Supplementary Materials for

Testing the Impact and Durability of a Group Malleability Intervention in the Context of the Israel-Palestinian Conflict

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Materials and Methods

Before the workshop, participants completed two pre-workshop questionnaires. The first pre-workshop questionnaire was similar to the post and follow-up questionnaires and was designed to establish a base-line for the analysis (see full description of the questionnaire below). Participants received this questionnaire four days before the workshops and were asked to complete it in two days. Those who did not complete the first pre-workshop questionnaire were unable to participate in the workshop. The second pre-workshop questionnaire was given to participants at the beginning of the workshops and included moderating questions that examined their relationship to Israel and personality attributes.

All workshops started at 9:00 AM and had the following schedule:

9:00-9:30	Second pre-workshop questionnaire
9:30-10:30	General leadership content
10:30:11:00	Break
11:00:12:15	Intervention content part 1
12:15:12:30	Break
12:30:13:30	Intervention content part 2
13:30-14:00	Post-workshop questionnaire

The *malleability workshop* focused on the benefits of remaining a relevant leader in an ever-changing context, highlighting the importance of identifying and encouraging change in groups. In the first part of this section of the workshop, participants were told that they would focus on a specific aspect of leadership, namely the ability to identify and facilitate group change. To open this segment, the instructors presented the story of Amir, head of a research and development group in a large company who failed to recognize positive changes in his employees. Ignoring his employees' changes decreased Amir's relevance and eventually led to a deterioration in his relationship with them. After going over the story, instructors led a discussion on the importance of believing in change, identifying it and facilitating it. Next, participants were introduced to the concept of change throughout human development and then learned about brain plasticity (watching a short video). Moving from the individual to the group level, participants learned about the possibility of change in groups, focusing on different aspects that groups could change such as their stereotypes of others or of themselves, their ideologies and lifestyle. Participants were asked to provide examples in each domain following a discussion with the group. Instructors then provided participants their own examples for each of these domains.

The second part of the workshop (after the second break) focused more on the notion of group change and leadership. Workshop instructors emphasized the fact that change is never easy, and that leaders must be willing to embrace and facilitate transformations in order to remain relevant. Participants were given three examples of leaders who were able to identify and

amplify group change: Steve Jobs, Martin Luther King Jr., and Ellen Johnson Sirleaf. Following this section, participants took part in a simulated negotiation between the management group of a paper facility and the facility's union representatives. The context of the negotiation was the need to cut costs in order to improve the facility's profits. Participants were divided into three groups: management, employees, and observers. Each group was given different materials prior to the negotiation. After conducting the negotiation, participants analyzed the position of each group, emphasizing the notion of group change. For example, one of the key points during the negotiation was management's belief in the employees' ability to change a few crucial work related norms in order to improve production. Finally, to conclude the workshop, we focused on the notion of change in intergroup relations. A few historical examples were used, including changes in the relationship between European countries, the Arab Spring, and the conflict in Ireland. Participants observed the processes that occurred within in each group, leading to these intergroup changes. We conducted two pilot studies to test whether mentioning the Israeli-Palestinian conflict in addition to these example would be helpful or harmful. Results indicated that not mentioning the Israeli context yielded the best outcomes in changing participants' negative attitudes toward Palestinians, increasing participants' hope toward a mutual future and increasing willingness to make concessions.

The *perspective-taking* workshop focused on the importance of taking the other side's perspective when leading a group, even in challenging situations. It was chosen because it is a well-established psychological intervention for conflicts. However, after a series of three pilot studies, it was altered to enhance its effectiveness by de-emphasizing perspective-taking in the local Israeli-Palestinian context which appeared to provoke reactance. During the pilot studies participants showed an increase in negative attitudes toward Palestinians. In addition, participants rated the content of the workshop as significantly less relevant to their lives when the local context was mentioned. Instead, the perspective-taking workshop was adapted to focus on the importance of perspective-taking in general. We therefore call this the "enhanced perspective-taking condition." The structure of the *perspective taking workshop* was designed to mirror that of the malleability condition as much as possible. The first part of the workshop focused on general leadership concepts and was identical to the malleability condition. Similar to the malleability condition, after the first break, the instructors introduced the notion of perspective-taking, defined as the ability to imagine oneself in someone else's shoes. Instructors explained that perspective taking is comprised of two types of skills, cognitive and affective. Cognitive skills include the ability to take on another person's perspectives and opinions. Affective skills include the ability to experience the emotions that others experience. After this initial explanation, participants were introduced to a story about the head of a research and development group in a large company. The storyline was similar to the one in the malleability study, however the emphasis was on this leader's lack of ability to take the perspective of his employees. Following this section, participants learned about the development of perspective taking skills throughout the lifespan and the brain functions that facilitate people's ability to take others' perspective.

The second part of the workshop (after the second break) examined perspective taking in the context of conflicts. Similar to the malleability condition, participants were given three

examples of leaders who were able to take the perspective of others, even rivals or enemies. We used the same examples of Steve Jobs, Martin Luther King Jr., and Ellen Johnson Sirleaf as in the malleability intervention. However, this time, the emphasis was on these leaders' ability to take the perspective of others. Following this section, participants conducted a simulation that was similar to the one in the malleability condition. However, the emphasis was on each side's ability to take the other's perspective. Finally we focused on the notion of perspective taking in intergroup relations using similar examples as in the malleability condition, such as the Irish conflict.

The *coping-with-stress* workshop was designed to teach participants useful coping skills to overcome stressors that leaders often encounter. Coping was chosen as it can have beneficial effects but has been shown to be a neutral control condition for a malleability intervention . The coping workshop focused on stress in the context of leadership. As in the other two interventions, the first part included general leadership content. Following the first break, participants were introduced to the notion of stress using the story of Amir, the research and development group leader. In this condition, the emphasis of the story was on Amir's lack of ability to cope with work related stress. The instructors then differentiated between three different effects of stress: physiological, cognitive and emotional. Participants saw examples of each of these effects.

Following the second break, the focus of the workshop shifted towards stress and leadership. We used the same leaders as in the other workshops, however this time the focus was on these leaders' ability to cope with stressful situations. Participants then took part in a similar simulation to the other two conditions, but this time focused on leadership under stress. Participants then learned coping tools such as pre-planning, self-talk and relaxation. Finally, participants learned about stress in the context of groups and watched an interview with Muammar Gaddafi during the Arab Spring while analyzing previously discussed symptoms of stress that were also evident in the video.

Following the workshops, participants filled out a post-workshop questionnaire which was similar to the pre-workshop questionnaire completed at home. A week after the workshop, participants received a short post-study reminder that was designed to refresh their memories with the general theme of the workshop. During the reminder, participants were asked to repeat the general idea of the workshop, as well as to provide a few examples from the past week in which they used the lessons they learned. Finally participants filled out a biased questionnaire with items such as "I am able to identify changes around me." Filling out these items, which received high ratings, guided participants to agree with the message of the workshops. Two-weeks, two-months, and six-months after the workshop, participants received follow-up questionnaires. The content of the questionnaires was almost identical, with a few additional measures during the two-month and six-month follow-ups. See Figure 1 for the complete timeline of the intervention.

Measures and Results

Almost all of our scales were administered during each of the pre-workshop questionnaire, post-workshop questionnaire, two-week follow-up, two-month follow-up and six-

month follow-up (with the exception of a few scales that were not administered in the six-month follow-up to make this assessment more manageable, see Tables S1 and S2). All scales were presented to participants in Hebrew. The questions were divided into a few themes. The order of the themes was the same for each participant, however the order of the questions within each theme was randomized. The themes were:

1. General leadership questions: these questions were designed to further the cover story and were excluded from this analysis due to lack of relevance.
2. General manipulation checks.
3. Questions about Palestinians: in this section we examined the key dependent variables.
4. Questions about other groups relevant to Israeli society: these questions were designed to further the cover story and were excluded from this analysis to maintain focus on the Palestinian issue.

Outcome	Malleability Mindset	Negative Attitudes	Hope	Concessions	Dictator game	Adapted Concessions	Trust Game
Number of items	5	7	3	5	1	6	1
Pre-measure	X	X	X	X			
Post- measure	X	X	X	X			
Two-week follow-up	X	X	X	X	X		
Two-months follow-up	X	X	X	X	X		
Six-months follow-up	X	X	X	X	X	X	X

Table S1. Primary analysis outcomes and the time points in which they were measured.

Outcome	Perspective -taking	Coping	Emotions	Dehumanization	Collective Punishment	Social Distance	Collective action
Number of items	5	3	6	1	6	4	2
Pre-measure	X	X	X	X	X	X	X
Post- measure	X	X	X	X	X	X	X
Two-week follow-up	X	X	X	X	X	X	X
Two-months follow-up	X	X	X	X	X	X	X
Six-months follow-up	X	X	X	X	X	X	X

Table S2. Secondary analysis outcomes and the time points in which they were measured.

Our analysis focused on the manipulation checks and the Palestinian questions. As our first and primary goal was to conduct a field replication of our previous lab study (1), we treat

the questions that were used in the original study as our primary measures. One addition to the primary analyses is participants' hope regarding future interactions with the Palestinians. Hope for future positive interactions was added as a result of two extensions of the original findings (*2, 7*), and because it was included in the hypotheses of our grant proposal for this project. In addition to these primary measures, we were interested in examining the effects of our workshops on a variety of other conflict related psychological constructs and behaviors, therefore we added a few secondary measures to our study. For the sake of complete transparency, we present these measures in the secondary analysis section of these supplementary materials.

Participants

Our initial sample included 510 participants. Two participants were removed for not completing necessary measures, resulting in 508 participants (191 males and 317 females, Age: M = 28.81, SD =8.69). All participants completed pre-workshop and post-workshop questionnaires. Ninety-seven percent of participants completed the two-week follow-up (N = 495), 80% completed the two-month follow-up (N = 410), and 59% of participants completed the six-month follow-up (N = 300). We examined whether there were differences in attrition rate between the conditions. We conducted a Pearson's chi-square test to compare difference in proportions between the pre-measures and the six-month follow-ups. Results indicated no difference both when comparing the malleability and coping conditions (X^2 = .12.[-.10, .07], p =.72) and when comparing the malleability and perspective-taking (X^2 = .23[-.10, .06], p =.62).

Next we conducted tests to see if any biases were created as a result of attrition rate in terms of participants' political affiliation, age and gender. There were no differences in political affiliation between the malleability and the coping conditions, both before the workshops (b = -.12[-.38,.16], t (505) = -.80, p = .41) and in the six-month follow-up (b = -.22[-.57,.12], t (296) = -1.28, p = .21). There were also no differences between the malleability and the perspective-taking conditions both before the workshop (b = -.04[-.32,.22], t (505) = -.34, p = .73) and in the six-month follow-up (b = -.02, t (296) = -.11, p = .90). We further examined differences in age between the conditions and found no differences between the malleability and coping conditions, both before the workshops (b = -.58[-2.41, 1.27], t (505) = -.61, p = .55) and in the six-month follow-up (b = -.11[-2.69, 2.45], t (296) = -.09, p = .92). There was also no significant difference in age between the malleability and the perspective-taking condition at both time points (b = -.56[-2.43, 1.29], t (505) = -.59, p = .55; b = 1.46[-1.11, 4.03], t (296) = -1.11, p = .26). Finally, we examined difference in gender between the conditions, both before the workshops and in the six-month follow-up. We conducted generalized linear models for each time point and found no differences between the malleability and coping conditions (b = .11[-.55, .35], z (505) = .50, p = .65; b = .25 [-.31, .82], z (296) = .87, p = .38), and between the malleability and the perspective-taking conditions (b = .10[-.34, .54], z (505) = .45, p = .65; b = -.24 [-.83, .34], z (296) = .80, p = .41). Overall, these findings show no differences in attrition rate and no bias that was created as a result of attrition.

Results

For the sake of full transparency, we provide a full description in this section of all measures taken during the project. We start with a preliminary analysis in which we compare all pre-measures of the main outcomes. We then move to a primary analysis of all measures reported in the main text. We open with model descriptions for all longitudinal outcomes, following with the results for each outcome.

