Workers forget intentionally under time pressure to stay focused and regulate emotions.

Time to Forget
Intentional Forgetting in the Digital World of Work

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INTRO

- Deleting, archiving, filing, and hiding of digital information can help to forget related memory content.
- What are critical situations in which workers' intentional forgetting of unwanted thoughts and digital information might be especially helpful and should be supported by the Dare2Del system?

RESULTS

Functions	%	Situational Factor	%
Goal attainment	6.3	Working condition	
Maintaining positive self-view	9.5	Time pressure	24.4
		Breaks	9.8
Maintaining positive relationships	11.1	Task characteristic	
Learning	7.9	Complexity	9.8
		Novelty	10.8
Emotion regulation	47.6	Social characteristics	
		Social interactions	9.8
Maintaining attentional control	17.5	Other	36.7

Functions	Example	%
Goal attainment	„To meet quality standards"	6.3
Maintaining positive self-view	„To improve my self-image again"	9.5
Maintaining positive relationships	„To maintain an unstressed working climate in the team"	11.1
Learning	„To accomplish the task differently next time"	7.9
Emotion regulation	„To get rid of the uneasy feeling when thinking about it"	47.6
Maintaining attentional control	„Improved concentration on the task at hand"	17.5

Note. % = percentage of the sample; n = 63.

Situational Factor	Example	%
Working condition		
Time pressure	„The task had to be finished in time"	24.4
Breaks	„Often when there was nothing to do"	9.8
Task characteristic		
Complexity	„Complex assignment"	9.8
Novelty	„Start of a new task"	10.8
Social characteristics		
Social interactions	„Important conversation"	9.8
Other		36.7

Note. % = percentage of the sample; n = 41.

METHODS

1. Critical Incident (Qualitative Online Survey):
   - Which functions of intentional forgetting exist in a work context?
   - Which situational factors foster and hinder intentional forgetting?
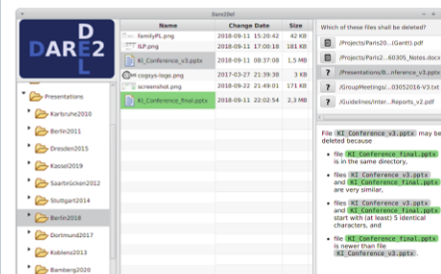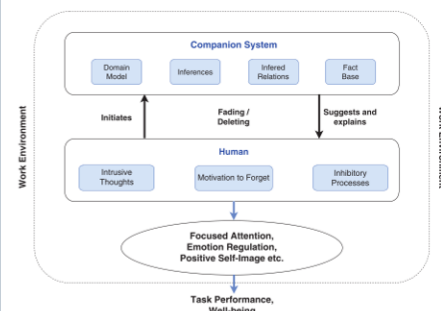2. N = 65
3. Inductive Category Development analysis

DISCUSSION

- Workers' reasons to engage in intentional forgetting are diverse.
- Forgetting should be supported in situations with higher cognitive load. Dare2Del can support emotion regulation, maintaining concentration, goal attainment, and a positive self-image.

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