**Supplementary Table 5**

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| --- | --- | --- | --- |
|  | **Self-Belief** | | |
| *Predictors* | *Estimates* | *CI* | *P* |
| (Intercept) | 60.75 | 54.34 – 67.17 | **<0.001** |
| time [Before] | 3.37 | 1.15 – 5.59 | **0.003** |
| modality [GDP] | -11.90 | -14.12 – -9.68 | **<0.001** |
| modality [Memory] | -5.18 | -7.40 – -2.95 | **<0.001** |
| modality [Visual] | -2.93 | -5.15 – -0.70 | **0.010** |
| age | -0.01 | -0.24 – 0.23 | 0.959 |
| gender [Masculin] | 6.33 | 4.06 – 8.60 | **<0.001** |
| years edu | -0.04 | -0.37 – 0.29 | 0.796 |
| time [Before] — modality [GDP] | 5.70 | 2.57 – 8.84 | **<0.001** |
| time [Before] — modality [Memory] | 6.31 | 3.17 – 9.45 | **<0.001** |
| time [Before] — modality [Visual] | 4.49 | 1.35 – 7.62 | **0.005** |
| **Random Effects** | | | |
| σ2 | 210.95 | | |
| τ00 subjID | 83.69 | | |
| ICC | 0.28 | | |
| N subjID | 327 | | |
| Observations | 2636 | | |
| Marginal R2 / Conditional R2 | 0.116 / 0.367 | | |