Preliminary Analyses

Before testing our full model, which explored post workshop measures, we examined differences in baseline for all relevant measures. We looked first at the measure of participants' malleability mindset. Results suggested that the pre-measure was lower in the malleability condition (*M* =3.78) compared to the coping condition (M = 3.95, *b*=0.27 [.06, .48], *t*(505)=2.56, *p*=0.01, *d* = .22). Importantly, this difference was in the opposite direction to the expected difference in the post measure. There was no difference between the malleability and perspective-taking conditions (*M* = 3.88, *b*=0.10 [-.10, .31], *t*(505)=0.95, *p*=0.34, *d*=.08). Based on these findings, we decided to control for baseline measures of malleability mindset in all of our analyses. Looking at baseline differences in negative attitudes toward Palestinians, results suggested no significant difference between the malleability condition (*M* = 2.89) and the coping condition (*M* = 2.79, *b*=-.10 [-.29, -.09], *t*(505) = -1.04, *p*=0.29, *d*=-.09), but a marginally significant difference between the malleability and the perspective-taking conditions (*M* = 2.72, *b*=-0.17 [-.36, .02], *t*(505)=1.70, *p*=0.08, *d* = .15). These baseline measures were opposite to the expected post-measures findings. We decided to control for these baseline measures when looking at the intervention's effects on negative attitudes. Next, we examined baseline differences in hope. Results suggested no difference between the malleability (*M* = 2.71) and coping conditions (*M* = 2.90, *b*=0.19 [-.05, .44], *t*(505)=1.51, *p*=0.13, *d*=.13) but higher degrees of baseline hope for the perspective taking condition compared to the malleability condition (*M* = 2.99, *b*=0.28 [.03, .53], *t*(505)=2.21, *p*=0.03, *d*=.19). Here again, baseline measures were opposite to the expected post-measures findings. We decided to control for these baseline measures when looking at hope. Finally, we measured baseline differences for support for a two-state solution. There were no significant differences between the malleability (*M* = 2.39) and the coping conditions (*M* =3.37, *b*=-.02[-.26, .22], *t*(505)=-.17, *p*=0.86, *d*=-.01), and between the malleability and perspective-taking conditions (*M* = 3.40, *b*=.01[-.22, .27], *t*(505)=.13, *p*=0.89, *d*=.01). We did not have a pre-measure for our decision-making tasks as these measures were taken only during the follow-ups.

Primary analysis

To assess the effects of the interventions longitudinally, we fit a three-level cross-classified multilevel model for each outcome. The Level-1 model, within-participants, specified how each participant's outcome changed as a function of time. The Level-1 model included a main effect of time, and where these yielded better model fit, time-varying predictors to allow for shifts in slope between two (post workshop measure to the two-week follow-up, and the two-

week to six-month follow-ups) or three periods (post-workshop measure to two-week follow-up, two-week to the two-month follow-ups, and two-month to the six month follow-ups). Time was defined as weeks since the workshop, and was defined differently for each participant, according to the date they completed each survey (for the dictator game, it was defined as weeks since the two-week follow-up, the earliest available measurement for this outcome). The Level-2 model predicted the parameters of the Level-1 model using between-participant predictors: dummy-coded condition, baseline (pre-workshop) malleability beliefs, and the baseline version of the outcome, where available. Participants were cross-nested within workshop week (one of 12 consecutive weeks in which the workshop was administered) and within instructor. Thus the model contained six random effects: random intercepts for instructor and workshop week at Level-3; a random intercept for participant, a random slope for week within participant, and their covariance at Level-2; and a within-participant residual at Level-1.

The best fitting model for the manipulation check, malleability mindset, contained a shift in slope at the two-week follow-up. Malleability beliefs at time *k* for participant *j* nested in workshop week/instructor group *i* are therefore predicted by the following models:

Level-1 model:

$$MAL_{ijk} = \pi_{0ij} + \pi_{1ij} WEEK_{ijk} + \pi_{2ij} T2SHIFT_{ijk} + \varepsilon_{ijk}$$

Level-2 models:

$$\pi_{0ij} = \gamma_{00i} + \gamma_{01i} CvsM_{ij} + \gamma_{02i} PvsM_{ij} + \gamma_{03i} \mathbf{Z} + \delta_{0ij}$$

$$\pi_{1ij} = \gamma_{10i} + \gamma_{11i} CvsM_{ij} + \gamma_{12i} PvsM_{ij} + \gamma_{13i} \mathbf{Z} + \delta_{1ij}$$

$$\pi_{2ij} = \gamma_{20i} + \gamma_{21i} CvsM_{ij} + \gamma_{22i} PvsM_{ij} + \gamma_{23i} \mathbf{Z}$$

Level-3 models:

$$\gamma_{00i} = \alpha_{001} + \alpha_{002} + \delta_{1i} + \delta_{2i}$$

The best fitting model for hope contained a shift in slope at the two-week follow-up and two-month follow-up. Hope at time *k* for participant *j* nested in workshop week/instructor group *i* is therefore predicted by the following models:

Level-1 model:

$$HOPE_{ijk} = \pi_{0ij} + \pi_{1ij} WEEK_{ijk} + \pi_{2ij} T2SHIFT_{ijk} + \pi_{3ij} T3SHIFT_{ijk} + \varepsilon_{ijk}$$

Level-2 models:

$$\pi_{0ij} = \gamma_{00i} + \gamma_{01i} CvsM_{ij} + \gamma_{02i} PvsM_{ij} + \gamma_{03i} \mathbf{Z} + \delta_{0ij}$$

$$\pi_{1ij} = \gamma_{10i} + \gamma_{11i} CvsM_{ij} + \gamma_{12i} PvsM_{ij} + \gamma_{13i} \mathbf{Z} + \delta_{1ij}$$

$$\pi_{2ij} = \gamma_{20i} + \gamma_{21i} CvsM_{ij} + \gamma_{22i} PvsM_{ij} + \gamma_{23i} \mathbf{Z}$$

$$\pi_{3ij} = \gamma_{30i} + \gamma_{31i} CvsM_{ij} + \gamma_{32i} PvsM_{ij} + \gamma_{33i} \mathbf{Z}$$

Level-3 models:

$$\gamma_{00i} = \alpha_{001} + \alpha_{002} + \delta_{1i} + \delta_{2i}$$

In the Level-1 model, the intercept is the average level of the outcome for the reference category (the malleability condition), given that time is centered on the post-workshop measure. WEEK represents the main effect of linear time, in units of weeks since the workshop (post-workshop). Thus it is the linear change in hope per week. T2SHIFT allows for a shift in slope before and after the two-week follow up. T3 SHIFT allows for a shift in slope before and after the two-months follow up (for hope only). The Level-1 model reflects the change in the outcome over time (e.g., during the six-months following the workshop) within participants.

At Level-2, each parameter in the Level-1 model is predicted by between-participant condition and a vector of covariates **Z**. For all analyses, this vector of covariates includes the participant's baseline (pre-workshop) level of malleability beliefs. For hope, it also includes hope at baseline, grand mean centered within the full sample. Condition consists of two dummy variables, defined such that the malleability condition is the reference category (CvsM: coping condition=1, all other conditions =0; PvsM: perspective taking condition=1, all other conditions=0). In the composite model, these are represented as Level-1 × Level-2 interactions (for slopes, this means time × condition interactions). δ_{0ij} is the random intercept for each participant (the residual variance in the intercept/level of the outcome for the time defined as 0, across participants), and δ_{1ij} is the random slope for linear time (WEEK) for each participant (the residual variance in linear slope across participants). In the specified model, these are allowed to covary, using an unstructured covariance structure.

Level-3 contains a constant $\alpha_{001} + \alpha_{002}$, which represents the portion of the Level-2 intercept predicted by participants' workshop week (the specific week they received the workshop) and instructor, and also contains a random intercept for workshop week and instructor, given the cross-nesting of participants within workshop week and instructor.

For the other three outcomes (negative attitudes, support of the two-state solution, and the outcomes of the dictator game), the best-fitting model contained only a main effect of linear time and required no shift in slope, as follows:

Level-1 model:

$$OUTCOME_{ijk} = \pi_{0ij} + \pi_{1ij} WEEK_{ijk} + \varepsilon_{ijk}$$

Level-2 models:

$$\pi_{0ij} = \gamma_{00i} + \gamma_{01i} CvsM_{ij} + \gamma_{02i} PvsM_{ij} + \gamma_{03i} \mathbf{Z} + \delta_{0ij}$$

$$\pi_{1ij} = \gamma_{10i} + \gamma_{11i} CvsM_{ij} + \gamma_{12i} PvsM_{ij} + \gamma_{13i}\mathbf{Z} + \delta_{1ij}$$

Level-3 models:

$$\gamma_{00i} = \alpha_{001} + \alpha_{002} + \delta_{1i} + \delta_{2i}$$

The Level-2 covariates are the same as for hope, except the vector **Z** contains the baseline covariate most relevant to each outcome, in place of baseline hope. This was baseline negative attitudes, for the negative attitudes analysis, and baseline support for the two-state solution for the other two outcomes (a baseline version of the dictator game outcome was not available).

For each of the longitudinal analyses (one per outcome), we began by centering time on the post-workshop measure, the date of the workshop, defining that time as "0 weeks" for all participants. On average, the two-week follow-up occurred at 2.26 weeks (*SD*=0.36, *Min*=1.29, *Max*=4.29), the two-month follow-up occurred at 7.17 weeks (*SD*=0.55, *Min*=6.14, *Max*=10.43), and time six-month follow-up occurred at 25.52 weeks (*SD*=1.77, *Min*=20.71, *Max*=34.57) post-workshop. We recentered time on other timepoints to obtain condition differences in intercept and slope at those timepoints. Whenever the data was recentered, the date on which participants completed the survey for the target timepoint was defined as 0 for that participant (as noted above, the date of completion for a given survey administration differed some across participants). For the dictator game outcome, the earliest available time was time 2 (thus time could not be centered on time 1).

The key parameters of interest are γ_{01i} and γ_{02i}, which represent condition differences in the level of the outcome at the timepoint on which time is centered. γ_{11i} and γ_{12i} represent condition differences in slope, or change in the outcome per week. In models with no time-varying predictors (negative attitudes, support of the two-state solution, and outcome of the dictator game), they represent condition differences in the overall linear slope from the post-workshop measure to the six-month follow-up (negative attitudes, support of the two-state solution) or the two-week follow-up to six-month follow-up (dictator game). In the model for malleability mindset, they represent condition differences in the post-workshop to the two-week follow-up slope when time is centered on the post-workshop measure, and condition differences in the two-week to the six-month slope when time is centered on the two-week follow-up. In the model for hope, they represent condition differences in the post-workshop to the two-week slope when time is centered on the post-workshop, in the two-weeks to the two-month's slope when time is centered on the two-week follow-up, and in the two-months to the six-month's slope when time is centered on the two-month follow-up.

In the longitudinal models for malleability mindset and hope only, which included time-varying predictors, the overall slope from post-workshop to six-months was not represented by a single parameter in the regression model, but could be attained through a linear combination of parameters. Condition differences in the overall slope were then evaluated using general linear hypothesis tests, which assess the null hypothesis that this linear combination of parameters is equal to 0 using a chi-square statistic with one degree of freedom. The square-root of this chi-

square statistic is a z statistic. Stata's lincom command, when applied after executing the regression model, can be used to compute point estimates, standard errors, t or z statistics, p-values, and confidence intervals for such linear combinations of coefficients.

All longitudinal analyses, including condition contrasts in level and slope at each of the four survey administrations, were conducted within the same multilevel regression model for each outcome. We computed effect sizes for condition effects on mean levels (intercepts) by dividing the unstandardized coefficient representing the condition contrast in intercept by the standard deviation of the raw outcome averaged across time and participants (shown below).

	Malleability	Hope	Negative Attitudes	Concessions	Dictator Game
SD	0.991	1.134	0.958	1.142	15.862

We computed effect sizes for condition effects on slopes by multiplying the unstandardized slope coefficient by the number of weeks in the relevant time period (the duration), and dividing by the same standard deviation described above (4, 5).

		Mean Duration (Weeks)
T1 to T2	Post-Workshop to Two-Week Follow Up	2.261
T2 to T4	Two-Week Follow Up to Six-Month Follow Up	23.254
T2 to T3	Two-Week Follow Up to Two-Month Follow Up	4.908
T3 to T4	Two-Month Follow Up to Six-Month Follow Up	18.346
T1 to T4	Post-Workshop to Six-Month Follow Up	25.515

Malleability mindset

Adapted from Halperin, Russell, Trzesniewski, Gross, & Dweck, 2011 (1-6 scale; 1.Completely Disagree, 6. Completely agree) average $\alpha = .87$:

1. *As hard as it is to admit, it is impossible to change the central characteristics of nationalities and groups* (reversed).
2. *Groups that are characterized by extreme and violent traits will never change as these traits are inherently ingrained in their nature* (reversed).
3. *Groups can sometimes change their outward behavior, but can never change who they really are* (reversed).
4. *Every nationality or group has a fixed set of beliefs and values that cannot be changed* (reversed).

5. *Social and political processes can lead to changes in a group's values and morality.*

Coping versus Malleability Intervention

Differences in Level at Each Time Point

At the post-workshop measurement, participants in the malleability condition reported higher malleability beliefs than participants in the coping condition (4.277 vs. 3.882) [*B*=-0.395, *z*=-5.21, *P*<0.0001, *d*=-0.399, 95% CI: -0.544, -0.246]. Comparing the conditions at the next two timepoints in the longitudinal model revealed that the condition difference established between the malleability and coping condition in the post-workshop measurement was maintained at both the two-week follow-up (4.252 vs. 3.809) [*B*=-0.442, *z*=-5.98, *P*<0.0001, *d*=-0.446, 95% CI: -0.587, -0.297] and the two-month follow-up (4.218 vs. 3.778) [*B*=-0.440, *z*=-5.59, *P*<0.0001, *d*=-0.444, 95% CI: -0.594, -0.286]. Recentering time on the six-month follow-up, participants in the malleability condition continued to have higher malleability beliefs than participants in the coping condition (4.186 vs. 3.743) [*B*=-0.444, *z*=-3.93, *P*<0.0001, *d*=-0.448, 95% CI: -0.665, -0.222]. See Table S3 for a summary of these findings.

