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# Validating an experimental paradigm for inducing and measuring habits

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## Abstract

Habits are difficult to induce and measure in human laboratory tasks, and putative behavioral indices of habits often fail to correlate with self-reported habitual tendencies. We recently developed a behavioral paradigm that reliably reveals overtraining-induced inflexibility within a single  $\sim 1$ -hour session, using a Habit Index (HI) that contrasts slips of action between extensively and minimally practiced contexts (Oh & Collins, 2025). Here, we test whether individual differences in HI reflect the same habitization process underlying real-life habits, by examining correlations between HI and self-report measures: the COHS Automaticity subscale, the Habitual Tendencies Questionnaire, and the Self-Report Behavioural Automaticity Index administered with respect to task behavior. Pilot data ( $N=106$ ) showed positive associations between overall HI and these measures ( $\rho \approx .25-.35$ ). We preregistered this correlational study (target  $N=200$ ) and will present confirmatory results.

**Keywords:** habits; human behavior; individual differences; construct validation