

## CONFIDENTIAL - FOR PEER-REVIEW ONLY

### On or Off Track: Study 7 (#11659)

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This is an anonymized copy (without author names) of the pre-registration. It was created by the author(s) to use during peer-review.  
A non-anonymized version (containing author names) should be made available by the authors when the work it supports is made public.

#### 1) Have any data been collected for this study already?

No, no data have been collected for this study yet.

#### 2) What's the main question being asked or hypothesis being tested in this study?

H1: When people break a streak of doing a given behavior, they are more likely to stop doing that behavior (ie less likely to continue that behavior), relative to when they have an intact streak.

H2: This effect (H1) will be driven by failing the goal of keeping the streak going (which includes feeling less motivated to continue, less accomplished, and more negative emotions).

H3: This effect (H1) will be attenuated by the ability to "make up" the break (ie repair/restore the streak).

#### 3) Describe the key dependent variable(s) specifying how they will be measured.

Main DV: Number of people choosing the same (versus different) game for their last game in an series of five app-like games.

Process measures on 1-11 scale: feelings of motivation (5 questions averaged together), feelings of self-efficacy/accomplishment (5 questions averaged together), and negative emotions (4 questions averaged together).

#### 4) How many and which conditions will participants be assigned to?

3 between subjects conditions, randomly assigned via Qualtrics: intact streak, broken streak without being able to restore their streak, broken streak with the ability to restore their streak.

#### 5) Specify exactly which analyses you will conduct to examine the main question/hypothesis.

Binary Logit and Chi Square examining how condition predicts % of participants choosing the same game for game #5 (vs other game option).

Binary Logits and Chi squares examining differences between specific conditions (contrasts).

ANOVA examining how condition predicts feelings of motivation (5 questions averaged together), feelings of self-efficacy/accomplishment (5 questions averaged together), and negative emotions (4 questions averaged together). We expect motivation and self efficacy to be very highly correlated and plan to analyze those scales combined to avoid collinearity issues.

Qualitative analysis of a free response question regarding their reasoning for their decision about game #5.

Mediation examining how the process scales (1) motivation and self-efficacy combined, and 2) negative emotions) mediate the relationship of intact v broken streak without repair and decision for game #5. We will do 3 types of mediation models: 2 separate 1 mediator models and 1 competing mediation model.

#### 6) Describe exactly how outliers will be defined and handled, and your precise rule(s) for excluding observations.

Do not anticipate any exclusions

#### 7) How many observations will be collected or what will determine sample size? No need to justify decision, but be precise about exactly how the number will be determined.

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#### 8) Anything else you would like to pre-register? (e.g., secondary analyses, variables collected for exploratory purposes, unusual analyses planned?)

Additional mediation analyses as described above between the broken streak with repair versus the other 2 conditions.