Differences in Overall Slope During the Six Months Post-Workshop

There was a decrease in malleability mindset from the post-workshop measurement to the six-month follow-up in the malleability condition [*B*=-0.005 scale points/week, *z*=-2.21, *P*=0.027, *d*=-0.133, 95% CI: -0.0098, -0.0006]. There was also a decrease in malleability mindset in the coping condition, but it was only a trend [*B*=-0.004 scale points/week, *z*=-1.51, *P*=0.132, *d*=-0.094, 95% CI: -0.008, 0.001]. Yet there was no significant difference in the post-workshop to the six-month slope of the two conditions [*B*=0.002 scale points/week, *z*=0.45, *P*=0.654, *d*=0.039, 95% CI: -0.005, 0.008]. See Table S4 for a summary of these findings. See Table S4 for a summary of these findings. See Table S4 for a summary of these findings, as well as in Tables S15-S19 at the end of this section.

Differences in Slopes Between Specific Time Periods

The slope in the malleability condition was relatively stable from the post-workshop measurement to the two-week follow-up [T1 to T2: *B*=-0.009 scale points/week, *z*=-0.48, *P*=0.631, *d*=-0.020, 95% CI: -0.0451, 0.027], and then declined from the two-week follow-up to the six-months follow-up [T2 to T4: *B*=-0.005 scale points/week, *z*=-1.95, *P*=0.051, *d*=-0.114, 95% CI: -0.0097, 0]. There were no differences in slope between the coping and malleability condition in either phase [*z*s<1.10, *P*s>0.28]. See Table S4 for a summary of these findings, as well as in Tables S15-S19 at the end of this section.

Perspective Taking versus Malleability Intervention

Differences in Level at Each Time Point

Immediately after the workshop, at the post-workshop measurement, participants in the malleability condition also reported higher malleability mindset than participants in the perspective-taking condition (4.277 vs. 4.131) [*B*=-0.147, *z*=-1.94, *P*=0.053, *d*=-0.148, 95% CI: -0.295, 0.002]. Comparing participants' malleability mindset in the two-week and two-month

follow-ups in the longitudinal model revealed that the condition difference established between the malleability and perspective taking condition at the post-workshop measurement was highly significant at the two-week follow-up (4.252 vs. 3.988) [*B*=-0.264, *z*=-3.59, *P*<0.0001, *d*=-0.266, 95% CI: -0.408, -0.120] and at the two-month follow-up (4.218 vs. 4.004) [*B*=-0.214, *z*=-2.73, *P*=0.006, *d*=-0.216, 95% CI: -0.368, -0.061]. Finally, at the six-month follow-up, the difference in levels of malleability mindset between the malleability and perspective taking conditions was maintained (4.186 vs. 3.934) [*B*=-0.252, *z*=-2.24, *P*=0.025, *d*=-0.254, 95% CI: -0.472, -0.032]. See Table S3 for a summary of these findings.

Differences in Overall Slope During the Six Months Post-Workshop

As with the malleability condition [*B*=-0.005 scale points/week, *z*=-2.21, *P*=0.027, *d*=-0.133, 95% CI: -0.0098, -0.0006], the perspective taking condition showed a decrease in malleability mindset from the post-workshop measurement to the six-month follow-up [*B*=-0.007 scale points/week, *z*=-2.76, *P*=0.006, *d*=-0.170, 95% CI: -0.011, -0.002]. There was no significant difference in the post-workshop to the six-month slope of the two conditions [*B*=-0.001 scale points/week, *z*=-0.43, *P*=0.67, *d*=-0.037, 95% CI: -0.008, 0.005]. See Table S4 for a summary of these findings, as well as in Tables S15-S19 at the end of this section.

Differences in Slopes Between Specific Time Periods

In contrast with the malleability condition [T1 to T2: *B*=-0.009 scale points/week, *z*=-0.48, *P*=0.631, *d*=-0.020, 95% CI: -0.0451, 0.027], in the perspective taking condition malleability mindset declined from the first post-workshop measurement to the two-week follow up [T1 to T2: *B*=-0.063 scale points/week, *z*=-3.52, *P*<0.0001, *d*=-0.144, 95% CI: -0.098, -0.0279]. Consequently, there was a significant condition difference in slope during this phase [T1 to T2: *B*=-0.054 scale points/week, *z*=-2.1, *P*=0.036, *d*=-0.123, 95% CI: -0.105, -0.004].

From the two-week follow-up to the six-month follow-up, malleability mindset did not decline further in the perspective taking condition [*B*=-0.001 scale points/week, *z*=-0.42, *P*=0.673, *d*=-0.025, 95% CI: -0.006, 0.004]. Though they did decline in the malleability condition [T2 to T4: *B*=-0.005 scale points/week, *z*=-1.95, *P*=0.051, *d*=-0.114, 95% CI: -0.0097, 0], the condition difference in the two-week to the six-month slope was not significant [T2 to T4: *B*=0.004 scale points/week, *z*=1.06, *P*=0.29, *d*=0.088, 95% CI: -0.003, 0.011]. **Table 2**. Adjusted Condition Differences in Level of Malleability Beliefs at Each Timepoint, Obtained from the Longitudinal Model. See Table S4 for a summary of these findings, , as well as in Tables S15-S19 at the end of this section.

	Condition Difference in Level			
		95% CI		
	Coefficient	Lower Bound	Upper Bound	Effect Size
Time 1 [Immediately Post Workshop]				
Coping vs Malleability Condition	-0.395***	-0.544	-0.246	-0.399
Perspective Taking vs Malleability Condition	-0.147*	-0.295	0.002	-0.148
Time 2 [2-Week Follow Up]				
Coping vs Malleability Condition	-0.442***	-0.587	-0.297	-0.446
Perspective Taking vs Malleability Condition	-0.264***	-0.408	-0.120	-0.266
Time 3 [2-Month Follow Up]				
Coping vs Malleability Condition	-0.44***	-0.594	-0.286	-0.444
Perspective Taking vs Malleability Condition	-0.214**	-0.368	-0.061	-0.216
Time 4 [6-Month Follow Up]				
Coping vs Malleability Condition	-0.444***	-0.665	-0.222	-0.448
Perspective Taking vs Malleability Condition	-0.252*	-0.472	-0.032	-0.254

Table S3: **Adjusted Condition Differences in Level of Malleability Beliefs at Each Timepoint, Obtained from the Longitudinal Model**. The table presents differences in level of malleability beliefs at each timepoint between each of the coping and perspective taking conditions and the malleability condition (which served as the reference category), adjusted for baseline (pre-workshop) malleability mindset, which were grand-mean centered on the overall pre-workshop mean across conditions. The coefficient reflects the unstandardized regression coefficient in the longitudinal model for either the coping condition vs malleability condition contrast or the perspective taking condition vs malleability contrast. The coefficients for each time period were obtained by recentering time on each timepoint in the same longitudinal model. The 95% Confidence Interval reflects the lower and upper bound for the unstandardized regression coefficient. The effect size was obtained by dividing the coefficient representing the condition difference in level by the standard deviation of the outcome when averaged across all participants and timepoints (*SD*=0.991). Condition differences are based on 508 participants immediately post-workshop, 494 participants at the 2-week follow up, 410 participants at the 2-month follow up, and 299 participants at the 6-month follow up.

	B	SE
Fixed Effects		
Level-1 Intercept	4.28***	-0.06
Level-2: Coping versus Malleability Condition	-0.4***	-0.08
Level-2: Perspective Taking versus Malleability Condition	-0.15*	-0.08
Level-2: Pre-Workshop Malleability Mindset	0.65***	-0.03
Level-1 Main Effect of Week	-0.01	-0.02
Level-2: Coping versus Malleability Condition	-0.02	-0.03
Level-2: Perspective Taking versus Malleability Condition	-0.05*	-0.03
Level-2: Pre-Workshop Malleability Mindset	0.01	-0.01
Level-1: Shift in Slope at 2-Week Follow-Up	0	-0.02

Level-2: Coping versus Malleability Condition	0.03	-0.03
Level-2: Perspective Taking versus Malleability Condition	0.06*	-0.03
Level-2: Pre-Workshop Malleability Mindset	-0.01	-0.01
Random Effects		
Level-3		
Instructor Random Intercept	--	--
Workshop Week Random Intercept	0.00643	0.00695
Level-2		
Participant Random Intercept	0.31187***	0.02521
Random Slope for Week	0.00013**	0.00005
Covariance	0.00178*	0.00086
Level-1		
Within-Participant Residual	0.16906***	0.00801
Goodness of Fit		
N	508	
Deviance	2917.01	
AIC	2951.009	
BIC	3022.927	

Table S4: Time-1 Centered Longitudinal Regression Model for Predicting Changes in Malleability Beliefs over Time, as a Function of Condition and Baseline Beliefs. Regression coefficients, standard errors, and goodness-of-fit statistics for a three-level cross-classified linear regression model predicting the change in malleability beliefs over a 6-month period following the workshop, as a function of condition, and baseline (pre-workshop) malleability mindset. The effect of time within participant was modeled at Level-1, and the effect of between-participant characteristics, including condition (defined such that the malleability condition was the reference category), was modeled at Level-2. The best-fitting Level-1 model specified one shifts in slope: at the 2-week follow-up, which divided the post-workshop time into two periods with different slopes. At Level-1, time was expressed as weeks since the workshop at time 1. Each Level-2 parameter was included in the composite model as an interaction with the Level-1 parameter directly above it. Each model also included six random effects, as shown. Deviance=-2 * log likelihood. AIC=Akaike Information Criterion. BIC=Bayesian Information Criterion.

Negative attitudes towards the Palestinians

1-6 scale; 1.Not at all, 6.Very much so; average α = .88; measured in all time points:

1. *To what extent would you say that the Palestinians have very negative traits?*
2. *To what extent would you say that the Palestinians are evil?*
3. *To what extent would you say that the Palestinians are less moral than the acceptable human level?*
4. *To what extent would you say that the Palestinians are similar to each other in their negative relationship to Israel?*
5. *To what extend would you say that the Palestinian desire to harm Israelis is inherent to their nature?*
6. *To what extent would you say that all Palestinians are the same?*
7. *To what extend do you agree with the notion that the Palestinians are sub-human?*

Coping versus Malleability Intervention

Differences in Level at Each Time Point

At the post-workshop measure, participants in the malleability condition reported lower levels of negative attitudes towards the Palestinians than participants in the coping condition (2.652 vs. 2.828) [*B*=0.176, *z*=3.49, *P*<0.001, *d*=0.184, 95% CI: 0.077, 0.275]. Lower levels of negative attitudes in the malleability relative to the coping condition were also observed at the two-week follow-up (Ms=2.650 vs. 2.839) [*B*=0.189, *z*=3.73, *P*<0.001, *d*=0.197, 95% CI: 0.090, 0.288] and two-month follow-up (Ms=2.641 vs. 2.868) [*B*=0.227, *z*=4.09, *P*<0.001, *d*=0.237, 95% CI: 0.118, 0.336]. Finally, participants in the malleability condition continued to report lower levels of negative attitudes towards the Palestinians at the six-month follow-up (2.598 vs. 2.926) [*B*=0.328, *z*=3.79, *P*<0.001, *d*=0.343, 95% CI: 0.158, 0.498]. See Table S5 for a summary of these findings. See Table S5 for a summary of these findings.

Differences in Overall Slope During the Six Months Post-Workshop

There was no change in participants' negative attitudes from the post workshop measurement to the 6-month follow-up, both in the malleability condition [*B*=0.000 scale points/week, *z*=0.01, *P*=0.993, *d*=0.00, 95% CI: -0.004, 0.004] and the coping condition [*B*=0.003 scale points/week, *z*=1.74, *P*=0.082, *d*=0.092, 95% CI: -0.0004, 0.007]. There was also no significant difference in the slopes for the two conditions [*B*=0.003 scale points/week, *z*=1.25, *P*=0.212, *d*=0.092, 95% CI: -0.002, 0.009]. See Table S6 for a summary of these findings. See Table S8 for a summary of these findings, as well as in Tables S15-S19 at the end of this section.

Perspective Taking versus Malleability Intervention

Differences in Level at the Post-Workshop Measure

At the post-workshop measure, there was no difference in participants' attitudes when comparing the malleability condition and the perspective taking-taking condition (2.652 vs. 2.685) [*B*=0.034, *z*=0.67, *P*=0.503, *d*=0.035, 95% CI: -0.065, 0.133]. There were also no condition differences in levels of negative attitudes between the perspective taking and malleability condition at times the two-week and two-month follow-ups [zs<1.05, Ps>0.30]. Finally, at the six-month follow-up, participants in the malleability condition had lower negative attitudes than participants in the perspective taking condition (2.598 vs. 2.701) but this difference was not significant [*B*=0.104, *z*=1.20, *P*=0.229, *d*=0.108, 95% CI: -0.065, 0.272]. See Table S5 for a summary of these findings. See Table S5 for a summary of these findings.

