

<i>Predictors</i>	Goal_Importance		
	<i>Estimates</i>	<i>CI</i>	<i>p</i>
(Intercept)	77.18	76.00 – 78.36	<0.001
Attainability T1	1.27	0.01 – 2.53	0.048
Group	-0.54	-2.29 – 1.22	0.548
Autonomous Goals	0.75	-0.52 – 2.02	0.244
Time	-1.37	-1.88 – -0.86	<0.001
Attainability Change	3.48	2.07 – 4.89	<0.001
Goal 2vs1	-6.62	-9.26 – -3.98	<0.001
Goal 3vs1	-10.80	-13.87 – -7.73	<0.001
Goal Importance T1	8.31	7.37 – 9.26	<0.001
Attainability T1 * Group	-1.10	-2.95 – 0.76	0.247
Attainability T1 * Autonomous Goals	-1.53	-2.79 – -0.26	0.018
Group * Autonomous Goals	-0.21	-2.05 – 1.62	0.821
Attainability T1 * Time	0.77	0.23 – 1.31	0.005
Group * Time	-0.54	-1.30 – 0.22	0.165
Autonomous Goals * Time	0.36	-0.18 – 0.91	0.189
Group * Attainability Change	0.16	-1.85 – 2.17	0.875
Autonomous Goals * Attainability Change	-1.56	-3.05 – -0.07	0.040
Time * Attainability Change	1.38	0.79 – 1.98	<0.001
Time * Goal 2vs1	0.18	-0.78 – 1.14	0.720
Time * Goal 3vs1	0.30	-0.66 – 1.26	0.539
Time * Goal Importance T1	-1.35	-1.76 – -0.94	<0.001
(Attainability T1 * Group) * Autonomous Goals	2.68	0.82 – 4.55	0.005
(Attainability T1 * Group) * Time	-0.91	-1.72 – -0.10	0.028
(Attainability T1 * Autonomous Goals) * Time	-0.71	-1.25 – -0.17	0.010
(Group * Autonomous Goals) * Time	0.20	-0.60 – 0.99	0.628
(Group * Autonomous Goals) * Attainability Change	2.30	0.43 – 4.16	0.016
(Group * Time) * Attainability Change	0.20	-0.65 – 1.05	0.642
(Autonomous Goals * Time) * Attainability Change	-0.67	-1.29 – -0.05	0.035
(Attainability T1 * Group * Autonomous Goals) * Time	1.05	0.22 – 1.88	0.013
(Group * Autonomous Goals * Time) * Attainability Change	1.15	0.37 – 1.93	0.004
Random Effects			
σ ²	148.67		
τ ₀₀ Goal_nested_in_subject	78.22		
τ ₀₀ Subject.5	0.00		
τ ₁₁ Subject.Goal_3vs1:Time	11.13		
τ ₁₁ Subject.Goal_2vs1:Time	11.83		
τ ₁₁ Subject.Time	1.00		
τ ₁₁ Subject.Goal_3vs1	298.48		
τ ₁₁ Subject.Goal_2vs1	158.85		
Q ₀₁			
Q ₀₁			
ICC	0.34		
N _{Subject}	228		
N _{Goal_nested_in_subject}	684		
Observations	2693		
Marginal R ² / Conditional R ²	0.343 / 0.570		

Table A1: Coefficients of linear mixed-effects model for goal importance including autonomous goal motivation at T1, attainability (T1-T5), group, and time

Note. Dependent variable: Goal importance. Predictors: Time (linear effect from T1 to T5, centered to the mean time point T3), goal (3-level factor; centered treatment contrast; the first goal served as the baseline), Group (0 = Control group, 1 = intervention group), goal attainability at T1 (averaged per subject, z-transformed), change in attainability from T1 to T5 (estimated via a linear mixed-effects model on attainability ratings with fixed effect linear time and random linear time slopes across subjects; the random slope regression coefficient per subject was used), controlled goal motivation (averaged per subject, z-transformed), goal importance at T1 (averaged per subject and z-transformed).