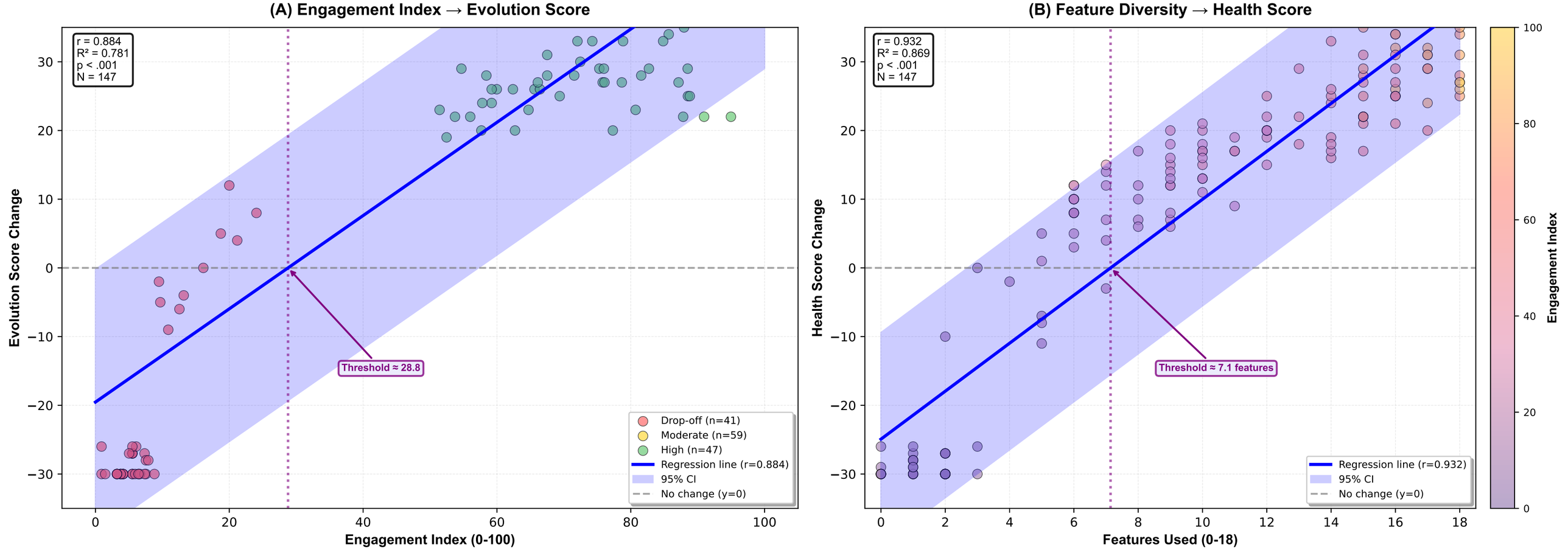Engagement Predicts Psychological Outcomes in Dose-Response Fashion