Differences in Overall Slope During the Six Months Post-Workshop

Similar to the malleability condition [*B*=0.000 scale points/week, *z*=0.01, *P*=0.993, *d*=0.00, 95% CI: -0.004, 0.004], there was no change in participants' negative attitudes from the post workshop measurement to the six-month follow-up in the perspective-taking condition [*B*=-0.0002 scale points/week, *z*=-0.12, *P*=0.903, *d*=-0.006, 95% CI: -0.004, 0.004]. Consequently there was also no significant difference in the slopes for the two conditions [*B*=0.000, *z*=-0.090, *P*=0.926, *d*=-0.007, 95% CI: -0.006, 0.005]. See Table S6 for a summary of these findings, as well as in Tables S15-S19 at the end of this section.

	Condition Difference in Level			
		95% CI		
	Coefficient	Lower Bound	Upper Bound	Effect Size
Post-workshop [Immediately Post Workshop]				
Coping vs Malleability Condition	0.176***	0.077	0.275	0.184
Perspective Taking vs Malleability Condition	0.034	-0.065	0.133	0.035
Time 2 [2-Week Follow Up]				
Coping vs Malleability Condition	0.189***	0.090	0.288	0.197
Perspective Taking vs Malleability Condition	0.035	-0.063	0.134	0.037
Time 3 [2-Month Follow Up]				
Coping vs Malleability Condition	0.227***	0.118	0.336	0.237
Perspective Taking vs Malleability Condition	0.056	-0.053	0.164	0.058
Time 4 [6-Month Follow Up]				
Coping vs Malleability Condition	0.328***	0.158	0.498	0.343
Perspective Taking vs Malleability Condition	0.104	-0.065	0.272	0.108

Table S5: Adjusted Condition Differences in Level of Negative Attitudes at Each Timepoint, Obtained from the Longitudinal Model. The table presents differences in level of negative attitudes at each timepoint between each of the coping and perspective taking conditions and the malleability condition (which served as the reference category), adjusted for baseline (pre-workshop) malleability mindset and baseline negative attitudes, which were each grand-mean centered on their overall pre-workshop mean across conditions. The coefficient reflects the unstandardized regression coefficient in the longitudinal model for either the coping condition vs malleability condition contrast or the perspective taking condition vs malleability contrast. The coefficients for each time period were obtained by recentering time on each timepoint in the same longitudinal model. The 95% Confidence Interval reflects

the lower and upper bound for the unstandardized regression coefficient. The effect size was obtained by dividing the coefficient representing the condition difference in level by the standard deviation of the outcome when averaged across all participants and timepoints (*SD*=0.958). Condition differences are based on 508 participants immediately post-workshop, 494 participants at the 2-week follow up, 410 participants at the 2-month follow up, and 299 participants at the 6-month follow up.

	B	SE
Fixed Effects		
Level-1 Intercept	2.65***	0.04
Level-2: Coping versus Malleability Condition	0.18***	0.05
Level-2: Perspective Taking versus Malleability Condition	0.03	0.05
Level-2: Pre-Workshop Malleability Mindset	-0.11***	0.02
Level-2: Pre-Workshop Negative Attitudes	0.79***	0.03
Level-1 Main Effect of Week	0	0.0019
Level-2: Coping versus Malleability Condition	0.0035	0.0028
Level-2: Perspective Taking versus Malleability Condition	-0.0003	0.0027
Level-2: Pre-Workshop Malleability Mindset	0.0005	0.0013
Level-2: Pre-Workshop Negative Attitudes	-0.0017	0.0014
Random Effects		
Level-3		
Instructor Random Intercept	0	--
Workshop Week Random Intercept	0.00189	0.00285
Level-2		
Participant Random Intercept	0.15637***	0.01366
Random Slope for Week	0.0001**	0.00003
Covariance	0.00061	0.00052
Level-1		
Within-Participant Residual	0.11659***	0.0055
Goodness of Fit		
N	508	
Deviance	2154.602	
AIC	2184.602	
BIC	2248.059	

Table S6: Time-1 Centered Longitudinal Regression Model for Predicting Changes in Negative Attitudes Towards the Palestinians Over Time, as a Function of Condition and Baseline Beliefs. Regression coefficients, standard errors, and goodness-of-fit statistics for a three-level cross-classified linear regression model predicting the change in negative attitudes towards the Palestinians over a 6-month period following the workshop, as a function of condition, baseline (pre-workshop) malleability mindset, and baseline (pre-workshop) negative attitudes. The effect of time within participant was modeled at Level-1, and the effect of between-participant characteristics, including condition (defined such that the malleability condition was the reference category), was modeled at Level-2. The best-fitting

Level-1 model did not contain any shifts in slope. At Level-1, time was expressed as weeks since the workshop at time 1. Each Level-2 parameter was included in the composite model as an interaction with the Level-1 parameter directly above it. Each model also included six random effects, as shown. Deviance=-2 * log likelihood. AIC=Akaike Information Criterion. BIC=Bayesian Information Criterion.

Hope

1-6 scale; 1.Not at all, 6.Very much so; average α = .82; measures in all time points:

In general, when you think about the Palestinians, to what extent do you feel the following emotions?

1. *Hope regarding the relationship with the Palestinians.*
2. *Desperation regarding the relationship with the Palestinians.*
3. *Optimism about the future relationship with the Palestinians.*

Coping versus Malleability Intervention

Differences in Level at Each Time Point

At the post-workshop measurement, participants in the malleability condition reported higher hope than participants in the coping condition (3.546 vs. 3.164) [*B*=-0.382, *z*=-4.26, *P*<0.001, *d*=-0.336, 95% CI: -0.557, -0.206]. Comparing the conditions at the next two timepoints in the longitudinal model revealed that the condition difference established between the malleability and coping condition in the post-workshop measurement was maintained at both the two-week follow-up (Ms=3.269 vs. 2.946) [B=-0.323, z=-3.57, P<0.001, d=-0.285, 95% CI: -0.500, -0.146] and the two-months follow-up (Ms=3.300 vs. 3.038) [B=-0.263, z=-2.73, P=0.006, d=-0.232, 95% CI: -0.451, -0.074]. Finally, recentering time on the six-month follow-up, participants in the malleability condition continued to have higher hope than participants in the coping condition (3.160 vs. 2.773) [*B*=-0.387, *z*=-3.17, *P*=0.002, *d*=-0.341, 95% CI: -0.626, -0.148]. See Table S7 for a summary of these findings.

Differences in Overall Slope During the Six Months Post-Workshop

There was a decrease in hope from the post-workshop measurement to the six-month follow-up, both in the malleability condition [*B*=-0.018 scale points/week, *z*=-5.44, *P*<0.001, *d*=-0.403, 95% CI: -0.024, -0.011] and in the coping condition [*B*=-0.014 scale points/week, *z*=-4.24, *P*<0.001, *d*=-0.325, 95% CI: -0.021, -0.008]. There was no significant difference in the post-workshop to the six-month slope of the two conditions [*B*=0.003 scale points/week, *z*=0.730, *P*=0.467, *d*=0.078, 95% CI: -0.006, 0.013]. See Table S8 for a summary of these findings, as well as in Tables S15-S19 at the end of this section.

Differences in Slopes Between Specific Time Periods

The slope in the malleability condition declined from the post-workshop measurement to the two-week follow-up [T1 to T2: *B*=-0.123 scale points/week, *z*=-4.6, *P*<0.001, *d*=-0.246, 95% CI: -0.176, -0.071], was stable from time the two-week to the two-months follow-up [T2 to T3: *B*=0.005 scale points/week, *z*=0.35, *P*=0.728, *d*=0.020, 95% CI: -0.021, 0.030], and declined again from two-month to the six-month follow-up [T3 to T4: *B*=-0.011 scale points/week, *z*=-

2.51, *P*=0.012, *d*=-0.176, 95% CI: -0.019, -0.002]. There were no condition differences in slope in any of the three time periods between the malleability and coping condition [*z*s<0.90, *P*s>0.39]. See Table S8 for a summary of these findings, as well as in the tables provided in the additional Tables files.

Perspective Taking versus Malleability Intervention

Differences in Level at Each Time Point

Immediately after the workshop, at the post-workshop measurement, participants in the malleability condition also reported higher hope than participants in the perspective-taking condition (3.546 vs. 3.331) [*B*=-0.215, *z*=-2.40, *P*=0.016, *d*=-0.190, 95% CI: -0.391, -0.039]. Comparing participants' hope in the two-week and two-month follow-ups in the longitudinal model revealed that the condition difference established between the malleability and coping condition at the post-workshop measurement was non-significant at the two-week follow-up (Ms=3.269 vs. 3.140) [*B*=-0.129, *z*=-1.43, *P*=0.153, *d*=-0.114, 95% CI: -0.305, 0.048] and re-emerged as significant at the two-month follow-up (Ms=3.300 vs. 3.033) [*B*=-0.267, *z*=-2.77, *P*=0.006, *d*=-0.236, 95% CI: -0.456, -0.078]. Finally, at the six-month follow-up, the difference in levels of hope between the malleability and perspective taking conditions was non-significant but in the expected direction (3.160 vs. 2.987) [*B*=-0.174, *z*=-1.43, *P*=0.152, *d*=-0.153, 95% CI: -0.411, 0.064]. See Table S7 for a summary of these findings.

Differences in Overall Slope During the Six Months Post-Workshop

There was a decrease in hope from the post-workshop measurement to the six-month follow-up, both in the malleability condition [*B*=-0.018 scale points/week, *z*=-5.44, *P*<0.001, *d*=-0.403, 95% CI: -0.024, -0.011] and the perspective taking condition [*B*=-0.013 scale points/week, *z*=-3.83, *P*<0.001, *d*=-0.290, 95% CI: -0.019, -0.006]. There was no significant difference in the post-workshop to the six-month slope of the two conditions [*B*=0.005 scale points/week, *z*=1.07, *P*=0.286, *d*=0.113, 95% CI: -0.004, 0.014]. See Table S8 for a summary of these findings, as well as in Tables S15-S19 at the end of this section.

Differences in Slopes Between Specific Time Periods

Examining the slopes within each phase separately, there were no condition differences in slope in any of the three phases (post-workshop to two-week follow up, two-week follow up to two-month follow up, and two-month follow up to six-month follow up) between the malleability and perspective taking condition [*z*s<1.55, *P*s>=0.12]. See Table S8 for a summary of these findings, as well as in the tables provided in the additional Tables files.

	Condition Difference in Level			
		95% CI		
	Coefficient	Lower Bound	Upper Bound	Effect Size
Time 1 [Immediately Post Workshop]				
Coping vs Malleability Condition	-0.382***	-0.557	-0.206	-0.336
Perspective Taking vs Malleability Condition	-0.215*	-0.391	-0.039	-0.190

Time 2 [2-Week Follow Up]				
Coping vs Malleability Condition	-0.323***	-0.500	-0.146	-0.285
Perspective Taking vs Malleability Condition	-0.129	-0.305	0.048	-0.114
Time 3 [2-Month Follow Up]				
Coping vs Malleability Condition	-0.263**	-0.451	-0.074	-0.232
Perspective Taking vs Malleability Condition	-0.267**	-0.456	-0.078	-0.236
Time 4 [6-Month Follow Up]				
Coping vs Malleability Condition	-0.387**	-0.626	-0.148	-0.341
Perspective Taking vs Malleability Condition	-0.174	-0.411	0.064	-0.153

Table S7: Adjusted Condition Differences in Level of Hope at Each Timepoint, Obtained from the Longitudinal Model. The table presents differences in level of hope at each timepoint between each of the coping and perspective taking conditions and the malleability condition (which served as the reference category), adjusted for baseline (pre-workshop) malleability mindset and baseline hope, which were each grand-mean centered on their overall pre-workshop mean across conditions. The coefficient reflects the unstandardized regression coefficient in the longitudinal model for either the coping condition vs malleability condition contrast or the perspective taking condition vs malleability contrast. The coefficients for each time period were obtained by recentering time on each timepoint in the same longitudinal model. The 95% Confidence Interval reflects the lower and upper bound for the unstandardized regression coefficient. The effect size was obtained by dividing the coefficient representing the condition difference in level by the standard deviation of the outcome when averaged across all participants and timepoints (*SD*=1.134). Condition differences are based on 508 participants immediately post-workshop, 494 participants at the 2-week follow up, 410 participants at the 2-month follow up, and 299 participants at the 6-month follow up.

