

Supplementary Table 6: Results from the linear mixed-effects model (LMM) statistical analysis of the RTLX questionnaire. Bold highlighting indicates statistical significance (*** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$). Italic highlighting indicates tendency ($\cdot$ $p < 0.1$)

RTLX	Effect	Significance	Model effect size
Total Score	Feedback	$b = -0.52$ (95% CI: -2.64, 1.61), $t(36) = -0.47$, $p = 0.643$	1.10
	Perspective	$b = -1.38$ (95% CI: -3.51, 0.74), $t(36) = -1.25$, $p = 0.218$	
	Time (Training)	$b = -3.00$ (95% CI: -4.60, -1.40), $t(72) = -3.54$, $p = 0.001$ ***	
	Time (Retention)	$b = -2.67$ (95% CI: -4.27, -1.06), $t(72) = -3.14$, $p = 0.002$ **	
	Feedback * Perspective	$b = -0.37$ (95% CI: -3.37, 2.64), $t(36) = -0.23$, $p = 0.816$	
	Feedback * Training	$b = 2.02$ (95% CI: -0.25, 4.29), $t(72) = 1.68$, $p = 0.097 \cdot$	
	Feedback * Retention	$b = -0.28$ (95% CI: -2.55, 1.99), $t(72) = -0.24$, $p = 0.814$	
	Perspective * Training	$b = 1.68$ (95% CI: -0.59, 3.95), $t(72) = 1.40$, $p = 0.165$	
	Perspective * Retention	$b = -0.08$ (95% CI: -2.35, 2.19), $t(72) = -0.07$, $p = 0.945$	
	Feedback * Perspective * Training	$b = -0.91$ (95% CI: -4.12, 2.29), $t(72) = -0.54$, $p = 0.591$	
	Feedback * Perspective * Retention	$b = 2.45$ (95% CI: -0.76, 5.66), $t(72) = 1.44$, $p = 0.153$	0.83
	Feedback	$b = -0.50$ (95% CI: -3.67, 2.68), $t(36) = -0.30$, $p = 0.764$	
	Perspective	$b = 0.00$ (95% CI: -3.18, 3.18), $t(36) = 0.00$, $p = 1.000$	
	Time (Training)	$b = -1.20$ (95% CI: -3.63, 1.23), $t(72) = -0.93$, $p = 0.354$	
	Time (Retention)	$b = -1.90$ (95% CI: -4.33, 0.53), $t(72) = -1.47$, $p = 0.144$	
	Feedback * Perspective	$b = 0.50$ (95% CI: -3.99, 4.99), $t(36) = 0.21$, $p = 0.832$	
	Feedback * Training	$b = 1.20$ (95% CI: 2.24, 4.64), $t(72) = 0.66$, $p = 0.512$	
	Feedback * Retention	$b = 0.60$ (95% CI: -2.84, 4.04), $t(72) = 0.33$, $p = 0.743$	
	Perspective * Training	$b = 0.10$ (95% CI: -3.34, 3.54), $t(72) = 0.05$, $p = 0.956$	
	Mental demand		

