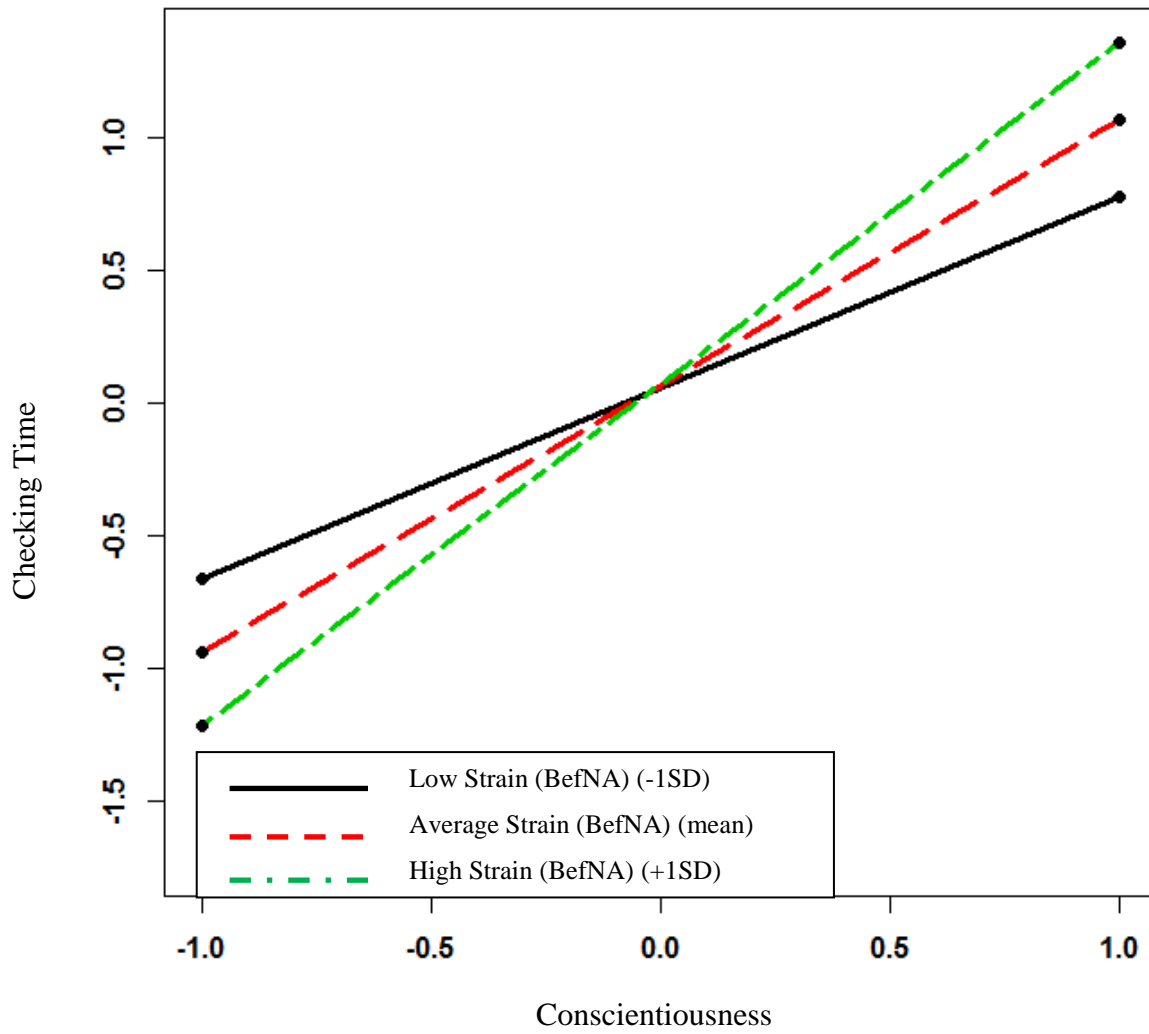
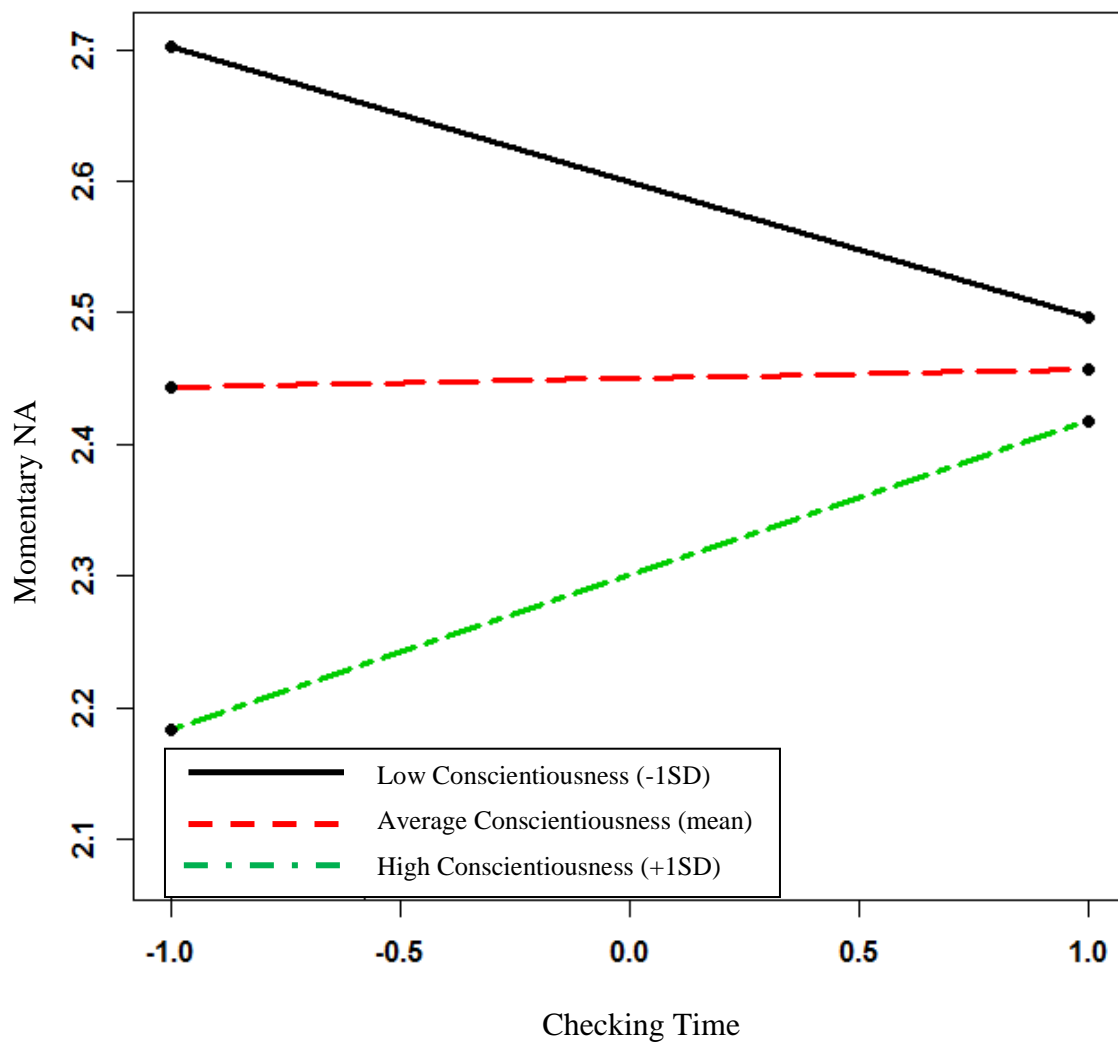


This is the peer reviewed version of the following article: Russell, Emma, Woods, Stephen A. and Banks, Adrian P. (2017) Examining conscientiousness as a key resource in resisting email interruptions : implications for volatile resources and goal achievement. *Journal of Occupational and Organizational Psychology*, 90(3), pp. 407-435., which has been published in final form at <http://dx.doi.org/10.1111/joop.12177>. This article may be used for non-commercial purposes in accordance with Wiley Terms and Conditions for Self-Archiving.

**Figure 1:** Strain (negative affect at the point of email interruption) as a Moderator of the Relationship between Conscientiousness and Checking Time.



**Figure 2.** Conscientiousness as a Moderator of the Relationship between Email Checking Time and Momentary NA (afterwards)



**Figure 3.** Conscientiousness as a Moderator of the Relationship between Email Checking Time and Perceived Well-being Goal Achievement

