efficacy, ID initiative = identification with the initiative, Env. self-identity = environmental self-identity, * $p < .05$; ** $p < .01$; *** $p < .001$.

Study 2

Table A10. Socio-demographic and volunteer characteristics in Study 2.

	<i>N</i>	%
Sample Size	483	100
Gender		
Female	324	67
Male	138	29
Diverse	20	4
Net income		
<1000€	181	38
1,000 – 2,000€	193	40
2,000 – 3,000€	64	13
3,000 – 4,000€	26	5
>4,000€	17	4
Highest Education		
No school diploma	1	0
Lower secondary school diploma	3	1
Middle secondary school diploma	16	3
University of applied sciences entrance qualification	13	3
Higher education entrance qualification	94	20
Bachelor's degree	116	24
Master's degree	204	42
PhD	34	7
Being paid for working for the socio-ecological movement		
yes, completely	8	2
partially	174	37
no	289	61

Table A11. Socio-demographic and volunteer characteristics in Study 2.

	<i>M</i>	<i>SD</i>
Age	37.82	14.20
Hours working in wage labor	19.21	15.70
Engagement hours/week for main initiative	12.57	13.86
Volunteer hours/week	7.50	9.93
Paid hours/week	5.07	9.95
Duration of engagement (in years)	7.37	9.66

A12. Example of advertisement for Study 2



June 9, 2021 · 🌐

...

How to motivate for a socio-ecological transition? - 5x30€ vouchers as a thank you for study participation

Dear all,

name of organization jointly with an international team is currently investigating the question "What motivates people to actively engage in a social-ecological transformation?" If you are actively engaged in the social-ecological transformation yourself, we would be very happy if you could participate in our 15-20 minute questionnaire:

<https://www.soscisurvey.de/Transformation/>

As a thank you, you can win 5x30€ vouchers for a donation or the Ethical Superstore! If you would like to support us even further, feel free to forward the questionnaire to other engaged people as well, so that our results become even more meaningful and relevant for the social-ecological movement.

