The effect sizes for each hypothesis were taken from the corresponding analysis in Westbrook et al. (2013). There are two exceptions due to the fact that the information in Westbrook et al. (2013) was insufficient in that case: Hypothesis 1c was based on Kramer et al. (2021), and hypothesis 3b was based on our pilot data.

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| **Question** | **Hypothesis** | **Sampling plan (e.g. power analysis)** | **Analysis Plan** | **Interpretation given to different outcomes** |
| 1. Do objective and subjective measures of performance reflect an increase in task load with increasing n-back level? | 1a) The signal detection measure d’ declines with increasing n-back level. | F tests - ANOVA: Repeated measures, within factors  Analysis: A priori: Compute required sample size  Input:  Effect size f = 0.8685540  α err prob = 0.05  Power (1-β err prob) = 0.95  Number of groups = 1  Number of measurements = 4  Corr among rep measures = 0.5  Nonsphericity correction ε = 1  Output:  Noncentrality parameter λ = 30.1754420  Critical F = 3.4902948  Numerator df = 3.0000000  Denominator df = 12.0000000  Total sample size = 5  Actual power = 0.9824202 | Repeated measures ANOVA with three linear contrasts, comparing the d’ value of two n-back levels (2, 3, 4) at a time.  The ANOVA is calculated using aov\_ez() of the afex-package, estimated marginal means are calculated using emmeans() from the emmeans-package, and pairwise contrasts are calculated using pairs().  Bayes factors are computed for the ANOVA and each contrast using the BayesFactor-package. | ANOVA yields *p* < .05 is interpreted as d’ changing significantly with n-back levels. Values of d’ are interpreted as equal between n-back levels if *p* > .05.  Each contrast yielding *p* < .05 is interpreted as d’ being different between those levels, magnitude and direction are inferred from the respective estimate. Values of d’ are interpreted as equal between n-back levels if *p* > .05.  The Bayes factor *BF10* is reported alongside every *p*-value to assess the strength of evidence. |
| 1b) Reaction time increases with increasing n-back level. | F tests - ANOVA: Repeated measures, within factors  Analysis: A priori: Compute required sample size  Input:  Effect size f = 0.2041241  α err prob = 0.05  Power (1-β err prob) = 0.95  Number of groups = 1  Number of measurements = 4  Corr among rep measures = 0.5  Nonsphericity correction ε = 1  Output:  Noncentrality parameter λ = 17.6666588  Critical F = 2.6625685  Numerator df = 3.0000000  Denominator df = 156  Total sample size = 53  Actual power = 0.9506921 | Repeated measures ANOVA with three linear contrasts, comparing the median reaction time of two n-back levels (2, 3, 4) at a time.  The ANOVA is calculated using aov\_ez() of the afex-package, estimated marginal means are calculated using emmeans() from the emmeans-package, and pairwise contrasts are calculated using pairs().  Bayes factors are computed for the ANOVA and each contrast using the BayesFactor-package. | ANOVA yields *p* < .05 is interpreted as the median reaction time changing significantly with n-back levels. Median reaction times are interpreted as equal between n-back levels if *p* > .05.  Each contrast yielding *p* < .05 is interpreted as the median reaction time being different between those levels, magnitude and direction are inferred from the respective estimate. Median reaction times are interpreted as equal between n-back levels if *p* > .05.  The Bayes factor *BF10* is reported alongside every *p*-value to assess the strength of evidence. |
| 1c) Ratings on all NTLX subscales increase with increasing n-back level. | From Kramer et al. (2021):  F tests - ANOVA: Repeated measures, within factors  Analysis: A priori: Compute required sample size  Input:  Effect size f = 0.7071068  α err prob = 0.05  Power (1-β err prob) = 0.95  Number of groups = 1  Number of measurements = 4  Corr among rep measures = 0.5  Nonsphericity correction ε = 1  Output:  Noncentrality parameter λ = 24.0000013  Critical F = 3.2873821  Numerator df = 3.0000000  Denominator df = 15.0000000  Total sample size = 6  Actual power = 0.9620526 | A repeated measures ANOVA for each NASA-TLX subscale, with six linear contrasts comparing the subscale score of two n-back levels (1, 2, 3, 4) at a time.  