

Reporting Summary

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

Statistics

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

n/a Confirmed

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

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

Software and code

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

Data collection

Data and code for both experiments may be accessed via an OSF repository available here:
Experiment 1: https://osf.io/c3qyv/?view_only=12c3fa0a947d441fa6ceb6c0c0183395
Experiment 2: https://osf.io/vsqax/?view_only=742c5c5fa0fa44c897e67f9cd3b3be2a

Data analysis

Data and code for both experiments may be accessed via an OSF repository available here:
Experiment 1: https://osf.io/c3qyv/?view_only=12c3fa0a947d441fa6ceb6c0c0183395
Experiment 2: https://osf.io/vsqax/?view_only=742c5c5fa0fa44c897e67f9cd3b3be2a

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

Data

Policy information about [availability of data](#)

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

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

Preregistration, data and replication codes are available in the OSF repository. Study 1: https://osf.io/c3qvx/?view_only=12c3fa0a947d441fa6ceb6c0c0183395; Study 2: https://osf.io/vsqax/?view_only=742c5c5fa0fa44c897e67f9cd3b3be2a.

Human research participants

Policy information about [studies involving human research participants and Sex and Gender in Research](#).

Reporting on sex and gender

In both experiment gender was measured based on self-reporting of participants in survey questionnaires, while sex was not measured. Findings apply to all gender identities. We used the self-report gender measure as a covariate in robustness checks reported in the supplementary materials when possible.

Population characteristics

Experiment 1: Based on survey responses, our sample included 409 participants (138 men, 269 women, and 2 reported "other"), of which 200 were undergraduate students, and 199 were master students. In terms of religion, 54 were Muslim, 9 were Christians, 329 were Jewish, and 4 responded "other". We collected political ideology data only for the Jewish students, as the right-left continuum does not apply for the Palestinian population, especially given that some of our Palestinian students are not citizens of Israel. Our sample included 171 students who reported they were left leaning, 66 students who reported they were center leaning, and 44 students who reported they were right leaning.

Experiment 2: Based on the first survey responses, our sample included 4,570 participants (1649 men and 2906 women), of which 2998 were undergraduate students, 1169 were master students, and 398 were graduate students. In terms of religion, 363 were Muslim, 67 were Christians, 3877 were Jewish, and 262 responded "other". We collected political ideology data only for the Jewish students, as the right-left continuum does not apply for the Palestinian population, especially given that some of our Palestinian students are not citizens of Israel. Our sample included 1441 students who reported they were left leaning, 841 students who reported they were center leaning, and 1405 students who reported they were right leaning.

Based on the second survey responses, our sample included 2,436 participants (882 men and 1550 women and 4 others), of which 1628 were undergraduate students, 585 were master students, and 223 were graduate students. In terms of religion, 267 were Muslim, 40 were Christians, 1987 were Jewish, and 132 responded "other". We collected political ideology data only for the Jewish students, as the right-left continuum does not apply for the Palestinian population, especially given that some of our Palestinian students are not citizens of Israel. Our sample included 773 students who reported they were left leaning, 441 students who reported they were center leaning, and 724 students who reported they were right leaning.

Recruitment

Experiment 1: Participants were recruited to answer follow up questionnaires via their lecturers during the last week of the semester.

Experiment 2: participants were recruited via the Dean of Students office that sent an email to all students at the Hebrew University requesting that they complete the survey. We asked students to provide us with their email address which we later use to recontact them to answer the time 2 measurement.

Ethics oversight

The Hebrew University's IRB committee (#103120)

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

Field-specific reporting

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

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

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

Behavioural & social sciences study design

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

Study description

Block clustered randomized control trial using quantitative data

Research sample

Experiment 1: the research sample includes students from 34 classes. For demographic characteristics please see above.
Experiment 2: the research sample includes students from 54 departments. For demographic characteristics please see above.

Sampling strategy	Experiment 1: We aimed at recruiting as many classes possible that had no more than 50 students (so that we could code for their behavior during class via Zoom) in Mount Scopus Campus. We were aiming for at least 10 classes in each condition. Our final sample included 34 classes. Experiment 2: We recruited all of the Hebrew University departments that had Palestinian students. This resulted in 54 departments.
Data collection	In both experiments, survey responses were collected via Qualtrics platform. For experiment 1, class attendance and camera usage were collected by coding the recordings of five lectures (one prior to the start of the intervention, and four after). We obtained these recordings from the Hebrew University after lecturers consented. We had a team of research assistants who coded these recordings while blind to the goal of the experiment as well as to condition. We obtained student's grades in both experiments from the Hebrew University.
Timing	Experiment 1: Survey responses and class recordings were collected between June 30th 2020 to July 30th 2020. Final grades were obtained during February 2021. Experiment 2: the first survey was disseminated between the 8th of April 2021 to the 30th of April 2021. The second survey was disseminated between the 27th of June 2021 to the 16th of July 2021. We obtained departmental average grades during February 2022.
Data exclusions	We excluded participants only in the second experiment and according to our preregistration. We excluded students who were not enrolled as students but were taking a preparatory year at the university (survey 1: n = 540 ; survey 2: n = 40). We also excluded students who studied in two department assigned to different conditions (i.e. one to experimental and the other to control) (survey 1: n = 839; survey 2: n = 403).
Non-participation	We do not have information regarding non-participation.
Randomization	We randomized classes (experiment 1) or departments (experiment 2) into conditions using a randomization code accessible on our OSF depositary.

Reporting for specific materials, systems and methods

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

Materials & experimental systems

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

Methods

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