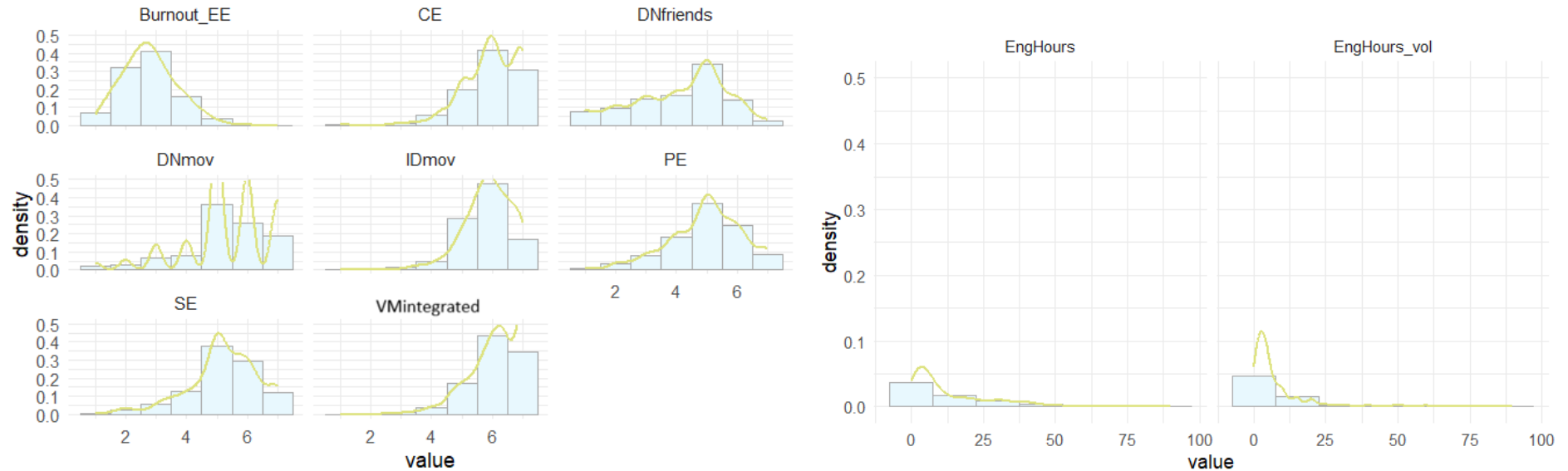
Thank you very much and best regards,



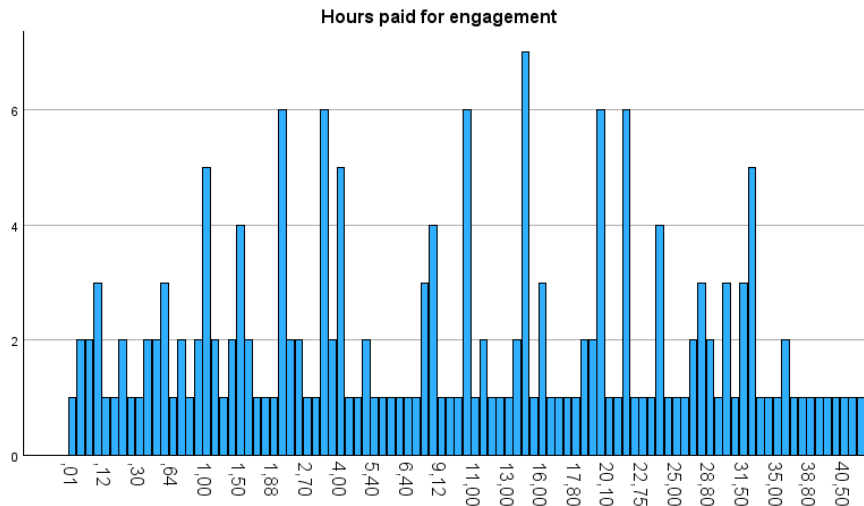
A13. Descriptive analyses in Study 2

We began with a descriptive inspection of our burnout measures. For emotional exhaustion, 294 participants had low mean ratings (1–3, “never” to “rarely”), 187 fell in the moderate range (3–4; “rarely” to “sometimes”), and 55 showed higher mean scores (4–6, “sometimes” to “usually”). Depersonalization was low for 429 participants (1–3), moderate for 41 (3–4), and high for 13 (4–6). For personal accomplishment, 207 participants reported low scores (1–3), 224 were in the moderate range (3–4), and 52 had higher scores (4–6). Overall, a substantial portion of the sample reported at least moderate ratings across one or more burnout dimensions. As we adapted the original response scale, as no validated cutoffs for activist burnout currently exist, and as cutoffs usually diverge between dimensions, these groupings should be regarded as descriptive rather than diagnostic.

A14. Visual scale inspection of main variables in Study 2



Note. Burnout_EE = Burnout (exhaustion), CE = collective efficacy, DNfriends = descriptive norms of friends, DNmov = descriptive norms of movement, IDmov = identification with the movement, PE = participative efficacy, SE = personal self-efficacy, VMintegrated = integrated volunteer motivation, EngHours = total engagement hours, EngHours_vol = voluntary engagement hours.



Note. 182 (of a total of 483) participants indicated they were paid for at least part of their engagement during the past year. The described hours ranged from 0.01 hours per week to 45 hours per week ($M = 13.11$; $SD = 12.28$).

Table A15. Linear regression models including both structural and psychological variables associated with activist burnout in Study 2.

	DV: Burnout (exhaustion)			
	B	SE	β (95%-CI)	p
(Intercept)	3.83	0.38		<.001
Engagement (vol)	0.01	0.00	0.09 (0.00, 0.18)	.057
Engagement (pay)	0.24	0.08	0.13 (0.04, 0.22)	.004
ID movement	-0.19	0.08	-0.18 (-0.28, -0.07)	.001
Personal self-efficacy	-0.09	0.05	-0.11 (-0.23, -0.02)	.086
Collective efficacy	0.05	0.06	0.06 (-0.06, 0.17)	.337
Participative efficacy	-0.05	0.05	-0.06 (-0.18, 0.06)	.303
DN friends	0.03	0.03	0.05 (-0.04, 0.14)	.277
DN movement	0.03	0.03	0.05 (-0.05, 0.14)	.320
VM integrated	-0.01	0.05	-0.01 (-0.11, 0.09)	.893
$R^2 = .084$				
$F(9, 461) = 4.67^{***}$				

Note. Engagement (vol) = voluntary engagement, Engagement (pay) = paid engagement dichotomized, ID movement = identification with the movement, DN = descriptive norms, VM = volunteer motivation, * $p < .05$; ** $p < .01$; *** $p < .001$.

Table A16. Bivariate correlation of main variables and further health outcomes in Study 2.