The ANOVA is calculated using aov\_ez() of the afex-package, estimated marginal means are calculated using emmeans() from the emmeans-package, and pairwise contrasts are calculated using pairs().  Bayes factors are computed for the ANOVA and each contrast using the BayesFactor-package. | ANOVA yields *p* < .05 is interpreted as the subscale score changing significantly with n-back levels. The subscale scores are interpreted as equal between n-back levels if *p* > .05.  Each contrast yielding *p* < .05 is interpreted as the subscale score being different between those levels, magnitude and direction are inferred from the respective estimate. The subscale scores are interpreted as equal between n-back levels if *p* > .05.  The Bayes factor *BF10* is reported alongside every *p*-value to assess the strength of evidence. |
| 2. Is the effort required for higher n-back levels less attractive, regardless of how well a person performs? | 2a) Subjective values decline with increasing n-back level. | F tests - ANOVA: Repeated measures, within factors  Analysis: A priori: Compute required sample size  Input:  Effect size f = 0.9229582  α err prob = 0.05  Power (1-β err prob) = 0.95  Number of groups = 1  Number of measurements = 4  Corr among rep measures = 0.5  Nonsphericity correction ε = 1  Output:  Noncentrality parameter λ = 27.2592588  Critical F = 3.8625484  Numerator df = 3.0000000  Denominator df = 9.0000000  Total sample size = 4  Actual power = 0.9506771 | Repeated measures ANOVA with six linear contrasts, comparing the subjective values of two n-back levels (1, 2, 3, 4) at a time.  The ANOVA is calculated using aov\_ez() of the afex-package, estimated marginal means are calculated using emmeans() from the emmeans-package, and pairwise contrasts are calculated using pairs().  Bayes factors are computed for the ANOVA and each contrast using the BayesFactor-package. | ANOVA yields *p* < .05 is interpreted as subjective values changing significantly with n-back levels. Subjective values are interpreted as equal between n-back levels if *p* > .05.  Each contrast yielding *p* < .05 is interpreted as subjective values being different between those levels, magnitude and direction are inferred from the respective estimate. Subjective values are interpreted as equal between n-back levels if *p* > .05.  The Bayes factor *BF10* is reported alongside every *p*-value to assess the strength of evidence. |
| 2b) Subjective values decline with increasing n-back level, even after controlling for declining task performance measured by signal detection d’ and reaction time. | As there is no prior evidence on the size of a level\*NFC interaction effect, we assumed a small to medium effect, i.e. f = .175  F tests - ANOVA: Repeated measures, within-between interaction: A priori: Compute required sample size  Input:  Effect size f = 0.175  α err prob = 0.05  Power (1-β err prob) = 0.95  Number of groups = 2  Number of measurements = 4  Corr among rep measures = 0.5  Nonsphericity correction ε = 1  Output:  Noncentrality parameter λ = 17.64  Critical F = 2.6475951  Numerator df = 3  Denominator df = 210  Total sample size = 72 | Multilevel model of SVs with n-back load level as level-1-predictor controlling for d’, reaction time, correct and post-correct trials using subject-specific intercepts and allowing random slopes for n-back level.  The null model and the random slopes model are calculated using lmer() of the lmerTest-package.  Bayes factors are computed for the MLM using the BayesFactor-package. | Fixed effects yield p < .05 are interpreted as subjective values changing significantly with n-back levels*.* Subjective values are interpreted as equal between n-back levels if p > .05.  The Bayes factor BF10 is reported alongside every p-value to assess the strength of evidence. |
