eBMRQ
Absorption
Score

B = 0.15 (*)

B = 0.17 (**)

CHAOS
Short Form
Sum Score

B = -0.13 (**)

Resilience

Indirect effect: *B* = 0.03 [0.003, 0.06]

Absorption in
Music

B = 0.13 (*)

B = 0.16 (**)

CHAOS
Long Form
Sum Score

B = -0.25 (***)

Resilience
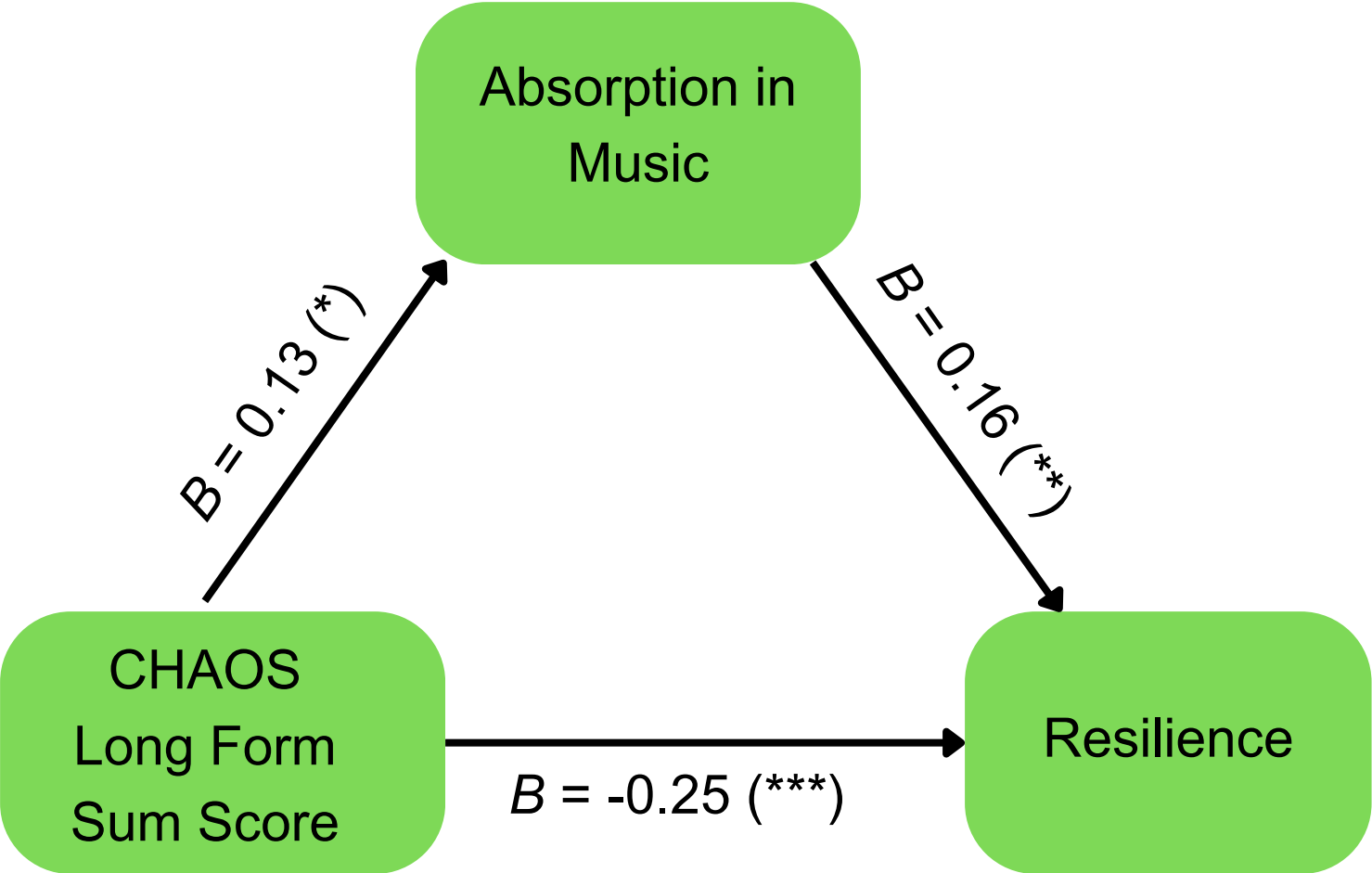
Indirect effect: *B* = 0.02 [0.0002, 0.05]