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RTLX	Effect	Significance	Model effect size
Physical demand	Perspective * Retention	$b = -2.40$ (95% CI: -5.84, 1.04), $t(72) = -1.32$, $p = 0.191$	1.16
	Feedback * Perspective * Training	$b = -0.30$ (95% CI: -5.16, 4.56), $t(72) = -0.12$, $p = 0.908$	
	Feedback * Perspective * Retention	$b = 2.70$ (95% CI: -2.16, 7.56), $t(72) = 1.05$, $p = 0.297$	
	Feedback	$b = -0.60$ (95% CI: -3.31, 2.11), $t(36) = -0.42$, $p = 0.672$	
	Perspective	$b = -0.3$ (95% CI: -3.01, 2.41), $t(36) = -0.21$, $p = 0.832$	
	Time (Training)	$b = -3.20$ (95% CI: -5.13, -1.27), $t(72) = -3.13$, $p = 0.003$ **	
	Time (Retention)	$b = -2.00$ (95% CI: -3.93, -0.07), $t(72) = -1.96$, $p = 0.054$.	
	Feedback * Perspective	$b = -0.70$ (95% CI: -4.53, 3.13), $t(36) = 0.35$, $p = 0.727$	
	Feedback * Training	$b = 3.90$ (95% CI: 1.17, 6.63), $t(72) = 2.70$, $p = 0.009$ **	
	Feedback * Retention	$b = 0.60$ (95% CI: -2.13, 3.33), $t(72) = 0.41$, $p = 0.679$	
	Perspective * Training	$b = 0.50$ (95% CI: -2.23, 3.23), $t(72) = 0.35$, $p = 0.731$	
	Perspective * Retention	$b = -0.70$ (95% CI: -3.43, 2.03), $t(72) = -0.48$, $p = 0.630$	
	Feedback * Perspective * Training	$b = -1.40$ (95% CI: -5.27, 2.47), $t(72) = -0.68$, $p = 0.496$	
	Feedback * Perspective * Retention	$b = 1.60$ (95% CI: -2.27, 5.47), $t(72) = 0.78$, $p = 0.437$	
	Feedback	$b = -0.30$ (95% CI: -3.53, 2.93), $t(36) = -0.18$, $p = 0.859$	
Temporal demand	Perspective	$b = -2.00$ (95% CI: -5.23, 1.23), $t(36) = -1.19$, $p = 0.242$	
	Time (Training)	$b = -1.70$ (95% CI: -4.14, 0.74), $t(72) = -1.32$, $p = 0.191$	
	Time (Retention)	$b = -1.00$ (95% CI: -3.43, 1.44), $t(72) = -0.78$, $p = 0.440$	
	Feedback * Perspective	$b = -0.80$ (95% CI: -5.37, 3.77), $t(36) = -0.33$, $p = 0.738$	
	Feedback * Training	$b = 0.60$ (95% CI: -2.85, 4.05), $t(72) = 0.33$, $p = 0.743$	
	Feedback * Retention	$b = -0.60$ (95% CI: -4.05, 2.85), $t(72) = -0.33$, $p = 0.743$	
			0.86

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RTLX	Effect	Significance	Model effect size
Performance	Perspective * Training	$b = 0.50$ (95% CI: -2.95, 3.95), $t(72) = 0.27$, $p = 0.785$	1.00
	Perspective * Retention	$b = 0.50$ (95% CI: -2.94, 3.95), $t(72) = 0.27$, $p = 0.785$	
	Feedback * Perspective * Training	$b = 1.80$ (95% CI: -3.07, 6.67), $t(72) = 0.70$, $p = 0.487$	
	Feedback * Perspective * Retention	$b = 4.40$ (95% CI: -0.47, 9.27), $t(72) = 1.71$, $p = 0.092$	
	Feedback	$b = 0.30$ (95% CI: -3.04, 3.64), $t(36) = 0.17$, $p = 0.864$	
	Perspective	$b = -1.70$ (95% CI: -5.04, 1.64), $t(36) = -0.98$, $p = 0.334$	
	Time (Training)	$b = -6.70$ (95% CI: -9.46, -3.94), $t(72) = -4.59$, $p = 0.001$ ***	
	Time (Retention)	$b = -4.90$ (95% CI: -7.66, -2.14), $t(72) = -3.36$, $p = 0.001$ **	
	Feedback * Perspective	$b = -0.90$ (95% CI: -5.63, 3.83), $t(36) = -0.37$, $p = 0.716$	
	Feedback * Training	$b = 3.10$ (95% CI: -0.80, 7.00), $t(72) = 1.50$, $p = 0.137$	
	Feedback * Retention	$b = -2.20$ (95% CI: -6.10, 1.70), $t(72) = -1.07$, $p = 0.230$	
	Perspective * Training	$b = 4.90$ (95% CI: 1.00, 8.80), $t(72) = 2.38$, $p = 0.020$ *	
	Perspective * Retention	$b = 0.50$ (95% CI: -3.40, 4.40), $t(72) = 0.24$, $p = 0.809$	
	Feedback * Perspective * Training	$b = -3.80$ (95% CI: -9.32, 1.72), $t(72) = -1.30$, $p = 0.197$	
	Feedback * Perspective * Retention	$b = 3.50$ (95% CI: -2.02, 9.02), $t(72) = 1.20$, $p = 0.234$	
Effort	Feedback	$b = -2.50$ (95% CI: -5.00, 0.01), $t(36) = -1.92$, $p = 0.063$	
	Perspective	$b = -2.80$ (95% CI: -5.31, -0.29), $t(36) = -2.14$, $p = 0.038$ *	
	Time (Training)	$b = -3.40$ (95% CI: -5.23, -1.57), $t(72) = -3.51$, $p = 0.001$ ***	
	Time (Retention)	$b = -3.20$ (95% CI: -5.03, 1.37), $t(72) = -3.30$, $p = 0.002$ **	
	Feedback * Perspective	$b = 2.00$ (95% CI: -1.54, 5.54), $t(36) = 1.09$, $p = 0.285$	
	Feedback * Training	$b = 2.60$ (95% CI: 0.01, 5.19), $t(72) = 1.90$, $p = 0.062$	