	<i>M (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.	24.	25.	26.	27.	28.
1. Burnout (exhaustion)	2.79 (0.89)																												
2. Engagement (total)	12.52 (13.83)	.09*																											
3. Engagement (vol)	7.49 (9.90)	.07	.70***																										
4. Engagement (pay)	5.03 (9.92)	.14**	.46***	.01																									
5. ID movement	5.83 (0.83)	-.20***	.07	.12*	-.03																								
6. Affective injustice	5.38 (1.28)	.18***	.00	.11*	-.13**	.18***																							
7. Moral convictions	5.72 (1.08)	-.02	-.00	.04	-.13**	.23***	.31***																						
8. Pers. self-efficacy	5.21 (1.13)	-.16***	.04	.07	-.02	.36***	.02	.28***																					
9. Collective efficacy	5.93 (0.92)	-.09*	.02	.10*	.00	.39***	.13**	.28***	.60***																				
10. PE	4.96 (1.19)	-.13**	.14**	.16***	.12**	.40***	.02	.23**	.62***	.52***																			
11. DN friends	4.14 (1.53)	.06	.13**	.11*	.13**	.11*	.14**	.00	.13**	.17***	.13**																		
12. DN movement	5.26 (1.35)	.02	.10*	.21***	-.03	.25***	.13**	.07	.13**	.19***	.15***	.25***																	
13. DN family	2.94 (1.65)	.01	.14**	.07	.16***	.09*	.02	.09	.11*	.02	.10*	.32***	.13**																
14. Injunctive norms	2.49 (1.24)	.12**	.06	.07	.07	.16***	.04	.13**	.11*	.07	.15***	.31***	.16***	.36***															
15. VM integrated	6.06 (0.83)	-.06	.19***	.23***	.05	.38***	.13**	.24***	.23***	.28***	.33***	.19***	.20***	.15**	.11*														
16. VM enh/pro	4.76 (0.96)	.09*	-.05	.09	-.12**	.24***	.24***	.18***	.22***	.29***	.18***	.12**	.20***	.01	.12**	.37***													
17. VM intrinsic	5.67 (0.84)	-.40***	.04	.07	.01	.43***	.08	.16***	.31***	.34***	.32***	.07	.09*	.05	.03	.34***	.25***												
18. VM career	3.94 (1.53)	.12**	.18***	.08	.31***	.17***	-.05	-.01	.12**	.15***	.20***	.16***	.12*	.01	.16***	.19***	.28***	.20***											
19. VM understanding	5.94 (0.79)	-.11*	.08	.14**	.09*	.36***	.10*	.10*	.23***	.34***	.34***	.09*	.15***	.06	.11*	.44***	.38***	.49***	.39***										
20. Autonomy need S	5.21 (1.01)	-.24***	.06	.08	.00	.32***	.09*	.22***	.26***	.25***	.38***	.06	.08	.08	.07	.46***	.13**	.48***	.07	.39***									
21. Autonomy need F	3.23 (1.32)	.41***	.11*	.15***	.05	-.15***	.03	.04	-.04	-.07	.00	.02	.14**	.08	.21***	.05	.19***	-.33***	.08	-.05	-.17***								
22. Relatedness need	5.65 (0.91)	-.28***	.09*	.09	.01	.40***	.09*	.04	.14**	.15***	.21***	.21***	.19***	.14**	.04	.30***	.10*	.39***	.08	.34***	.35***	-.18***							
23. Competence need	5.41 (0.96)	-.45***	.18***	.12**	.09*	.35***	-.02	.04	.27***	.24***	.36***	.11*	.12**	-.01	-.05	.22***	.02	.42***	.07	.24***	.35***	-.33***	.44***						
24. Burnout (depers.)	1.92 (0.76)	.55***	.09	.08	.13**	-.21***	.07	-.09	-.10*	-.11*	-.02	.05	-.02	-.00	.16***	-.18***	.03	-.26***	.12**	-.19***	-.21***	.33***	-.39***	-.27***					
25. Burnout (PA)	3.11 (0.67)	.51***	-.10*	-.09*	-.05	-.37***	-.01	-.11*	-.25***	-.26***	-.36***	-.10*	-.09	-.08	-.04	-.35***	-.12*	-.51***	-.12*	-.36***	-.42***	.23***	-.51***	-.56***	.34***				
26. Satisfaction w. L.	5.25 (1.07)	-.33***	.03	-.08	.10*	.26***	-.10*	.01	.13**	.14**	.14**	-.04	.06	.05	-.06	.07	.00	.27***	.00	.14**	.19***	-.18***	.28***	.32***	-.20***	-.41***			
27. PANAS positive	3.64 (0.69)	-.26***	.19***	.21***	.07	.32***	.06	.13**	.21***	.25***	.29***	.05	.10*	.08	-.01	.33***	.11*	.36***	.06	.30***	.38***	-.12**	.40***	.39***	-.26***	-.49***	.26***		
28. PANAS negative	2.00 (0.69)	.42***	.04	.10*	.05	-.13**	.28***	.04	-.03	.02	-.03	.07	-.00	-.02	.05	.04	.19***	-.17***	.14**	.05	-.10*	.24***	-.13**	-.29***	.28***	.20***	-.18***	-.13**	
29. Vitality	4.82 (1.14)	-.40***	.09	.05	.07	.24***	-.06	.04	.20***	.18***	.23***	.02	.08	.08	-.02	.18***	.07	.30***	.07	.22***	.20***	-.11*	.29***	.32***	-.17***	-.57***	.58***	.39***	-.14**

Note. Means and standard deviations are non-standardized. Vol = voluntary, pay = paid, ID movement = identification with the movement, Pers. self-efficacy = personal self-efficacy, PE = participative efficacy, DN = descriptive norms, VM = volunteer motivation, VM enh/pro = enhancement and protective volunteer motivation, Autonomy need S = autonomy need satisfaction, Autonomy need F = autonomy need frustration, Burnout (depers.) = Burnout factor depersonalization, Burnout (PA) = Burnout factor lack of personal accomplishment, Satisfaction w. L. = satisfaction with life, PANAS = positive and negative affect schedule, * $p < .05$; ** $p < .01$; *** $p < .001$.

Table A17. Linear regression models explaining further burnout factors (depersonalization, lack of personal accomplishment) in Study 2.

