Participante = Participant (subject)

Dia = Day

Pareja = Couple of colleagues

Miembro = Member

Measures at the end of work, evening

tarde_maas_mean_S = State mindfulness at work (Sender)

tarde_socialworth_mean_S = State social worth (Sender)

tarde_emotionalefficacy_mean_S = State Emotional efficacy (Sender)

tarde_empathy_mean_S = State empathy level (Sender)

tarde_OCB_helping_mean_S = State Organizational citizen behavior helping dimension (Sender)

tarde_OCB_courtesy_mean_ S = State Organizational citizen behavior courtesy dimension (Sender)

tarde_OCB_overall_mean_S = State Organizational citizen behavior General score (Sender)

tarde_incivility_mean_S = State Organizational Incivility at work (Sender)

tarde_PA_high_mean_S = State Positive affect High activation (Sender)

tarde_PA_low_mean_S = State Positive affect low activation (Sender)

tarde_PA_overall_mean_S = State Positive general score (Sender)

Measures at the end of the day, night

noche_feliz_mean_S = State happiness (Sender)

noche_recovery_dett_mean_S = State Recovery, detachment dimension (Sender)

noche_recovery_relax_mean_S = State Recovery, relaxation dimension (Sender)

noche_calidez_mean_S = State warmness (Sender)

noche_liking_coworker_mean_S = State if you like your coworker (Sender)

noche _PA_high_mean_S = State Positive affect High activation (Sender)

noche _PA_low_mean_S = State Positive affect low activation (Sender)

noche _PA_overall_mean_S = State Positive general score (Sender)

Measures at the end of work, evening

tarde_maas_mean_R = State mindfulness at work (Receiver)

tarde_socialworth_mean_R = State social worth (Receiver)

tarde_emotionalefficacy_mean_R = State Emotional efficacy (Receiver)

tarde_empathy_mean_R = State empathy level (Receiver)

tarde_OCB_helping_mean_R = State Organizational citizen behavior helping dimension (Receiver)

tarde_OCB_courtesy_mean_ R = State Organizational citizen behavior courtesy dimension (Receiver)

tarde_OCB_overall_mean_R = State Organizational citizen behavior General score (Receiver)

tarde_incivility_mean_R = State Organizational Incivility at work (Receiver)

tarde_PA_high_mean_R = State Positive affect High activation (Receiver)

tarde_PA_low_mean_R = State Positive affect low activation (Receiver)

tarde_PA_overall_mean_R = State Positive general score (Receiver)

Measures at the end of the day, night

noche_feliz_mean_R = State happiness (Receiver)

noche_recovery_dett_mean_R = State Recovery, detachment dimension (Receiver)

noche_recovery_relax_mean_R = State Recovery, relaxation dimension (Receiver)

noche_calidez_mean_R = State warmness (Receiver)

noche_liking_coworker_mean_R = State if you like your coworker (Receiver)

noche _PA_high_mean_R = State Positive affect High activation (Receiver)

noche _PA_low_mean_R = State Positive affect low activation (Receiver)

noche _PA_overall_mean_R = State Positive general score (Receiver)