	B	SE
Fixed Effects		
Level-1 Intercept	3.55***	-0.07
Level-2: Coping versus Malleability Condition	-0.38***	-0.09
Level-2: Perspective Taking versus Malleability Condition	-0.22*	-0.09
Level-2: Pre-Workshop Malleability Mindset	0.13***	-0.04
Level-2: Pre-Workshop Hope	0.63***	-0.03
Level-1 Main Effect of Week	-0.12***	-0.03
Level-2: Coping versus Malleability Condition	0.03	-0.04
Level-2: Perspective Taking versus Malleability Condition	0.04	-0.04
Level-2: Pre-Workshop Malleability Mindset	0	-0.02
Level-2: Pre-Workshop Hope	0	-0.01
Level-1: Shift in Slope at 2-Week Follow-Up	0.13***	-0.03
Level-2: Coping versus Malleability Condition	-0.01	-0.05
Level-2: Perspective Taking versus Malleability Condition	-0.07	-0.05
Level-2: Pre-Workshop Malleability Mindset	0.01	-0.02
Level-2: Pre-Workshop Hope	-0.01	-0.02
Level-1: Shift in Slope at 2-Month Follow-Up	-0.01	-0.02

Level-2: Coping versus Malleability Condition	-0.02	-0.02
Level-2: Perspective Taking versus Malleability Condition	0.04~	-0.02
Level-2: Pre-Workshop Malleability Mindset	-0.01	-0.01
Level-2: Pre-Workshop Hope	0.01	-0.01
Random Effects		
Level-3		
Instructor Random Intercept	0.00091***	0.00309
Workshop Week Random Intercept	0.00445	0.00629
Level-2		
Participant Random Intercept	0.36788***	0.03308
Random Slope for Week	0.00036***	0.0001
Covariance	-0.00309*	0.00146
Level-1		
Within-Participant Residual	0.30306***	0.01439
Goodness of Fit		
N	508	
Deviance	3724.44	
AIC	3776.439	
BIC	3886.432	

Table S8: Time-1 Centered Longitudinal Regression Model for Predicting Changes in Hope Over Time, as a Function of Condition and Baseline Beliefs. Regression coefficients, standard errors, and goodness-of-fit statistics for a three-level cross-classified linear regression model predicting the change in hope over over a 6-month period following the workshop, as a function of condition, baseline (pre-workshop) malleability mindset, and baseline (pre-workshop) hope. The effect of time within participant was modeled at Level-1, and the effect of between-participant characteristics, including condition (defined such that the malleability condition was the reference category), was modeled at Level-2. The best-fitting Level-1 model specified two shifts in slope: at the 2-week follow-up and at the 2-month follow-up, respectively, which divided the post-workshop time into three periods with different slopes. At Level-1, time was expressed as weeks since the workshop at time 1. Each Level-2 parameter was included in the composite model as an interaction with the Level-1 parameter directly above it. Each model also included six random effects, as shown. Deviance=-2 * log likelihood. AIC=Akaike Information Criterion. BIC=Bayesian Information Criterion.

Measures of Concessions

Support for the two state solution (1-6 scale; 1.Very much against, 6. Very much support; average α = .78; was measured in all time points):

1. *To what extent do you support an agreement with the Palestinians based on a "two state solution," including a return to the 1967 borders, with a few territory exchanges that will leave large settlements within Israeli territory?*
2. *To what extent do you support the division of Jerusalem, such that areas with a Palestinian majority will be given to the Palestinians, areas with a Jewish majority will be given to the Israelis and the old city will remain under joint sovereignty?*
3. *To what extent do you support the idea that Israel will take partial responsibility for the Palestinian refugee problem and will allow the entrance of 30,000 Palestinian refugees to Israel?*
4. *In exchange for completely relinquishing the right of return to Israeli territory, to what extent do you support compensating Palestinian refugees?*
5. *To what extent do you support the establishment of a demilitarized Palestinian state?*

Coping versus Malleability Intervention

Differences in Level at Each Time Point

At the post-workshop measurement, there was no difference in level of support for the two-state solution between the coping and malleability condition (3.412 vs. 3.480) [*B*=-0.068, *z*=-1.23, *P*=0.22, *d*=-0.060, 95% CI: -0.177, 0.041]. Both conditions had average scores in the middle of the 1 to 6 scale. During the two-week follow-up, there was a trend for support for the two state solution in the malleability compared to the coping condition (Ms=3.472 vs. 3.393) [*B*=-0.079, *z*=-1.44, *P*=0.150, *d*=-0.069, 95% CI: -0.187, 0.029]. A similar non-significant difference in favor of the malleability condition was also found in the two-month follow-up (Ms=3.456 vs. 3.350) [*B*=-0.106, *z*=-1.73, *P*=0.083, *d*=-0.093, 95% CI: -0.226, 0.014]. At the six-month follow-up, there continued to be no significant difference in participants' support for a two-state solution between the malleability and the coping conditions (3.370 vs. 3.265) [*B*=-0.104, *z*=-0.98, *P*=0.328, *d*=-0.091, 95% CI: -0.314, 0.105]. See Table S9 for a summary of these findings, as well as in Tables S15-S19 at the end of this section.

Differences in Overall Slope During the Six Months Post-Workshop

There was a significant decrease in support for a two-state solution from the post-workshop measurement to the six-month follow-up in both conditions. Support for the two-state solution declined in by 0.005 scale points/week in the malleability condition [*B*=-0.005 scale points/week, *z*=-1.96, *P*=0.049, *d*=-0.117, 95% CI: -0.011, 0] and by 0.006 scale points/week in the coping condition by [*B*=-0.006 scale points/week, *z*=-2.03, *P*=0.042, *d*=-0.127, 95% CI: -0.011, 0]. There was no difference in the post-workshop to the six-month slope between the two

conditions [*B*=0.00, *z*=-0.110, P=0.913, d=-0.010, 95% CI: -0.008, 0.007]. See Table S10 for a summary of these findings

Perspective Taking versus Malleability Intervention

Differences in Level at Each Time Point

At the post-workshop measurement, there was no difference in level of support for the two-state solution between the perspective taking and malleability condition (3.503 vs. 3.480) [*B*=0.023, *z*=0.41, *P*=0.683, *d*=0.020, 95% CI: -0.086, 0.131]. Both conditions had average scores in the middle of the 1 to 6 scale. In the intermediate time periods, there was no difference in support for the two-state solution between the perspective taking and malleability conditions [|*B*|s<0.02, *z*s<0.30, *P*s>0.77]. At the six-month follow up, the level of support for the two-state solution was slightly higher in the malleability condition relative to the perspective taking conditions (3.370 vs. 3.283) but this difference was still not significant [*B*=-0.087, *z*=-0.82, *P*=0.415, *d*=-0.076, 95% CI: -0.295, 0.122]. See Table S9 for a summary of these findings.

Differences in Overall Slope During the Six Months Post-Workshop

Relative to the malleability condition [*B*=-0.005 scale points/week, *z*=-1.96, *P*=0.049, *d*=-0.117, 95% CI: -0.011, 0], there was a slightly greater decline in support for the two-state solution in the perspective taking condition: in this condition the slope was 0.009 scale points/week [*B*=-0.009 scale points/week, *z*=-3.31, *P*=0.001, *d*=-0.203, 95% CI: -0.014, -0.004]. However, the condition difference in slope was not significant [*B*=-0.004 scale points/week, *z*=-1, P=0.318, d=-0.085, 95% CI: -0.011, 0.004]. See Table S10 for a summary of these findings, as well as in the tables provided in the additional Tables files.

	Condition Difference in Level			
		95% CI		
	Coefficient	Lower Bound	Upper Bound	Effect Size
Post-workshop [Immediately Post Workshop]				
Coping vs Malleability Condition	-0.068	-0.177	0.041	-0.060
Perspective Taking vs Malleability Condition	0.023	-0.086	0.131	0.020
Time 2 [2-Week Follow Up]				
Coping vs Malleability Condition	-0.079	-0.187	0.029	-0.069
Perspective Taking vs Malleability Condition	0.011	-0.096	0.117	0.009
Time 3 [2-Month Follow Up]				
Coping vs Malleability Condition	-0.106~	-0.226	0.014	-0.093
Perspective Taking vs Malleability Condition	-0.016	-0.135	0.103	-0.014
Time 4 [6-Month Follow Up]				
Coping vs Malleability Condition	-0.104	-0.314	0.105	-0.091
Perspective Taking vs Malleability Condition	-0.087	-0.295	0.122	-0.076

Table S9: Adjusted Condition Differences in Level of Support for the Two State Solution at Each Timepoint, Obtained from the Longitudinal Model. The table presents differences in level of support for the two-state solution at each timepoint between each of the coping and perspective taking conditions

and the malleability condition (which served as the reference category), adjusted for baseline (pre-workshop) malleability mindset and baseline level of support for the two-state solution, which were each grand-mean centered on their overall pre-workshop mean across conditions. The coefficient reflects the unstandardized regression coefficient in the longitudinal model for either the coping condition vs malleability condition contrast or the perspective taking condition vs malleability contrast. The coefficients for each time period were obtained by recentering time on each timepoint in the same longitudinal model. The 95% Confidence Interval reflects the lower and upper bound for the unstandardized regression coefficient. The effect size was obtained by dividing the coefficient representing the condition difference in level by the standard deviation of the outcome when averaged across all participants and timepoints (*SD*=1.142). Condition differences are based on 508 participants immediately post-workshop, 494 participants at the 2-week follow up, 410 participants at the 2-month follow up, and 299 participants at the 6-month follow up.

	B	SE
Fixed Effects		
Level-1 Intercept	3.48***	-0.04
Level-2: Coping versus Malleability Condition	-0.07	-0.06
Level-2: Perspective Taking versus Malleability Condition	0.02	-0.06
Level-2: Pre-Workshop Malleability Mindset	0.05~	-0.02
Level-2: Pre-Workshop Support for Two-State Solution	0.84***	-0.02
Level-1 Main Effect of Week	-0.01*	0
Level-2: Coping versus Malleability Condition	0	0
Level-2: Perspective Taking versus Malleability Condition	0	0
Level-2: Pre-Workshop Malleability Mindset	0	0
Level-2: Pre-Workshop Support for Two-State Solution	0	0
Random Effects		
Level-3		
Instructor Random Intercept	0	--
Workshop Week Random Intercept	0.00541	0.00454
Level-2		
Participant Random Intercept	0.17711***	0.01644
Random Slope for Week	0.00039***	0.00007
Covariance	0.00009	0.00082
Level-1		
Within-Participant Residual	0.16071***	0.00771
Goodness of Fit		
N	508	
Deviance	2744.988	
AIC	2774.988	
BIC	2838.445	

Table S10: Time-1 Centered Longitudinal Regression Model for Predicting Changes in Support for the Two-State Solution Over Time, as a Function of Condition and Baseline Beliefs. Regression

coefficients, standard errors, and goodness-of-fit statistics for a three-level cross-classified linear regression model predicting the change in level of support for the two-state solution over a 6-month period following the workshop, as a function of condition, baseline (pre-workshop) malleability mindset, and baseline (pre-workshop) support for the two-state solution. The effect of time within participant was modeled at Level-1, and the effect of between-participant characteristics, including condition (defined such that the malleability condition was the reference category), was modeled at Level-2. The best-fitting Level-1 model did not contain any shifts in slope. At Level-1, time was expressed as weeks since the workshop at time 1. Each Level-2 parameter was included in the composite model as an interaction with the Level-1 parameter directly above it. Each model also included six random effects, as shown. Deviance=-2 * log likelihood. AIC=Akaike Information Criterion. BIC=Bayesian Information Criterion.

Adapted Concessions (1-6 scale; 1.Completely disagree, 6. Completely agree; α = .88; measured only in the six-month follow-up):

1. *Israel should publically invite the Palestinians back to the negotiation table.*
2. *Israel should remove all pre-conditions for negotiations with the Palestinians.*
3. *Israel should show willingness to acknowledge the Palestinians as a nation.*
4. *Israel should release Palestinians' tax funds in order to promote the negotiations.*
5. *Israel should allow the Palestinian soccer team to play in international games.*
6. *Israel should transfer information on Palestinian casualties to their families as a gesture of good will.*

See Table S11 for analysis at six-month follow-up and Figure S1 for a graph of the results.

Comparison	**b**	**se**	**T**	**p**
Malleability vs. Coping	-.49[-.80, -.19]	.15	-3.20 (296)	.001***
Malleability vs. Perspective-taking	-.13[-.44, .16]	.15	-.90 (296)	.36

Table S11. Adapted support for concessions measure at six-month follow-up controlling for pre-measure of participants' perception of group malleability. This table corresponds to Figure S8.

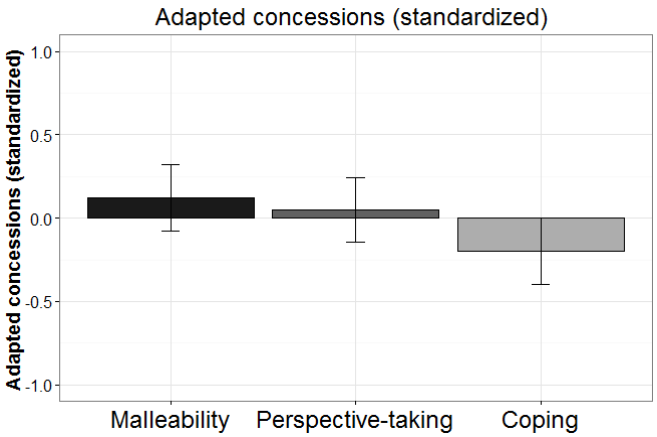

Fig. S1. Results of the adapted concessions measure taken in the six-month follow-up. Error bars are 95% confidence intervals.