	DV: Burnout (emotional exhaustion)				DV: Burnout (depersonalization)				DV: Burnout (lack of personal accomplishment)			
	B	SE	β (95%-CI)	p	B	SE	β (95%-CI)	p	B	SE	β (95%-CI)	p
(Intercept)	3.91	0.37		<.001	3.52	0.32		<.001	5.68	0.26		<.001
Engagement (total)	0.01	0.00	0.10 (0.01, 0.19)	.025	0.01	0.00	0.10 (0.01, 0.19)	.024	0.00	0.00	-0.02 (-0.10, 0.06)	.634
ID movement	-0.20	0.06	-0.19 (-0.29, -0.09)	<.001	-0.16	0.05	-0.18 (-0.28, -0.08)	.001	-0.18	0.04	-0.22 (-0.32, -0.13)	<.001
Personal self-efficacy	-0.10	0.05	-0.13 (-0.25, -0.00)	.042	-0.06	0.04	-0.09 (-0.21, 0.03)	.139	0.00	0.03	0.00 (-0.11, 0.11)	.990
Collective efficacy	0.05	0.06	0.06 (-0.06, 0.17)	.335	-0.03	0.05	-0.04 (-0.16, 0.07)	.479	-0.01	0.04	-0.02 (-0.12, 0.09)	.742
Participative efficacy	-0.03	0.05	-0.04 (-0.15, 0.08)	.547	0.10	0.04	0.16 (0.04, 0.28)	.008	-0.11	0.03	-0.19 (-0.30, -0.08)	.001
DN friends	0.04	0.03	0.07 (-0.03, 0.16)	.159	0.04	0.02	0.08 (-0.01, 0.17)	.096	-0.01	0.02	-0.02 (-0.10, 0.06)	.626
DN movement	0.04	0.03	0.05 (-0.04, 0.15)	.249	0.01	0.03	0.03 (-0.07, 0.12)	.574	0.02	0.02	0.05 (-0.04, 0.13)	.277
VM integrated	-0.01	0.05	-0.01 (-0.11, 0.09)	.875	-0.16	0.05	-0.17 (-0.27, -0.07)	.001	-0.16	0.04	-0.20 (-0.29, -0.11)	<.001
	$R^2 = .073$				$R^2 = .090$				$R^2 = .226$			
	$F(8, 474) = 4.66^{***}$				$F(8, 474) = 5.87^{***}$				$F(8, 474) = 17.26^{***}$			

Note. ID movement = identification with the movement, DN = descriptive norms, VM = volunteer motivation, * $p < .05$; ** $p < .01$; *** $p < .001$.

Table A18. Linear regression models explaining complementary wellbeing indicators (satisfaction with life, PANAS positive and negative, vitality) in Study 2.

	DV: Satisfaction with life				DV: PANAS positive				DV: PANAS negative				DV: Vitality			
	B	SE	β (95%-CI)	p	B	SE	β (95%-CI)	p	B	SE	β (95%-CI)	p	B	SE	β (95%-CI)	p
(Intercept)	3.34	0.45		<.001	1.20	0.27		<.001	2.16	0.30		<.001	2.21	0.47		<.001
Engagement (total)	0.00	0.00	0.02 (-0.07, 0.11)	.616	0.01	0.00	0.13 (0.05, 0.22)	.002	0.00	0.00	0.03 (-0.06, 0.12)	.525	0.00	0.00	0.05 (-0.04, 0.14)	.253
ID movement	0.31	0.07	0.24 (0.14, 0.34)	<.001	0.14	0.04	0.17 (0.07, 0.26)	.001	-0.16	0.04	-0.19 (-0.30, -0.09)	<.001	0.20	0.07	0.14 (0.04, 0.24)	.006
Pers. self-efficacy	0.03	0.06	0.03 (-0.09, 0.15)	.668	-0.01	0.04	-0.02 (-0.13, 0.09)	.709	-0.02	0.04	-0.03 (-0.15, 0.10)	.687	0.07	0.06	0.07 (-0.05, 0.19)	.275
Collective efficacy	0.05	0.07	0.04 (-0.07, 0.16)	.491	0.07	0.04	0.09 (-0.02, 0.20)	.106	0.07	0.04	0.09 (-0.03, 0.21)	.124	0.01	0.07	0.01 (-0.11, 0.12)	.928
PE	0.02	0.05	0.02 (-0.10, 0.14)	.748	0.07	0.03	0.12 (0.00, 0.23)	.041	-0.01	0.04	-0.02 (-0.14, 0.10)	.795	0.10	0.06	0.10 (-0.01, 0.22)	.084
DN friends	-0.05	0.03	-0.08 (-0.17, 0.02)	.105	-0.02	0.02	-0.05 (-0.14, 0.03)	.243	0.03	0.02	0.06 (-0.03, 0.16)	.189	-0.03	0.03	-0.04 (-0.13, 0.05)	.345
DN movement	0.01	0.04	0.01 (-0.09, 0.10)	.891	0.00	0.02	-0.01 (-0.10, 0.08)	.847	0.00	0.02	0.00 (-0.09, 0.10)	.989	0.01	0.04	0.01 (-0.08, 0.11)	.770
VM integrated	-0.04	0.06	-0.03 (-0.13, 0.07)	.536	0.16	0.04	0.20 (0.11, 0.29)	<.001	0.06	0.04	0.07 (-0.03, 0.17)	.181	0.10	0.07	0.07 (-0.02, 0.17)	.137
	$R^2 = .076$				$R^2 = .192$				$R^2 = .037$				$R^2 = .091$			
	$F(8, 474) = 4.84^{***}$				$F(8, 474) = 14.09^{***}$				$F(8, 474) = 2.26^*$				$F(8, 474) = 5.93^{***}$			

Note. PANAS = Positive and Negative Affect Schedule, Pers. self-efficacy = personal self-efficacy, PE = participative efficacy, ID movement = identification with the movement, DN = descriptive norms, VM = volunteer motivation, * $p < .05$; ** $p < .01$; *** $p < .001$.

