## Table S1

Behavioural model comparison

| model | AIC | BIC | RMSE | formula |
| --- | --- | --- | --- | --- |
| 1 | 7,135.976 | 7,168.924 | 18.809227 | choice ~ state\*trait + Age + Sex |
| 2 | 6,332.123 | 6,369.778 | 8.453641 | choice ~ state\*trait + Age + Sex + (1|i) |
| 3 | 6,328.186 | 6,356.427 | 8.453625 | choice ~ state\*trait + (1|i) |
| 4 | 6,318.855 | 6,356.510 | 7.871525 | choice ~ state\*trait + (1+state|i) |

## Table S2

Variance explaned (*R*2) across participants

| model | mean | SEM | 2.5% CI | 97.5% CI | formula |
| --- | --- | --- | --- | --- | --- |
| practice | 0.34 | 0.02 | 0.29 | 0.39 | log(choice) ~ log(day) |
| practice + state | 0.47 | 0.02 | 0.42 | 0.51 | log(choice) ~ log(day) + log(State) |