**Table S3. Linear Mixed Models between groups comparisons**

| Contrast | Time | Estimate | SE | df | Lower CL | Upper CL | T ratio | P value |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Abb. Workshop - Talk | T1 | 0.28 | 0.28 | 585.04 | -0.38 | 0.95 | 1.00 | 0.58 |
| Workshop - Talk | T1 | 0.34 | 0.27 | 583.94 | -0.29 | 0.97 | 1.27 | 0.41 |
| Workshop - Abb. Workshop | T1 | 0.06 | 0.27 | 581.37 | -0.58 | 0.70 | 0.21 | 0.98 |
| Abb. Workshop - Talk | T2 | -0.07 | 0.30 | 639.84 | -0.78 | 0.65 | -0.22 | 0.97 |
| Workshop - Talk | T2 | 0.54 | 0.29 | 639.26 | -0.13 | 1.22 | 1.89 | 0.14 |
| Workshop - Abb. Workshop | T2 | 0.61 | 0.29 | 631.86 | -0.07 | 1.29 | 2.10 | 0.09 |