Items Study 1

A19. English items Study 1

Positive and negative affect

At the moment, I feel ...

motivated
determined
hopeful
optimistic
vigorous
excited
strong
inspired
energetic
enthusiastic
scared
angry
guilty

Identification with the initiative

I feel like I belong to my environmental initiative.
I have a lot in common with other members of my environmental initiative.
In general, I'm happy to be a part of my environmental initiative.

Environmental self-identity

Acting environmentally friendly is an important part of who I am.
I am the type of person who acts environmentally friendly.
I see myself as an environmentally friendly person.

Self-efficacy

I believe that I as an individual can advance environmental protection.
I believe that my environmental actions can contribute to reducing negative consequences of environmental problems.
I believe that I through my own actions can contribute to a solution of the environmental crisis.
I believe that I as an individual can encourage others to advance environmental protection.
I believe that my environmental actions can motivate others to do the same.
I believe that I can motivate others to contribute to a solution of the environmental crisis.

Collective efficacy

I believe that we as members of the environmental initiative can advance environmental protection.
I believe that the environmental actions of our initiative can contribute to reducing negative consequences of environmental problems.
I believe that through joint actions, we as an environmental initiative can contribute to a solution of the environmental crisis.

I believe that we as members of the environmental initiative can encourage others to advance environmental protection.

I believe that the environmental actions of our environmental initiative can motivate others to do the same.

I believe we as an environmental initiative can motivate others to contribute to a solution of the environmental crisis.

Participative efficacy

I believe that I make a significant contribution to my environmental initiative in order to jointly advance environmental protection.

I believe that my environmental actions are an essential contributing factor, so that our environmental initiative can reduce negative consequences of environmental problems.

I believe that my own actions are important for the environmental initiative, so that through joint actions, we can contribute to a solution of the environmental crisis.

Burnout

I feel burnt out by my environmental (volunteer) work.

My environmental (volunteer) work brings me close to a burnout.

A20. German items Study 1

Positive and negative affect

Im Moment fühle ich mich...

motiviert

entschlossen

hoffnungsvoll

optimistisch

kraftvoll

begeistert

stark

inspiriert

energetisch

enthusiastisch

ängstlich

wütend

schuldig

Identification with the initiative

Ich fühle mich meiner Umweltinitiative zugehörig.

Ich habe viel mit anderen Mitgliedern meiner Umweltinitiative gemeinsam.

Im Allgemeinen bin ich froh darüber, Teil der Umweltinitiative zu sein.

Environmental self-identity

Mich umweltschützend zu verhalten, ist ein wichtiger Teil von mir.

Ich bin die Art von Person, die sich umweltschützend verhält.

Ich sehe mich selbst als umweltschützende Person.

Self-efficacy

Ich glaube, dass ich als Individuum den Umweltschutz vorantreiben kann.

Ich glaube, dass mein umweltschützendes Handeln dazu beitragen kann, die negativen Folgen von Umweltproblemen zu reduzieren.

Ich glaube, dass ich durch mein eigenes Handeln zur Lösung der Umweltkrise beitragen kann.

Ich glaube, dass ich als Individuum Andere dazu bewegen kann, den Umweltschutz voranzutreiben.

Ich glaube, dass mein umweltschützendes Handeln Andere motivieren kann, dasselbe zu tun.

Ich glaube, dass ich Andere motivieren kann, zur Lösung der Umweltkrise beizutragen.

Collective efficacy

Ich glaube, dass wir als Mitglieder der Umweltinitiative den Umweltschutz vorantreiben können.

Ich glaube, dass das umweltschützende Handeln unserer Initiative dazu beitragen kann, die negativen Folgen von Umweltproblemen zu reduzieren.

Ich glaube, dass wir in der Umweltinitiative durch gemeinsames Handeln zur Lösung der Umweltkrise beitragen können.

Ich glaube, dass wir als Mitglieder der Umweltinitiative Andere dazu bewegen können, den Umweltschutz voranzutreiben.

Ich glaube, dass das umweltschützende Handeln unserer Umweltinitiative Andere motivieren kann, dasselbe zu tun.

Ich glaube, dass wir in der Umweltinitiative Andere motivieren können, zur Lösung der Umweltkrise beizutragen.

Participative efficacy

Ich glaube, dass ich in der Umweltinitiative einen signifikanten Beitrag leiste, damit wir gemeinsam den Umweltschutz vorantreiben können.

Ich glaube, dass mein umweltschützendes Handeln maßgeblich dazu beitragen kann, als Umweltinitiative die negativen Folgen von Umweltproblemen zu reduzieren.

Ich glaube, dass mein eigenes Handeln in der Umweltinitiative wichtig ist, damit wir durch gemeinsames Handeln zur Lösung der Umweltkrise beitragen können.

Activist burnout

Ich fühle mich durch mein Umweltengagement ausgebrannt.

Mein Umweltengagement bringt mich nahe an ein Burnout.

Items Study 2

A21. English items Study 2

Identification with the movement

I feel like I belong to the movement.

I have a lot in common with other members of the movement.