Decision-Making Paradigms

Dictator game (was measured in the two-week, two-month and six-month follow-ups):

Imagine you have 100 points (equal to resources worth hundreds of millions of dollars) that you can divide between Israelis and Palestinians. Please indicate how many of these 100 points you would like to give to the Palestinians and how many you would like to give to the Israelis (the sum of both numbers has to be equal to 100).

Coping versus Malleability Intervention

Differences in Level at Each Time Point

The first available measurement of resources given to the Palestinians was at the two-week follow-up. At this time, participants in the malleability condition gave higher amounts of resources to Palestinians than participants in the coping condition (25.289 vs. 22.011) [*B*=-3.278, *z*=-2.24, *P*=0.025, *d*=-0.207, 95% CI: -6.140, -0.416]. The higher level of willingness to allocate resources for the malleability condition relative to the coping condition also held at the two-month follow-up (Ms=26.827 vs. 22.611) [*B*=-4.216, *z*=-2.80, *P*=0.005, *d*=-0.266, 95% CI: -7.168, -1.263]. Participants in the malleability condition continued to allocate more resources to the Palestinians at time the six-months follow-up, compared to the coping condition (31.120 vs. 26.717) [*B*=-4.403, *z*=-2.19, *P*=0.029, *d*=-0.278, 95% CI: -8.348, -0.459]. See Table S12 for a summary of these findings.

Differences in Overall Slope From Two Weeks to Six Months Post-Workshop

From the two-week follow-up to the six-month follow-up (*M*=25.52 weeks later, *SD*=1.77, *Min*=20.71, *Max*=34.57), the slope in the malleability condition increased by 0.19 scale points/week [*B*=0.192 scale points/week, *z*=3.90, *P*<0.0001, *d*=0.282, 95% CI: 0.096, 0.289]. The slope of the coping condition increased by a similar amount, 0.23 scale points/week [*B*=0.233, *z*=4.49, *P*<0.0001, *d*=0.341, 95% CI: 0.131, 0.334]. There was no condition difference in slopes between the coping and malleability condition [*B*=0.040 scale points/week, *z*=0.56,

P=0.573, *d*=0.059, 95% CI: -0.100, 0.181]. See Table S13 for a summary of these findings, as well as in Tables S15-S19 at the end of this section.

Perspective Taking versus Malleability Intervention

Differences in Level at Each Time Point

At the two-week follow-up, there were no differences in resource allocation between the perspective taking and malleability conditions (25.289 vs. 23.943) [*B*=-1.346, *z*=-0.93, *P*=0.353, *d*=-0.085, 95% CI: -4.190, 1.498]. There were also no condition differences at the two-month follow-up between the perspective taking and malleability condition (Ms=24.897 vs. 26.827) [*B*=-1.929, *z*=-1.29, *P*=0.198, *d*=-0.122, 95% CI: -4.868, 1.010]. At the six-months follow-up, willingness to allocate resources was less in the perspective taking condition than in the malleability condition (28.886 vs. 31.120) but was not significantly different [*B*=-2.234, *z*=-1.12, *P*=0.264, *d*=-0.141, 95% CI: -6.154, 1.685]. See Table S12 for a summary of these findings.

Differences in Overall Slope From Two Weeks to Six Months Post-Workshop

Similar to the malleability condition [*B*=0.192 scale points/week, *z*=3.90, *P*<0.0001, *d*=0.282, 95% CI: 0.096, 0.289], the slope in the perspective-taking conditions from the two-week follow-up to the six-month follow-up increased by 0.22 points/week [B=0.222 scale points/week, z=4.39, P<0.0001, d=0.325, 95% CI: 0.123, 0.321]. There was no condition difference in slopes between the two conditions [*B*=0.029 scale points/week, *z*=0.42, *P*=0.676, *d*=0.043, 95% CI: -0.109, 0.168]. See Table S13 for a summary of these findings, as well as in Tables S15-S19 at the end of this section.

	Condition Difference in Level			
		95% CI		
	Coefficient	Lower Bound	Upper Bound	Effect Size
Time 2 [2-Week Follow Up]				
Coping vs Malleability Condition	-3.278*	-6.140	-0.416	-0.207
Perspective Taking vs Malleability Condition	-1.346	-4.190	1.498	-0.085
Time 3 [2-Month Follow Up]				
Coping vs Malleability Condition	-4.216**	-7.168	-1.263	-0.266
Perspective Taking vs Malleability Condition	-1.929	-4.868	1.010	-0.122
Time 4 [6-Month Follow Up]				
Coping vs Malleability Condition	-4.403*	-8.348	-0.459	-0.278
Perspective Taking vs Malleability Condition	-2.234	-6.154	1.685	-0.141

Table S12: **Adjusted Condition Differences in the Dictator Game at Each Timepoint, Obtained from the Longitudinal Model.** The table presents differences in level of resource distribution (during a dictator game) between each of the coping and perspective taking conditions and the malleability condition (which served as the reference category), adjusted for baseline (pre-workshop) malleability mindset and baseline level of support for the two-state solution, which were each grand-mean centered on their overall pre-workshop mean across conditions (there was no baseline measurement of resource distribution). The coefficient reflects the unstandardized regression coefficient in the longitudinal model

for either the coping condition vs malleability condition contrast or the perspective taking condition vs malleability contrast. The coefficients for each time period were obtained by recentering time on each timepoint in the same longitudinal model (shown in Table 5). The 95% Confidence Interval reflects the lower and upper bound for the unstandardized regression coefficient. The effect size was obtained by dividing the coefficient representing the condition difference in level by the standard deviation of the outcome when averaged across all participants and timepoints (*SD*=15.862). Condition differences were not available at post-workshop because the first post-workshop measurement for this outcome occurred at time 2. Condition differences are based on 508 participants immediately post-workshop, 494 participants at the 2-week follow up, 410 participants at the 2-month follow up, and 299 participants at the 6-month follow up.

	B	SE
Fixed Effects		
Level-1 Intercept	25.29***	-1.05
Level-2: Coping versus Malleability Condition	-3.28*	-1.46
Level-2: Perspective Taking versus Malleability Condition	-1.35	-1.45
Level-2: Pre-Workshop Malleability Mindset	1.35*	-0.63
Level-2: Pre-Workshop Support for Two-State Solution	5.66***	-0.56
Level-1 Main Effect of Week	0.19***	-0.05
Level-2: Coping versus Malleability Condition	0.04	-0.07
Level-2: Perspective Taking versus Malleability Condition	0.03	-0.07
Level-2: Pre-Workshop Malleability Mindset	-0.07*	-0.03
Level-2: Pre-Workshop Support for Two-State Solution	0.07*	-0.03
Random Effects		
Level-3		
Instructor Random Intercept	0.12966***	0.92105
Workshop Week Random Intercept	0.00008	0.003
Level-2		
Participant Random Intercept	134.5921***	12.25401
Random Slope for Week	0.08698***	0.02505
Covariance	-0.78092	0.77555
Level-1		
Within-Participant Residual	54.70181***	3.83543
Goodness of Fit		
N	494	
Deviance	9269.716	
AIC	9301.717	
BIC	9368.958	

Table S13: Time-2 Centered Longitudinal Regression Model for Predicting Changes in Dictator Game Results Over Time, as a Function of Condition and Baseline Beliefs. Regression coefficients, standard errors, and goodness-of-fit statistics for a three-level cross-classified linear regression model

predicting the change in willingness to allocate resources to the Palestinians over time (from the 2-week follow-up to the 6-month follow-up), as a function of condition, baseline (pre-workshop) malleability mindset, and baseline (pre-workshop) support for the two-state solution. The latter covariate was used because resources were not measured at pre-workshop or time 1. The effect of time within participant was modeled at Level-1, and the effect of between-participant characteristics, including condition (defined such that the malleability condition was the reference category), was modeled at Level-2. The best-fitting Level-1 model did not contain any shifts in slope. At Level-1, time was expressed as weeks since the 2-week follow-up at time 2. Each Level-2 parameter was included in the composite model as an interaction with the Level-1 parameter directly above it. Each model also included six random effects, as shown. Deviance=-2 * log likelihood. AIC=Akaike Information Criterion. BIC=Bayesian Information Criterion.

Trust game (measured in the six-month follow-up)

The rule of the game were explained to participants: they have 10 NIS which they can either keep or transfer to a Palestinian player - Ali from Bakaa el Gabria. The transferred amount is then tripled. If, for example, participants choose to transfer all 10 NIS to Ali, he will receive 30 NIS. Ali can then decide how much to return to the participant. Participants were told that they would discover the outcome of the game after finishing the questionnaire.

See Table S8 for analysis at six-month follow-up and Figure S2 for a graph of the results.

Comparison	b	se	t	p
Malleability vs. Coping	-.60 [-.86, -.34]	.13	-4.54 (295)	.001***
Malleability vs. Perspective-taking	-.32[-.58, -.06]	.13	-2.44 (295)	.01**

Table S14. Results of the trust game at six-month follow-up controlling for pre-measure of participants' perception of group malleability. This table corresponds to Figure S10.

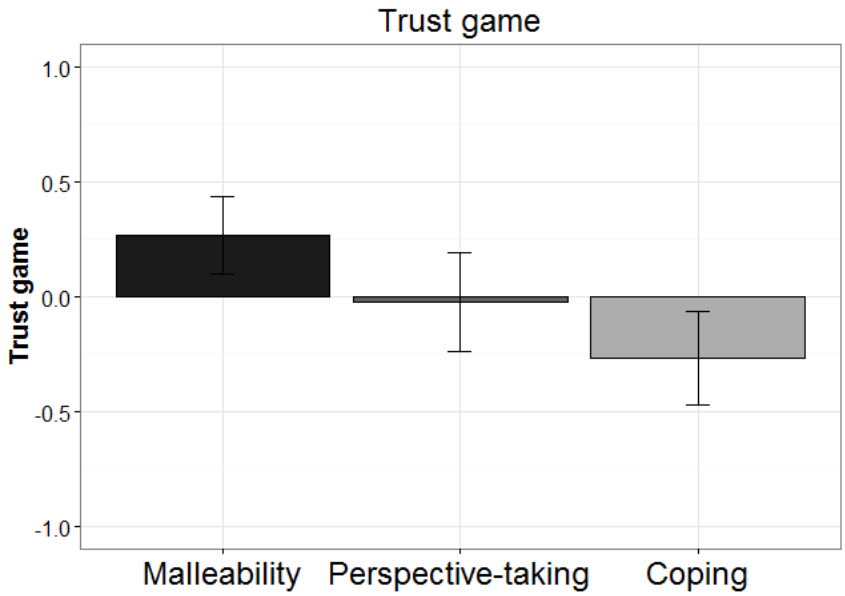

Fig. S2. Trust game outcomes for the six-month follow-up (standardized). Error bars are 95% confidence intervals.

Mediation

We tested whether differences in malleability mindset between the malleability and coping conditions mediated the measured outcomes in the six-month follow-up. We created a single model in which malleability mindset served as the mediator for all six-month follow-up outcomes in which a significant difference was found between the conditions (negative attitudes, hope, adapted concessions, trust game, dictator game). Similar to other analyses, we used the pre-workshop measure of malleability mindset as a covariate for our model. Since some of the outcomes were not measured during the pre-measure (adapted concessions, dictator game, trust game) we did not use other pre-measures as covariates. However, adding these covariates did not change the model. Below, we provide coefficients of the direct, indirect and total effects, including confidence intervals for each mediator (Table S9). As some outcomes differ in their scales, we standardized all of the presented outcomes. Furthermore, due to the simplicity of the model, model fit estimates were irrelevant and therefore are not presented. Overall, results suggest significant indirect effects for all of our outcomes, indicating that differences in malleability mindset between the malleability and coping conditions in the post-workshop measure mediated all of the outcomes in the six-month follow-up.