| 3. Is there a discrepancy between perceived task load and subjective value of effort depending on a person’s Need for Cognition? | 3a) Participants with high NFC scores have higher subjective values for 2- and 3-back but lower subjective values for 1-back than participants with low NFC scores. | F tests - ANOVA: Repeated measures, within-between interaction: A priori: Compute required sample size  Input:  Effect size f = 0.57  α err prob = 0.05  Power (1-β err prob) = 0.95  Number of groups = 2  Number of measurements = 4  Corr among rep measures = 0.5  Nonsphericity correction ε = 1  Output:  Noncentrality parameter λ = 25.99  Critical F = 23.01  Numerator df = 3  Denominator df = 24  Total sample size = 10 | Difference scores of subjective values are computed between consecutive n-back levels, and the sample is divided by their NFC median, so an rmANOVA with the within-factor n-back level and the between-factor NFC group can be computed.  The ANOVA is calculated using aov\_ez() of the afex-package, estimated marginal means are calculated using emmeans() from the emmeans-package, and pairwise contrasts are calculated using pairs().  Bayes factors are computed for the ANOVA using the BayesFactor-package. | Subjective values are interpreted as being lower for 1-back and higher for 2- and 3-back in participants with high NFC if there is a main effect of the NFC group (*p* < .05) and if the contrasts reveal that pattern at *p* < .05.  The Bayes factor BF10 is reported alongside every *p*-value to assess the strength of evidence. |
| 3b) Participants with high NFC scores have lower NASA-TLX scores in every n-back level than participants with low NFC scores. | Westbrook et al. have only reported the p-value here, so we used the ANOVA results of our pilot study, which included NASA-TLX scores (per level and subject) and NFC scores. The F statistic was *F*(1,12) = 7.57, which is an effect size of *f*= 0.7355.  F tests - ANOVA: Repeated measures, within-between interaction: A priori: Compute required sample size  Input:  Effect size f = 0.7355  α err prob = 0.05  Power (1-β err prob) = 0.95  Number of groups = 2  Number of measurements = 4  Corr among rep measures = 0.5  Nonsphericity correction ε = 1  Output:  Noncentrality parameter λ = 25.97  Critical F = 3.49  Numerator df = 3  Denominator df = 12  Total sample size = 6 | NASA-TLX sum scores are computed per level and subject, and the sample is divided by their NFC median, so an rmANOVA with the within-factor n-back level and the between-factor NFC group can be computed.  Bayes factors are computed for each predictor using the BayesFactor-package. | NASA-TLX scores are interpreted as being lower for participants with high NFC if there is a main effect of the NFC group (*p* < .05) and if the contrasts reveal that pattern at *p* < .05.  The Bayes factor BF10 is reported alongside every p-value to assess the strength of evidence. |
| 3c) Participants with high NFC scores have lower aversiveness ratings for 2- and 3-back but higher higher aversiveness ratings for 1-back than participants with low NFC scores. | As we could not find any study reporting an association of NFC and aversiveness ratings, we assumed a medium to large association (r = 0.25, according to Gignac & Szodorai (2016), doi: [10.1016/j.paid.2016.06.069](https://doi.org/10.1016/j.paid.2016.06.069)). We assume this, because NFC is a trait defined as a preference for effortful cognitive activities, thereby it should be negatively associated with aversion to a cognitively effortful task.  F tests - ANOVA: Repeated measures, within-between interaction: A priori: Compute required sample size  Input:  Effect size f = 0.2582  α err prob = 0.05  Power (1-β err prob) = 0.95  Number of groups = 2  Number of measurements = 4  Corr among rep measures = 0.5  Nonsphericity correction ε = 1  Output:  Noncentrality parameter λ = 18.13  Critical F = 2.70  Numerator df = 3  Denominator df = 96  Total sample size = 34 | Difference scores of aversiveness ratings are computed between consecutive n-back levels, and the sample is divided by their NFC median, so an rmANOVA with the within-factor n-back level and the between-factor NFC group can be computed.  The ANOVA is calculated using aov\_ez() of the afex-package, estimated marginal means are calculated using emmeans() from the emmeans-package, and pairwise contrasts are calculated using pairs().  Bayes factors are computed for the ANOVA using the BayesFactor-package. | Aversiveness ratings are interpreted as being higher for 1-back and lower for 2- and 3-back in participants with high NFC if there is a main effect of the NFC group (*p* < .05) and if the contrasts reveal that pattern at *p* < .05.  The Bayes factor BF10 is reported alongside every *p*-value to assess the strength of evidence. |