

Table E1

*Supplementary Analyses of Indirect and Total Effects from Bayesian Time-Lagged Path Model without control variables.*

	Estimate(PSD)	Bayesian 95% CI	
		LL	UL
<b>a-paths</b>			
T1 Time Pressure → T2 Learning	-.04(.09)	-.19	.12
T1 Time Pressure → T2 Cognitive Irritation	.56(.12)**	.33	.78
T1 Job Complexity → T2 Learning	.38(.09)**	.23	.62
T1 Job Complexity → T2 Cognitive Irritation	.41(.12)**	.17	.63
<b>b-paths</b>			
T2 Learning → T2 Resilience	.06(.03)*	.01	.12
T2 Cognitive Irritation → T2 Resilience	-.10(.02)**	-.13	-.06
<b>Stability</b>			
R1 Resilience → R2 Resilience	.73(.03)**	.67	.80
<b>Covariations</b>			
T1 Time Pressure ↔ T1 Job Complexity	.25(.04)*	.19	.35
T2 Learning ↔ T2 Cognitive Irritation	-.28(.11)*	-.51	-.10
<b>Direct Effects</b>			
T1 Time Pressure → T2 Resilience	.04(.04)	-.05	.12
T1 Job Complexity → T2 Resilience	.02(.04)	-.04	.11

Table E1

*(Continued)*

<b>Indirect Effects</b>			
T1 Time Pressure → T2 Learning → T2 Resilience	-.00(.01)	-.02	.01
T1 Time Pressure → T2 Cog. Irritation → T2 Resilience	-.05(.02)**	-.10	-.03
T1 Job Complexity → T2 Learning → T2 Resilience	.02(.01)*	.003	.05
T1 Job Complexity → T2 Cog. Irritation → T2 Resilience	-.04(.01)**	-.08	-.02
<b>Total Effects</b>			
T1 Time Pressure → T2 Resilience	-.02(.04)	-.11	.05
T1 Job Complexity → T2 Resilience	-.00(.04)	-.07	.08

*Note.* The table shows unstandardized estimates. CI = confidence interval; LL = lower limit, UL = upper limit. \* $p < .05$ , \*\* $p < .001$  (two-sided testing).