



Direct effect (with the mediator): $B = 0.12, SE B = 0.05, t = 2.25, p = .026$
Total effect (without the mediator): $B = 0.23, SE B = 0.05, t = 4.54, p < .001$
Indirect effect: $B_{Bootstrap} = 0.12, SE B_{Bootstrap} = 0.03, 95\% CI [0.06, 0.18]$
(Only unstandardized coefficients and effects are presented)