

Supplementary material 1. Means and SDs for dependent measures and effect sizes of main and interaction effects pre, post and 4-weeks following the workshop

	Gender	Pre		Post		4-Week		Main Effect				Interaction effect	
		Mean	SD	Mean	SD	Mean	SD	Time	Gender	Time	Gender	p	η_p^2
								p	η_p^2	p	η_p^2	p	η_p^2
Willingness	Male	10.54	1.90	11.38	2.40	11.08	2.33	0.049	0.177	0.005	0.22	0.91	0.00
	Female	12.14	1.42	12.71	1.79	12.71	1.23						
	Total	11.53	1.78	12.21	2.11	12.09	1.88						
Perceived Ability	Male	18.92	4.29	19.62	4.56	19.31	4.13	0.007	0.28	0.24	0.04	0.79	0.04
	Female	15.95	3.61	19.33	3.40	18.33	3.06						
	Total	17.09	4.09	19.44	3.82	18.71	3.48						