

Reporting Summary

Nature Portfolio wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Portfolio policies, see our [Editorial Policies](#) and the [Editorial Policy Checklist](#).

Please do not complete any field with "not applicable" or n/a. Refer to the help text for what text to use if an item is not relevant to your study.

For final submission: please carefully check your responses for accuracy; you will not be able to make changes later.

Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

n/a Confirmed

- | | | |
|-------------------------------------|-------------------------------------|--|
| ☐ | ☒ | The exact sample size (n) for each experimental group/condition, given as a discrete number and unit of measurement |
| ☐ | ☒ | A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly |
| ☐ | ☒ | The statistical test(s) used AND whether they are one- or two-sided
<i>Only common tests should be described solely by name; describe more complex techniques in the Methods section.</i> |
| ☐ | ☒ | A description of all covariates tested |
| ☐ | ☒ | A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons |
| ☐ | ☒ | A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals) |
| ☐ | ☒ | For null hypothesis testing, the test statistic (e.g. F , t , r) with confidence intervals, effect sizes, degrees of freedom and P value noted
<i>Give P values as exact values whenever suitable.</i> |
| ☒ | ☐ | For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings |
| ☒ | ☐ | For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes |
| ☐ | ☒ | Estimates of effect sizes (e.g. Cohen's d , Pearson's r), indicating how they were calculated |

Our web collection on [statistics for biologists](#) contains articles on many of the points above.

Software and code

Policy information about [availability of computer code](#)

Data collection Stata version 18

Data analysis Stata version 18

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Portfolio [guidelines for submitting code & software](#) for further information.

Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A description of any restrictions on data availability
- For clinical datasets or third party data, please ensure that the statement adheres to our [policy](#)

The data and code necessary to reproduce all analyses presented in the article are publicly accessible at: <https://osf.io/5emxw/>

Research involving human participants, their data, or biological material

Policy information about studies with [human participants or human data](#). See also policy information about [sex, gender \(identity/presentation\), and sexual orientation](#) and [race, ethnicity and racism](#).

Reporting on sex and gender	The SI reports descriptive statistics on gender. All results hold when controlling for this variable. Gender was determined based on self-reports.
Reporting on race, ethnicity, or other socially relevant groupings	There is no information in the manuscript on race or ethnicity.
Population characteristics	SI section 13 reports descriptive statistics for gender, education, and age.
Recruitment	The survey company (Bovitz Inc.) contacted people from their panel to participate in the study. To prevent attrition issues, participants were given several opportunities to exit the main sections of the study (at a cost) if they felt they no longer wanted to continue. In case they chose to exit early, they advanced directly to the end knowledge and polarization measures, which allows us to preserve those observations we would have lost due to attrition. For details on our efforts to mitigate attrition, see Supplementary section 9.
Ethics oversight	Massachusetts Institute of Technology

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

☐ Life sciences ☒ Behavioural & social sciences ☐ Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see nature.com/documents/nr-reporting-summary-flat.pdf

Behavioural & social sciences study design

All studies must disclose on these points even when the disclosure is negative.

Study description	Quantitative study using an experimental design, where each group is exposed to a different set of information.
Research sample	To allow broad generalization on this political topic, we recruited a nationally representative, quota-matched sample of N = 1,011 participants from Bovitz, Inc.
Sampling strategy	Random sampling was used. A sample size of n = 1,000 was pre-registered based on a power analysis using pilot data we collected.
Data collection	Data were collected online through the survey company Qualtrics.
Timing	Initial study: Sep-09, 2020 to Sep-16, 2021. Follow-up: Oct-10, 2021 to Oct-16, 2021.
Data exclusions	Among the 1,041 individuals who proceeded to the training, 108 (10.4%) dropped out of the study. Of these 108, we were able to preserve the outcomes of 72.2%, and found no evidence of differential attrition overall ($p=.979$), with 56 individuals dropping out of the control group and 52 dropping out of the treatment group. Of the 30 individuals (2.9% of the overall sample) who dropped out and for whom we were not able to preserve their outcomes, 16 individuals dropped out of the control group and 14 dropped out of the treatment group ($p = .879$). Also, for our third set of analyses, we excluded the 8.4% of participants whose attitudes were already moderate (i.e., exactly at the midpoint) pre-treatment. This was done because this analysis examines attitude moderation, but their attitudes were already moderate.
Non-participation	Of the 1,673 participants who entered the study, 632 were filtered out for cellphone use, not wanting to do a long study or do the amount of work described, or because they indicated themselves to be a True Independent or political Other.
Randomization	People were randomly assigned to groups.

Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

Materials & experimental systems

n/a	Involved in the study
☒	☐ Antibodies
☒	☐ Eukaryotic cell lines
☒	☐ Palaeontology and archaeology
☒	☐ Animals and other organisms
☒	☐ Clinical data
☒	☐ Dual use research of concern
☒	☐ Plants

Methods

n/a	Involved in the study
☒	☐ ChIP-seq
☒	☐ Flow cytometry
☒	☐ MRI-based neuroimaging

Plants

Seed stocks

n/a

Novel plant genotypes

n/a

Authentication

n/a