In general, I'm happy to be a part of the movement.

I feel involved in what is happening in the movement.

Affective injustice

When thinking about what the government and economy currently do to stop socio-ecological crises, I feel:

Outrage

Rage

Anger

Agent-aim self-efficacy

I believe that I as an individual can advance a socio-ecological transformation.

I believe that my actions in the movement can contribute to reducing negative consequences of socio-ecological crises.

I believe that I through my own actions can contribute to a solution of socio-ecological crises.

Agent-aim ingroup efficacy

I believe that we as members of the movement can advance a socio-ecological transformation.

I believe that the actions of the movement can contribute to reducing negative consequences of socio-ecological crises.

I believe that through joint actions, we as a movement can contribute to a solution of socio-ecological crises.

Agent-aim participative efficacy

I believe that I make a meaningful contribution to the movement in order to jointly advance the socio-ecological transformation.

I believe that my actions are an essential contributing factor, so that the movement can reduce negative consequences of socio-ecological crises.

I believe that my own actions are important for the movement so that through joint actions, we can contribute to a solution of socio-ecological problems.

Moral convictions

My opinion about socio-ecological topics is an important part of my moral norms and values.

My opinion about socio-ecological topics is a universal moral value that should apply everywhere in the world.

My opinion about socio-ecological topics is a universal moral value that should apply at all times.

Injunctive norms

My friends insist that I actively engage in the socio-ecological movement.

My family insists that I actively engage in the socio-ecological movement.

Members of the socio-ecological movement insist that I actively engage in the movement.

Descriptive norms

My friends actively engage in the socio-ecological movement.

My family actively engages in the socio-ecological movement.

Members of the socio-ecological movement that I know are actively engaged.

Volunteer motivation

My engagement helps to escape from my own troubles. [protective]

I would feel bad about myself if I didn't get active for a socio-ecological transformation. [protective]

My engagement relieves me of some of the guilt over being more fortunate than others. [protective]

My engagement makes me feel like a worthy person. [enhancement]

My engagement makes me feel needed. [enhancement]

My engagement is good for my self-esteem. [enhancement]

My engagement really feels personally important for me. [integrated]

My engagement is a fundamental part of who I am. [integrated]

My engagement is part of the way I've chosen to live my life. [integrated]

My engagement is fun. [intrinsic]

It is interesting and enjoyable for me to be active in the movement. [intrinsic]

It gives pleasure to be active in the movement. [intrinsic]

My engagement can help me to get my foot in the door at the organization where I would like to work. [career]

In my engagement I can make new contacts that might help my career path. [career]

My engagement allows me to explore different job options. [career]

My engagement allows me to gain a new perspective on things. [understanding]

In my engagement I can learn more about the cause for which I am working. [understanding]

In my engagement I can explore my own strengths. [understanding]

Psychological needs

I feel that my decisions in my engagement for a socio-ecological transformation reflect what I really want. [AS]

I feel in my engagement for a socio-ecological transformation I have been doing what really interests me. [AS]

Most of the things I do in my engagement for a socio-ecological transformation feel like "I have to". [AF]

I feel forced to do many things in my engagement I wouldn't choose to do. [AF]

I feel that the people I care about in the movement also care about me. [RS]

I experience a warm feeling with the people in the movement I spend time with. [RS]

I feel excluded from the group in the movement I want to belong to. [RF]

I feel that people who are important to me in the movement are cold and distant towards me. [RF]

I feel capable at what I do in my engagement for a socio-ecological transformation. [CS]

I feel competent to achieve my goals in my engagement. [CS]

I feel disappointed with many of my performances in my engagement for a socio-ecological transformation. [CF]

I feel like a failure because of the mistakes I make in my engagement for a socio-ecological transformation. [CF]

Satisfaction with life

In most ways my life is close to my ideal.

The conditions of my life are excellent.

I am satisfied with life.

So far I have gotten the important things I want in life.
If I could live my life over, I would change almost nothing.

Subjective vitality

I feel alive and vital.
Sometimes I am so alive I just want to burst.
I have energy and spirit.
I nearly always feel awake and alert.
I feel energized.

Positive and negative affect

Using these words, please indicate how you felt over the last year regarding your engagement for a socio-ecological transformation.

Active
Upset
Hostile
Inspired
Ashamed
Alert
Nervous
Determined
Attentive
Afraid

Activist burnout

I feel emotionally exhausted because of my engagement. (exhaustion)
I feel worn out at the end of a day full of engagement. (exhaustion)
I feel tired as soon as I get up in the morning and see a new day of engagement stretched out in front of me. (exhaustion)
Working with people the whole day in my engagement is stressful for me. (exhaustion)
I feel burned out because of my engagement. (exhaustion)
I feel frustrated by my engagement. (exhaustion)
I get the feeling that in my engagement I work too hard. (exhaustion)
Being in direct contact with people in my engagement is too stressful for me. (exhaustion)
I feel as if I'm at my wits' end. (exhaustion)
I get the feeling that I treat some people being involved in my engagement impersonally, as if they were objects. (depersonalization)
I have become more callous to people since I have started doing this engagement. (depersonalization)
I'm afraid that my engagement makes me emotionally harder. (depersonalization)
I'm not really interested in what is going on with many of the other people involved in my engagement. (depersonalization)
I have the feeling that people in my engagement blame me for some of their problems. (depersonalization)
I can easily understand the actions of the other people I work together with in my engagement. (personal accomplishment)
I deal with other people's problems successfully. (personal accomplishment)
I feel that I influence other people positively through my engagement. (personal accomplishment)
I feel full of energy. (personal accomplishment)

