Experiment 1 Results

## Deferred Conflict Task

Resumption time was significantly slower in the blank condition (M = 4629 ms, SD = 2095 ms) than in the no-interruption condition (M = 2743 ms, SD = 1682 ms), *t*(58) = 6.28, *p* < .001, *d* = 0.81, BF10 = 287712.84. There was no significant difference between the *n*-back (M = 4881 ms, SD = 1526 ms) and blank interruption conditions, *t*(58) = 0.98, *p* = .334, *d* = 0.13, BF01 = 4.47. Resumption failures were significantly higher in the blank condition (M = 5.76%, SD = 11.2%) than in the no-interruption condition (M = 2.71%, SD = 7.84%), *t*(58) = 2.01, *p* = .049, *d* = 0.26, BF01 = 1.07. However, resumption failures did not significantly differ between the *n*-back (M = 3.39%, SD = 7.57%) and blank conditions *t*(58) = -1.47, *p* = .146, *d* = -0.19, BF01 = 2.53.

## Deferred Handoff Task

The proportion of habit-capture errors on the deferred hand-oﬀ task did not significantly diﬀer between the blank condition (M = 29.4%, SD = 26.5%) and the no-interruption condition (M = 26.9%, SD = 25.1%), *t*(58) = 0.78, *p* = .441, *d* = 0.10, BF01 = 5.27, or between the *n*-back (M = 30.8%, SD = 25.7%) and blank interruption conditions, *t*(58) = 0.34, *p* = .733, *d* = 0.04, BF01 = 6.64.

Deferred handoﬀ RTs also did not significantly between the blank condition (M = 2645 ms, SD = 1047 ms) and the no interruption condition (M = 2711 ms, SD = 1115 ms), *t*(55) = -0.41, *p* = .686, *d* = -0.05, BF01 = 6.34, or between the *n*-back (M = 2517 ms, SD = 883 ms) and blank interruption conditions, *t*(55) = -0.87, *p* = .385, *d* = -0.12, BF01 = 4.77.

## Workload

The two workload questions were highly correlated, r (57) = .96, p < .001 and thus collapsed into a single workload variable, workload. Self-reported workload did not significantly diﬀer between the no-interruption (M = 5.11, SD = 1.74) and blank condition (M = 5.05, SD = 1.8), *t*(58) = -0.70, *p* = .486, *d* = -0.09, BF01 = 5.55 or between the *n*-back (M = 5.2, SD = 1.77) and blank interruption conditions, *t*(58) = 1.78, *p* = .081, *d* = 0.23, BF01 = 1.61. The evidence here indicates that our workload measure exhhibited signs of a moderate response and that interruptions did not increase subjective workload.

## Routine Task

panderOptions('table.alignment.default', function(df)  
 ifelse(sapply(df, is.numeric), 'right', 'left'))  
panderOptions('table.split.table', Inf)  
panderOptions('big.mark', ",")  
panderOptions('keep.trailing.zeros', TRUE)  
pander(exp1.routinetable)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| var | contrast | mean | sd | t | p | BF |
| Acceptance RT | 1 | 3360.22 | 800.99 | 1.43 | .16 | 2.7 |
| Acceptance RT | 2 | - | - | -1.35 | .18 | 2.96 |
| Acceptance Misses | 1 | 0.01 | 0.02 | 0.99 | .33 | 4.42 |
| Acceptance Misses | 2 | - | - | 0.45 | .65 | 6.37 |
| Handoff RT | 1 | 2901.06 | 810.28 | -0.12 | .90 | 6.97 |
| Handoff RT | 2 | - | - | -0.64 | .53 | 5.78 |
| Handoff Misses | 1 | 0.04 | 0.04 | -0.51 | .61 | 6.2 |
| Handoff Misses | 2 | - | - | -0.05 | .96 | 7.02 |
| CDT | 1 | 56617.35 | 17304.18 | -0.08 | .94 | 7 |
| CDT | 2 | - | - | 0.8 | .43 | 5.18 |
| Conflict Misses | 1 | 0.13 | 0.18 | -0.36 | .72 | 6.59 |
| Conflict Misses | 2 | - | - | 0.16 | .87 | 6.94 |