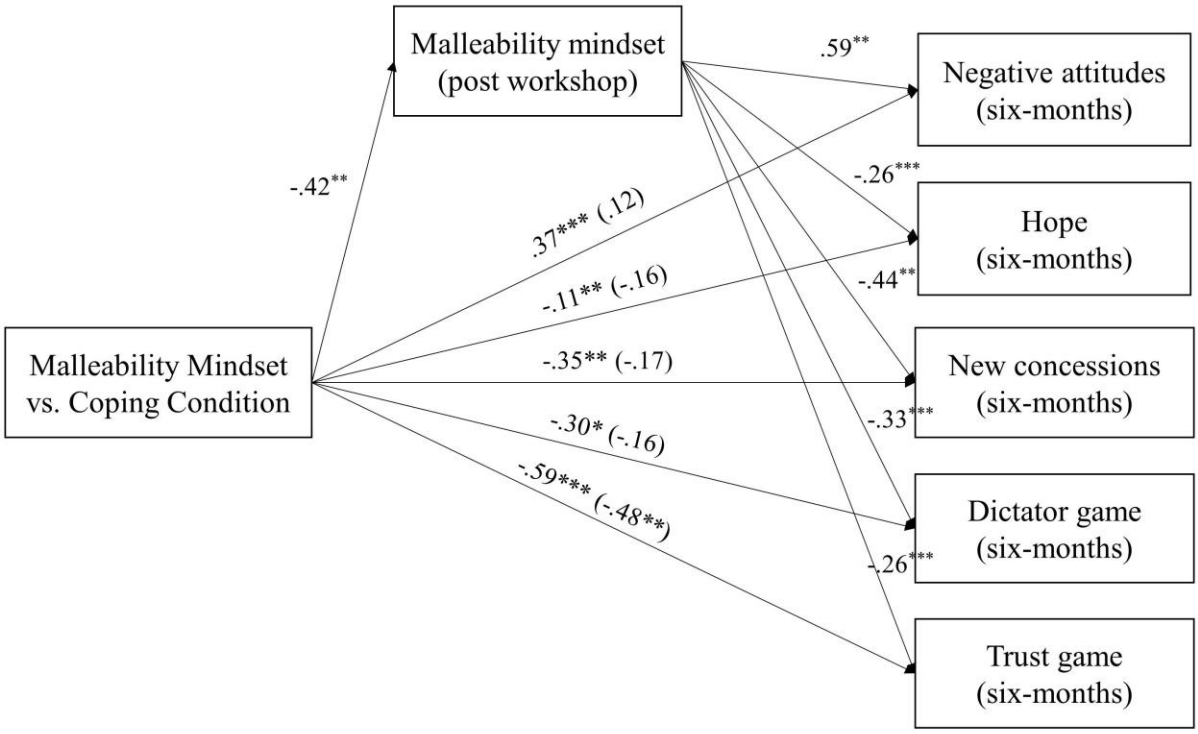

Fig S3. Mediation model for all outcomes measured at the six-month follow-up. We used the post-workshop measure of malleability mindset as a mediator of outcomes at the six-month follow up. Results suggested a significant indirect effect for all measured outcomes (see SI Appendix). ~p≤0.10, *p≤0.05, **p≤0.01, ***p≤0.001.

	Malleability mindset (post-workshop)	**Direct effect (condition)**	**Total effect (condition)**	**Indirect effect**	**R-Square**
Negative Attitudes	.59***[.18,.75]	.12 [-.10, .35]	.37**[.13,.60]	.25**[.15,.35]	.40***
Hope	-.26**[-.42,-.09]	-.16 [-.45,1.5]	-.26+[-.54,0.01]	-.11**[-.19,-.04]	.07*
Adapted Concessions	-.45***[-.60,-.29]	-.17 [-.41,0.01]	-.36**[-.60,-.11]	-.19***[-.30,-.10]	.23***
dictator game	-.33***[-.50,-.17]	-.16 [-.43,.12]	-.30*[-56,-.02]	-.14**[-.23,-.06]	.09*
trust game	-.26**[-.43,-.10]	-.48**[-.74,-.19]	-.59***[-.85,-.32]	-.11**[-.20,-.04]	.18***

Table S15. Direct, total, indirect and r-squares for the mediation analysis in which malleability mindset served as a mediator to all outcomes in the six-month follow-up.

Additional Tables

		Overall Slope Within Each Condition				
		Slope=Δ/Week	95% CI in Δ/Week		Δ=Slope×Duration	Δ/SD
Outcome	Slope	Coefficient	Lower Bound	Upper Bound	Absolute Difference	Effect Size
Malleability Beliefs	T1 to T4					
Malleability Condition		-0.005*	-0.010	-0.001	-0.132	-0.133
Coping Condition		-0.004	-0.008	0.001	-0.093	-0.094
Perspective Taking Condition		-0.007**	-0.011	-0.002	-0.168	-0.170
Hope	T1 to T4					
Malleability Condition		-0.018***	-0.024	-0.011	-0.457	-0.403
Coping Condition		-0.014***	-0.021	-0.008	-0.369	-0.325
Perspective Taking Condition		-0.013***	-0.019	-0.006	-0.329	-0.290
Negative Attitudes	T1 to T4					
Malleability Condition		0	-0.004	0.004	0.000	0.000
Coping Condition		0.003~	0.000	0.007	0.088	0.092
Perspective Taking Condition		0	-0.004	0.004	-0.006	-0.006
Support for Two State Solution	T1 to T4					
Malleability Condition		-0.005*	-0.011	0.000	-0.134	-0.117
Coping Condition		-0.006*	-0.011	0.000	-0.145	-0.127
Perspective Taking Condition		-0.009***	-0.014	-0.004	-0.232	-0.203
Resource Distribution in Dictator Game	T2 to T4					
Malleability Condition		0.192***	0.096	0.289	4.468	0.282
Coping Condition		0.233***	0.131	0.334	5.409	0.341
Perspective Taking Condition		0.222***	0.123	0.321	5.153	0.325

Table S16. Overall Slope Between First and Last Measurements for Each Outcome, Within Each Condition, Obtained from the Longitudinal Model.

Note. ~$p \leq 0.10$, *$p \leq 0.05$, **$p \leq 0.01$, ***$p \leq 0.001$. The table presents the overall slopes from the first post-workshop measurement to the six-month follow-up (post-workshop to time 4 for all outcomes except for resource distribution, which is time 2 to time 4), obtained from the longitudinal models shown in Tables 1-5, for participants with average levels of pre-workshop malleability beliefs and pre-workshop beliefs for the baseline measure of the outcome, where relevant. The coefficient is the unstandardized slope coefficient, in original outcome units (change in outcome per week). In models with no shift in slope (negative attitudes, support for the two state solution, resource distribution), it is the main effect of week

in the longitudinal model, when that condition is defined as the reference category (coded 0 for both 0/1 condition contrasts). In models with a shift in slope (malleability beliefs and hope), it reflects a linear combination of the parameters in the respective longitudinal models (Tables 1 and 2) that represents the same difference (the overall slope from the first to last measurement). The 95% Confidence Interval reflects the lower and upper bound for the unstandardized regression coefficient that represents the slope for a given condition. The absolute difference in the outcome between the initial and final timepoints was obtained by multiplying the unstandardized regression coefficient by the average number of weeks between timepoints. The time between post-workshop and time 4 was 25.52 weeks on average. The time between time 2 and time 4 was 23.25 weeks on average. The effect size represents the absolute difference divided by the standard deviation of the outcome when averaged across all participants and timepoints (the same standard deviations used when computing effect sizes for condition differences in level for Tables 5-10, for each outcome).

		Condition Difference in Overall Slope				
		Slope=Δ/Week	95% CI in Δ/Week		Δ=Slope×Duration	Δ/SD
Outcome	Slope	Coefficient	Lower Bound	Upper Bound	Absolute Difference	Effect Size
Malleability Beliefs	T1 to T4					
Coping vs Malleability Condition		0.002	0.002	0.129	0.039	0.039
Perspective Taking vs Malleability Condition		-0.001	-0.002	-0.121	-0.036	-0.037
Hope	T1 to T4					
Coping vs Malleability Condition		0.003	0.004	0.224	0.088	0.078
Perspective Taking vs Malleability Condition		0.005	0.005	0.324	0.128	0.113
Negative Attitudes	T1 to T4					
Coping vs Malleability Condition		0.003	0.004	0.331	0.088	0.092
Perspective Taking vs Malleability Condition		0	0.000	-0.024	-0.006	-0.007
Support for Two State Solution	T1 to T4					
Coping vs Malleability Condition		0	0.000	-0.022	-0.011	-0.010
Perspective Taking vs Malleability Condition		-0.004	-0.004	-0.197	-0.098	-0.085
Resource Distribution in Dictator Game	T2 to T4					
Coping vs Malleability Condition		0.04	0.003	0.141	0.941	0.059
Perspective Taking vs Malleability Condition		0.029	0.002	0.103	0.685	0.043

Table 17S. Condition Differences in Overall Slope Between First and Last Measurements for Each Outcome, Obtained from the Longitudinal Model.

Note. ~$p \leq 0.10$, *$p \leq 0.05$, **$p \leq 0.01$, ***$p \leq 0.001$. The table presents the condition differences in the overall slopes (see Table 11) from the first post-workshop measurement to the six-month follow-up (post-workshop to the 6-month follow up for all outcomes except for resource distribution, which is the 2-week follow up to the 6-month follow up), obtained from the longitudinal models shown in Tables 1-5, for participants with average levels of pre-workshop malleability mindset and average pre-workshop levels for the baseline measure of the outcome, where relevant. The coefficient is the unstandardized slope coefficient, in original outcome units (the condition difference in change in outcome per week). In models with no shift in slope (negative attitudes, support for the two-state solution, resource distribution), it is the week × relevant condition contrast interaction in the longitudinal model. In models with a shift in slope (malleability beliefs and hope), it reflects a linear combination of the parameters in the respective longitudinal models (Tables 1 and 2) that represents the same difference (the difference in overall slope in each condition relative to the malleability condition). The 95% Confidence Interval reflects the lower and

upper bound for the unstandardized regression coefficient that represents the condition difference in slope. The condition difference in absolute difference in the outcome between the initial and final timepoints (post-workshop and 6-month follow up) was obtained by multiplying the unstandardized regression coefficient by the average number of weeks between timepoints. The time between post-workshop and the 6-month follow up was 25.52 weeks on average. The time between the 2-week follow up and the 6-month follow up was 23.25 weeks on average. The effect size represents the absolute difference divided by the standard deviation of the outcome when averaged across all participants and timepoints (the same standard deviations used when computing effect sizes for condition differences in level for Tables 5-10, for each outcome)

		Slope Within Each Condition				
		Slope=Δ/Week	95% CI in Δ/Week		Δ=Slope×Duration	Δ/SD
Outcome	Slope	Coefficient	Lower Bound	Upper Bound	Absolute Difference	Effect Size
				Malleability Beliefs		
Post-workshop Centered Slope	T1 to T2					
Malleability Condition		-0.009	-0.045	0.027	-0.020	-0.020
Coping Condition		-0.03~	-0.066	0.005	-0.068	-0.069
Perspective Taking Condition		-0.063***	-0.098	-0.028	-0.142	-0.144
Time 2 Centered Slope	T2 to T4					
Malleability Condition		-0.005*	-0.010	0.000	-0.113	-0.114
Coping Condition		-0.001	-0.006	0.004	-0.023	-0.023
Perspective Taking Condition		-0.001	-0.006	0.004	-0.025	-0.025
				Hope		
Post-workshop Centered Slope	T1 to T2					
Malleability Condition		-0.123***	-0.176	-0.071	-0.279	-0.246
Coping Condition		-0.097***	-0.148	-0.045	-0.219	-0.193
Perspective Taking Condition		-0.082**	-0.133	-0.031	-0.186	-0.164
Time 2 Centered Slope	T2 to T3					
Malleability Condition		0.005	-0.021	0.030	0.022	0.020
Coping Condition		0.02	-0.005	0.046	0.099	0.088
Perspective Taking Condition		-0.023~	-0.049	0.002	-0.115	-0.101
Time 3 Centered Slope	T3 to T4					
Malleability Condition		-0.011**	-0.019	-0.002	-0.199	-0.176
Coping Condition		-0.013**	-0.022	-0.004	-0.239	-0.211
Perspective Taking Condition		-0.001	-0.010	0.007	-0.024	-0.021

Table 18S. Slope Between Specific Periods, Within Each Condition, Obtained from Longitudinal Models with Shifts in Slope.

Note. ~$p \leq 0.10$, *$p \leq 0.05$, **$p \leq 0.01$, ***$p \leq 0.001$. The table presents the slopes in specific periods within each condition, for longitudinal models that allowed for a shift in slope (see Tables 1-2), for participants with average levels of pre-workshop malleability mindset and average pre-workshop levels for the baseline measure of the outcome, where relevant. The best-fitting model for malleability mindset (Table 1) allowed for a shift in slope at the 2-week follow-up, which created two slopes: the slope from post-workshop to the 2-week follow-up (T1 to T2), and the slope from the 2-week follow-up to the 6-month follow-up (T2 to T4). The best-fitting model for hope (Table 2) allowed for a shift in slope at the 2-week follow-up and at the 2-month follow-up, which created three slopes: the slope from post-workshop to the

2-week follow-up (T1 to T2), the slope from the 2-week follow-up to the 2-month follow-up (T2 to T3), and the slope from the 2-month follow-up to the 6-month follow-up (T3 to T4). The coefficient is the unstandardized slope coefficient, in original outcome units (change in outcome per week). It is the main effect of week in the longitudinal model when time is centered on the beginning timepoint for the relevant slope and when the two 0/1 condition contrasts are defined as 0 for the given condition. The 95% Confidence Interval reflects the lower and upper bound for the unstandardized regression coefficient that represents the slope for a given condition. The absolute difference in the outcome between the initial and final timepoints (post-workshop and 6-month follow up) was obtained by multiplying the unstandardized regression coefficient by the average number of weeks between timepoints. On average, the duration was 2.26 weeks between post-workshop and the 2-week follow up and 23.25 weeks between the 2-week follow up and the 6-month follow up (4.91 weeks between the 2-week follow up and 2-month follow up and 18.35 weeks between the 2-month follow up and 6-month follow up, on average). The effect size represents the absolute difference divided by the standard deviation of the outcome when averaged across all participants and timepoints (the same standard deviations used when computing effect sizes for condition differences in level for Tables 1-2, for each outcome).