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RTLX	Effect	Significance	Model effect size
Frustration	Feedback * Retention	$b = 1.70$ (95% CI: -0.89, 4.29), $t(72) = 1.24$, $p = 0.219$	0.86
	Perspective * Training	$b = 2.80$ (95% CI: 0.21, 5.39), $t(72) = 2.04$, $p = 0.045$ *	
	Perspective * Retention	$b = 1.80$ (95% CI: -0.79, 4.39), $t(72) = 1.31$, $p = 0.193$	
	Feedback * Perspective * Training	$b = -1.40$ (95% CI: -5.07, 2.27), $t(72) = -0.72$, $p = 0.473$	
	Feedback * Perspective * Retention	$b = -0.70$ (95% CI: -4.37, 2.97), $t(72) = -0.36$, $p = 0.719$	
	Feedback	$b = 0.50$ (95% CI: -3.51, 4.51), $t(36) = 0.24$, $p = 0.812$	
	Perspective	$b = -1.50$ (95% CI: -5.51, 2.51), $t(36) = -0.72$, $p = 0.476$	
	Time (Training)	$b = -1.80$ (95% CI: -4.91, 1.31), $t(72) = -1.09$, $p = 0.278$	
	Time (Retention)	$b = -3.00$ (95% CI: -6.11, 0.11), $t(72) = -1.82$, $p = 0.073$.	
	Feedback * Perspective	$b = -2.30$ (95% CI: -7.97, 3.37), $t(36) = -0.78$, $p = 0.440$	
	Feedback * Training	$b = 0.70$ (95% CI: -3.70, 5.10), $t(72) = 0.30$, $p = 0.765$	
	Feedback * Retention	$b = -1.80$ (95% CI: -6.20, 2.60), $t(72) = -0.77$, $p = 0.442$	
	Perspective * Training	$b = 1.30$ (95% CI: -3.10, 5.70), $t(72) = 0.56$, $p = 0.578$	
	Perspective * Retention	$b = -0.20$ (95% CI: -4.60, 4.20), $t(72) = -0.09$, $p = 0.932$	
	Feedback * Perspective * Training	$b = -0.40$ (95% CI: -6.63, 5.83), $t(72) = -0.12$, $p = 0.904$	
	Feedback * Perspective * Retention	$b = 3.20$ (95% CI: -3.03, 9.43), $t(72) = 0.97$, $p = 0.334$	