I find it easy to build a relaxed atmosphere in the working environment of my engagement. (personal accomplishment)

I feel stimulated when I've been working closely with other actively engaged people. (personal accomplishment)

I have achieved many rewarding objectives in my engagement. (personal accomplishment)

In my engagement I am very relaxed when dealing with emotional problems. (personal accomplishment)

A22. German items Study 2

Identification with the movement

Ich fühle mich der Bewegung zugehörig.
Ich habe viel mit anderen Aktiven der Bewegung gemeinsam.
Im Allgemeinen bin ich froh darüber, Teil der Bewegung zu sein.
Ich fühle mich involviert in das, was in der Bewegung passiert.

Affective injustice

Wenn ich darüber nachdenke, was die Regierung und Wirtschaft derzeit unternimmt, um die sozial-ökologischen Krisen zu stoppen, fühle ich die folgenden Emotionen...

Wut

Zorn

Empörung

Agent-aim self-efficacy

Ich glaube, dass mein Handeln in der Bewegung dazu beitragen kann, die negativen Folgen sozial-ökologischer Krisen zu reduzieren.
Ich glaube, dass ich als Individuum die sozial-ökologische Transformation vorantreiben kann.
Ich glaube, dass ich durch mein eigenes Handeln in der Bewegung zur Lösung sozial-ökologischer Krisen beitragen kann.

Agent-aim ingroup efficacy

Ich glaube, dass wir als Bewegung eine sozial-ökologische Transformation vorantreiben können.
Ich glaube, dass die Aktionen der Bewegung dazu beitragen können, die negativen Folgen sozial-ökologischer Krisen zu reduzieren.
Ich glaube, dass wir durch gemeinsames Handeln in der Bewegung zur Lösung sozial-ökologischer Krisen beitragen können.

Agent-aim participative efficacy

Ich glaube, dass ich in der Bewegung einen bedeutsamen Beitrag zur sozial-ökologischen Transformation leisten kann.
Ich glaube, dass mein Handeln maßgeblich dazu beitragen kann, als Bewegung die negativen Folgen sozial-ökologischer Krisen zu reduzieren.
Ich glaube, dass mein eigenes Handeln in der Bewegung wichtig ist, damit wir gemeinsam zur Lösung sozial-ökologischer Probleme beitragen können.

Moral convictions

Meine Meinung über sozial-ökologische Themen ist ein wichtiger Teil meiner moralischen Normen und Werte.
Meine Meinung über sozial-ökologische Themen entspricht einem universellen moralischen Wert, der überall auf der Welt gelten sollte.
Meine Meinung über sozial-ökologische Themen entspricht einem universellen moralischen Wert, der jederzeit gelten sollte.

Injunctive norms

Andere Engagierte, die ich kenne, bestehen darauf, dass ich mich aktiv in der Bewegung engagiere.
Meine Familie besteht darauf, dass ich mich aktiv in der Bewegung engagiere.

Meine Freund*innen bestehen darauf, dass ich mich aktiv in der Bewegung engagiere.

Descriptive norms

Andere Engagierte, die ich kenne, engagieren sich viele Stunden pro Woche in der Bewegung für eine sozial-ökologische Transformation.

Meine Familie engagiert sich aktiv in der Bewegung für eine sozial-ökologische Transformation.

Meine Freund*innen engagieren sich aktiv in der Bewegung.

Volunteer motivation

Mein Engagement hilft mir, meinen eigenen Sorgen zu entfliehen. [protective]

Ich würde mich schlecht fühlen, wenn ich mich nicht engagieren würde. [protective]

Mein Engagement befreit mich von der Schuld, es besser zu haben als andere. [protective]

Mein Engagement gibt mir das Gefühl, eine wertvolle Person zu sein. [enhancement]

Mein Engagement gibt mir das Gefühl, gebraucht zu werden. [enhancement]

Mein Engagement ist gut für mein Selbstwertgefühl. [enhancement]

Mein Engagement ist mir persönlich wichtig. [integrated]

Mein Engagement ist ein fundamentaler Teil von mir. [integrated]

Mein Engagement ist Teil meines gewählten Lebensweges. [integrated]

Mein Engagement macht mir Spaß. [intrinsic]

Mein Engagement ist interessant und angenehm. [intrinsic]

Es bereitet mir Vergnügen, wenn ich mich in der Bewegung engagiere. [intrinsic]

Mein Engagement hilft mir, den Fuß in eine Organisation zu bekommen, in der ich gerne arbeiten würde. [career]

In meinem Engagement kann ich neue Kontakte knüpfen, die mir bei meinem beruflichen Werdegang helfen können. [career]

In meinem Engagement kann ich verschiedene Berufsmöglichkeiten erkunden. [career]

In meinem Engagement kann ich neue Perspektiven dazugewinnen. [understanding]

In meinem Engagement kann ich mehr über die Themen lernen, für die ich mich einsetze. [understanding]