		Condition Difference in Slope				
		Slope=Δ/Week	95% CI in Δ/Week		Δ=Slope×Duration	Δ/SD
Outcome	Slope	Coefficient	Lower Bound	Upper Bound	Absolute Difference	Effect Size
			Malleability Beliefs			
Post-workshop Centered Slope	T1 to T2					
Coping vs Malleability Condition		-0.021	-0.025	-1.813	-0.048	-0.049
Perspective Taking vs Malleability Condition		-0.054*	-0.064	-4.597	-0.122	-0.123
Time 2 Centered Slope	T2 to T4					
Coping vs Malleability Condition		0.004	0.005	0.328	0.090	0.090
Perspective Taking vs Malleability Condition		0.004	0.004	0.320	0.088	0.088
			Hope			
Post-workshop Centered Slope	T1 to T2					
Coping vs Malleability Condition		0.027	0.028	1.712	0.060	0.053
Perspective Taking vs Malleability Condition		0.041	0.044	2.668	0.093	0.082
Time 2 Centered Slope	T2 to T3					
Coping vs Malleability Condition		0.016	0.017	1.013	0.077	0.068
Perspective Taking vs Malleability Condition		-0.028	-0.030	-1.808	-0.137	-0.121
Time 3 Centered Slope	T3 to T4					
Coping vs Malleability Condition		-0.002	-0.002	-0.140	-0.040	-0.035
Perspective Taking vs Malleability Condition		0.01	0.010	0.618	0.176	0.155

Table 19S. Condition Differences in Slope Between Specific Periods, Obtained from Longitudinal Models with Shifts in Slope.

Note. ~$p \leq 0.10$, *$p \leq 0.05$, **$p \leq 0.01$, ***$p \leq 0.001$. The table presents condition differences in the slopes in specific periods, for longitudinal models that allowed for a shift in slope (see Tables 1-2), for participants with average levels of pre-workshop malleability mindset and average pre-workshop levels for the baseline measure of the outcome, where relevant. The best-fitting model for malleability mindset (Table 1) allowed for a shift in slope at the 2-week follow-up, which created two slopes: the slope from post-workshop to the 2-week follow-up (T1 to T2), and the slope from the 2-week follow-up to the 6-month follow-up (T2 to T4). The best-fitting model for hope (Table 2) allowed for a shift in slope at the 2-week follow-up and at the 2-month follow-up, which created three slopes: the slope from post-workshop to the 2-week follow-up (T1 to T2), the slope from the 2-week follow-up to the 2-month follow-up (T2 to T3), and the slope from the 2-month follow-up to the 6-month follow-up (T3 to T4). The coefficient is the

unstandardized slope coefficient, in original outcome units (change in outcome per week). It is the week x relevant condition contrast interaction in the longitudinal model when time is centered on the beginning timepoint for the relevant slope. The 95% Confidence Interval reflects the lower and upper bound for the unstandardized regression coefficient that represents the condition difference in slope. The condition difference in absolute difference in the outcome between the initial and final timepoints (post-workshop and 6-month follow up) was obtained by multiplying the unstandardized regression coefficient by the average number of weeks between timepoints. On average, the duration was 2.26 weeks between post-workshop and the 2-week follow up and 23.25 weeks between the 2-week follow up and the 6-month follow up (4.91 weeks between the 2-week follow up and 2-month follow up and 18.35 weeks between the 2-month follow up and 6-month follow up, on average). The effect size represents the absolute difference divided by the standard deviation of the outcome when averaged across all participants and timepoints (the same standard deviations used when computing effect sizes for condition differences in level for Tables 1-2, for each outcome).

Secondary analysis

For our secondary analysis, we conducted a mixed model analysis of all time points, looking just at condition as our main independent variable. Similar to all of our previous analyses we used dummy coding to compare the malleability condition both to the coping and perspective-taking conditions. For each of these analyses, we controlled for pre-measure of the relevant scale (if one existed) as well as the pre-measure of participants' malleability mindset. In addition, we used an individual level random intercept.

Measure of perspective-taking (1-6 scale; 1.Completely Disagree, 6. Completely agree; average $\alpha = .78$; was measured in all time points):

These items were adapted from Davis (6) to fit the content of the workshops.

1. *Any decision that does not take the other side's perspective into account is wrong.*
2. *It is extremely important to take others' perspective, even if they want to harm me.*
3. *Taking the perspective of others can make you weak* (reversed).
4. *Even if it takes a lot of time and effort, thinking about other people's perspective is crucial for decision making processes.*
5. *Taking the perspective of people in other groups, even enemies, is essential when forming an opinion about a certain subject.*

See Table S20 for a mixed model analyses of measures in all time points.

Comparison	b	se	T	p
Perspective-taking vs. Coping	-.19[-.30,-.08]	.05	-3.39 (504)	.001***
Perspective-taking vs. Malleability	-.11[-.11, -.01]	.05	-1.97 (503)	.05

Table S20. Mixed model analysis of all post-measures of perspective-taking (post-workshop, two-week, two-month, six-month). We control for pre-measure of participants' perspective-taking as well as the pre-measure of participants' perception of group malleability. In addition, we use an individual level random intercept. For this measure (unlike all other measures), we were interested in comparing participants in the perspective taking condition to both the malleability and coping conditions.

Coping (1-6 scale; 1.Completely Disagree, 6. Completely agree; average $\alpha = .52$; measured in all time points):

1. *When people are under stress, their ability to make decisions and process information is limited.*

2. *It is possible to reduce stress significantly by developing coping skills.*
3. *Gaining coping skills can significantly improve a person's ability to cope with stress in certain situations.*

We developed this scale ourselves as we could not find another scale that fit the main message of our intervention. Results indicated that the items of the scale produced a low reliability ($\alpha = .52$) which may account for the non-significant result. See Table S21 for a mixed model analyses of measures in all time points.

Comparison	b	se	t	p
Coping vs. Malleability	-.07[-.16, .01]	.05	-1.71 (507)	.08
Coping vs. Perspective-taking	.02[-.06,.11]	.04	.54 (504)	.58

Table S21. Mixed model analysis of all post-measures of coping (post-workshop, two-week, two-month, six-month). We control for pre-measure of participants' coping as well as the pre-measure of participants' perception of group malleability. In addition, we use an individual level random intercept.

<u>Emotions (1-6 scale; 1.Not at all, 6.Very much so; were measured in all time points)*:*</u>

In general when you think about the Palestinians, to what extent do you feel the following emotions?

1. *Hatred towards the Palestinians.*
2. *Anger towards Palestinians.*
3. *Fear of the Palestinians.*
4. *Compassion towards the Palestinians.*
5. *Empathy towards the Palestinians*
6. *Guilt for Israel's behavior towards the Palestinians.*

See Table S22 for a mixed model analyses of each emotion in all time points.

Measure	Comparison	b	se	t	p
Hatred	Malleability	.18[.01, .36]	.09	1.99 (305)	.04*

	vs. Coping				
	Malleability vs. Perspective-taking	-.01[-.19, .16]	.09	-.01 (503)	.89
Anger	Malleability vs. Coping	.13[-.05, .31]	.09	1.41 (489)	.15
	Malleability vs. Perspective-taking	.02[-.16, .20]	.09	.25 (487)	.80
Fear	Malleability vs. Coping	.02[-.15,.21]	.09	.30 (496)	.75
	Malleability vs. Perspective-taking	.02[-.16, .20]	.09	.22 (494)	.82
Compassion	Malleability vs. Coping	-.13[-.30,.03]	.09	-1.53 (498)	.12
	Malleability vs. Perspective-taking	.00[-.16, .17]	.08	.08 (496)	.93
Empathy[1]	Malleability vs. Coping	-.18[-.35,-.01]	.08	-2.05 (496)	.04*
	Malleability vs. Perspective-taking	.13[-.03, .31]	.08	1.55 (494)	.12
Guilt	Malleability vs. Coping	-.16[-.34,.01]	.09	-1.77 (498)	.07
	Malleability vs. Perspective-taking	.03[-.14, .21]	.09	.41 (496)	.67

Table S22. Mixed model analysis of all post-measures of emotions (post-workshop, two-week, two-month, six-month). We control for pre-measure of each emotion as well as the pre-measure of participants' perception of group malleability. In addition, we use an individual level random intercept.

[1] Notice that perspective-taking is higher in general compared to the incremental condition, but only significantly higher in the immediate post-measure.

Dehumanization (0-100 single item; measured in all time points except for six-month follow-up).

Psychological studies show that people tend to attribute different levels of humanness to people from different groups. The following scale represents humanness levels of ***Palestinians****. 0 represents a very low degree of humanness and 100 represents a very high degree of humanness.*

Choose a number that represents the degree to which you see Palestinians as humans (0. Not at all 100. Very much so).

See Table S23 for a mixed model analyses of measures in all time points.

Comparison	b	se	t	p
Malleability vs. Coping	-6.30[-11.27,-1.34]	2.53	-2.48 (502)	.01**
Malleability vs. Perspective-taking	2.96 [-2.03,7.88]	2.55	1.15 (501)	.24

Table S23. Mixed model analysis of all post-measures of dehumanization (post-workshop, two-week, two-month). We control for pre-measure of dehumanization as well as the pre-measure of participants' perception of group malleability. In addition, we use an individual level random intercept.

Collective punishment (1-6 scale; 1.Very much against, 6. Very much support; average $\alpha = .87$; was measured in all time points excluding the six-month follow-up):

1. *In the case that thousands of Palestinians start marching towards Jerusalem, the IDF should use live ammunition to stop them, even at the cost of multiple casualties and hundreds of wounded.*
2. *Any Palestinian attempt to execute a terror attack should result in a harsh Israeli response, even at the cost of harming innocent Palestinians.*
3. *If the Palestinians do not cooperate with Israel, Israel should consider reconquering the West-Bank and the Gaza Strip.*
4. *Israel should shut-off the electricity in the Gaza Strip any time a missile is shot in its direction.*
5. *If the IDF recognizes that a terrorist is hiding inside a building with civilians, Israel should bomb the building even if most of these civilians would get killed.*
6. *We should hurt the Palestinians to teach them a lesson.*

See Table S24 for a mixed model analyses of measures in all time points.

Comparison	b	se	t	p

Malleability vs. Coping	.12[.01, .23]	.05	2.16 (504)	.03*
Malleability vs. Perspective-taking	.03[-.07, .14]	.05	.62 (502)	.53

Table 24. Mixed model analysis of all post-measures of collective punishment (post-workshop, two-week, two-month). We control for pre-measure of collective punishment as well as the pre-measure of participants' perception of group malleability. In addition, we use an individual level random intercept.

Social Distance (1-6 scale; 1.Very much so, 6. Not at all; average α = .87; was measured in all time points excluding the six-month follow-up):

1. *To what extent would you like to personally meet a Palestinian and hear his/her point of view about the conflict?*
2. *To what extent would you like to befriend a Palestinians on social media to learn how he/she experiences the conflict on a daily basis?*
3. *To what extent do you support mutual shopping areas for Palestinians and Israelis?*
4. *To what extent do you support Jewish-Arab mixed schools?*

See Table S25 for a mixed model analyses of measures in all time points.

Comparison	b	se	t	p
Malleability vs. Coping	-.19[-.33, -.06]	.06	-2.94 (503)	.01**
Malleability vs. Perspective-taking	-.03[-.16, .09]	.06	-.49 (502)	.62

Table 25. Mixed model analysis of all post-measures of social distance (post-workshop, two-week, two-month). We control for pre-measure of social distance as well as the pre-measure of participants' perception of group malleability. In addition, we use an individual level random intercept.

Trust (1-6 scale; 1.Completely disagree; 6. Completely agree; overall r = .78; was measured in all time points):

1. *I have no trust in the Palestinians.*
2. *I do not trust the Palestinians' intentions for peace.*

See Table S26 for a mixed model analyses of measures in all time points.

Comparison	b	se	t	p
Malleability vs. Coping	.19[.33, .06]	.06	2.81 (495)	.01**
Malleability vs. Perspective-taking	.03[.17, -.09]	.07	.53 (493)	.59

Table 26. Mixed model analysis of all post-measures of trust (post-workshop, two-week, two-month). We control for pre-measure of trust as well as the pre-measure of participants' perception of group malleability. In addition, we use an individual level random intercept.

Collective action (1-6 scale; 1. Not at all, 6. Very much so; overall r= .69; was measured in all time points):

1. *To what extent would you be willing to donate money to an organization that strives to end the conflict?*
2. *To what extend would you agree to demonstrate in order to end the conflict.*

See Table S27 for a mixed model analyses of measures in all time points.

Comparison	b	se	t	p
Malleability vs. Coping	-.33[-.48, -.17]	.08	-4.13 (488)	.001***
Malleability vs. Perspective-taking	-.01[-.15, .16]	.08	.07 (486)	.94

Table 27. Mixed model analysis of all post-measures of collective action (post-workshop, two-week, two-month, six-month). We control for pre-measure of collective action as well as the pre-measure of participants' perception of group malleability. In addition, we use an individual level random intercept.

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