In meinem Engagement kann ich meine eigenen Stärken erkunden. [understanding]

Psychological needs

Ich habe das Gefühl, dass meine Entscheidungen in meinem Engagement für die sozial ökologische Transformation widerspiegeln, was ich wirklich will. [AS]

Mein Gefühl sagt mir, dass ich in meinem Engagement für die sozial-ökologische Transformation immer getan habe, was mich wirklich interessiert. [AS]

Die meisten Dinge, die ich in meinem Engagement für die sozial-ökologische Transformation tue, fühlen sich an, als ob ich diese tun muss. [AF]

Ich fühle mich gezwungen, in meinem Engagement viele Dinge zu tun, die ich mir selbst nicht aussuchen würde. [AF]

Ich spüre, dass ich den Menschen in der Bewegung, die mir etwas bedeuten, auch wichtig bin. [RS]

Ich empfinde ein warmes Gefühl für die Menschen der Bewegung, mit denen ich Zeit verbringe. [RS]

In der Bewegung fühle ich mich ausgeschlossen aus der Gruppe, zu der ich gehören möchte. [RF]

Ich spüre, dass Personen, die mir in der Bewegung wichtig sind, sich mir gegenüber kalt und distanziert verhalten. [RF]

Ich fühle mich kompetent in dem, was ich in meinem Engagement für die sozial-ökologische Transformation tue. [CS]

Ich fühle mich in meinem Engagement kompetent, meine Ziele erreichen zu können. [CS]

Ich bin von vielen meiner Leistungen in meinem Engagement für die sozial-ökologische Transformation enttäuscht. [CF]

Ich fühle mich in meinem Engagement für die sozial-ökologische Transformation wie ein*e Versager*in aufgrund der Fehler, die ich mache. [CF]

Satisfaction with life

In den meisten Bereichen entspricht mein Leben meinen Idealvorstellungen.

Meine Lebensbedingungen sind ausgezeichnet.

Ich bin mit meinem Leben zufrieden.

Bisher habe ich die wesentlichen Dinge erreicht, die ich für mein Leben wünsche.

Wenn ich mein Leben noch einmal leben könnte, würde ich kaum etwas ändern.

Subjective vitality

Ich fühle mich lebendig und vital.

Manchmal fühle ich mich so lebendig, dass ich platzen könnte.

Ich habe Energie und Lebensfreude.

Ich fühle mich nahezu immer aufmerksam und wach.

Ich fühle mich energiegeladen.

Positive and negative affect

Gib anhand dieser bitte an, wie Du dich im letzten Jahr in Hinblick auf dein Engagement für die sozial-ökologische Transformation gefühlt hast.

aktiv

verärgert

feindselig

angeregt

beschämt

wach

nervös

entschlossen

aufmerksam

ängstlich

Activist burnout

Ich fühle mich durch mein Engagement emotional erschöpft. (exhaustion)

Ich fühle mich am Ende eines Tages, an dem ich mich engagiert habe, verbraucht. (exhaustion)

Ich fühle mich bereits ermüdet, wenn ich morgens aufstehe und einen neuen Tag mit Engagement vor mir liegen sehe. (exhaustion)

Mich den ganzen Tag mit anderen Menschen für die sozial-ökologische Transformation zu engagieren, strengt mich an. (exhaustion)

Ich fühle mich durch mein Engagement ausgebrannt. (exhaustion)

Ich fühle mich durch mein Engagement frustriert. (exhaustion)

Ich habe das Gefühl, mich zu verbissen zu engagieren. (exhaustion)

Bei meinem Engagement in direktem Kontakt zu Menschen zu stehen, stresst mich zu sehr. (exhaustion)

Ich habe das Gefühl, am Ende meiner Weisheit zu sein. (exhaustion)

Ich habe das Gefühl, manche Menschen, die sich mit mir engagieren, unpersönlich zu behandeln, als wären sie Objekte. (depersonalization)

Seit ich mein Engagement ausübe, bin ich Menschen gegenüber gleichgültiger geworden.

(depersonalization)

Ich befürchte, dass mich mein Engagement emotional verhärtet. (depersonalization)

Es interessiert mich nicht wirklich, was mit anderen Engagierten geschieht. (depersonalization)

Ich habe das Gefühl, dass mir andere Engagierte für manche ihrer Probleme die Schuld geben.

(depersonalization)

Ich kann leicht nachvollziehen, was in anderen Engagierten vorgeht. (personal accomplishment)

Ich kann gut mit den Problemen anderer Menschen umgehen. (personal accomplishment)

Ich habe das Gefühl, durch mein Engagement andere Menschen positiv zu beeinflussen. (personal accomplishment)

Ich fühle mich voller Energie. (personal accomplishment)

Mir fällt es leicht, im Arbeitsumfeld meines Engagements eine entspannte Atmosphäre zu schaffen.

(personal accomplishment)

Ich fühle mich angeregt, wenn ich eng mit anderen Engagierten zusammengearbeitet habe. (personal accomplishment)

Ich habe viele lohnende Ziele bei meinem Engagement erreicht. (personal accomplishment)

Bei meinem Engagement gehe ich mit emotionalen Problemen sehr gelassen um. (personal accomplishment)