

Supplementary Material

The effects of social media abstinence on affective well-being and life satisfaction:

A systematic review and meta-analysis

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Appendix A. Search strings and filters per database

PubMed

((("Social Media"[Mesh] OR "Social Networking"[Mesh] OR "Mobile Applications"[Mesh] OR "Smartphone"[Mesh] OR "Internet Addiction Disorder"[Mesh] OR "Cell Phone Use"[Mesh] OR digital[Title/Abstract] OR "social media*" [Title/Abstract] OR "social networking site*" [Title/Abstract] OR "social network site*" [Title/Abstract] OR SNS[Title/Abstract] OR Facebook[Title/Abstract] OR Instagram[Title/Abstract]) AND (abstain*[Title/Abstract] OR abstinence[Title/Abstract] OR abandon*[Title/Abstract] OR avoid*[Title/Abstract] OR detox*[Title/Abstract] OR break*[Title/Abstract] OR vacation[Title/Abstract] OR fast*[Title/Abstract] OR diet*[Title/Abstract] OR "give up"[Title/Abstract] OR "giving up"[Title/Abstract] OR without[Title/Abstract] OR refus*[Title/Abstract] OR discontinu*[Title/Abstract] OR non-us*[Title/Abstract] OR resist*[Title/Abstract] OR sabbatical[Title/Abstract] OR interrupt*[Title/Abstract] OR unplug*[Title/Abstract] OR "opt out"[Title/Abstract] OR "opting out"[Title/Abstract] OR quit*[Title/Abstract])) AND (("Mental Health"[Mesh] OR "Affect"[Mesh] OR wellbeing[Title/Abstract] OR well-being[Title/Abstract] OR affect[Title/Abstract] OR "positive affect*" [Title/Abstract] OR "negative affect*" [Title/Abstract] OR SWB[Title/Abstract] OR MWB[Title/Abstract] OR AWB[Title/Abstract] OR DWB[Title/Abstract]) OR ("Personal Satisfaction"[Mesh] OR "life satisfaction"[Title/Abstract] OR "satisfaction with life"[Title/Abstract]))

Scopus

TITLE-ABS-KEY((((digital OR "social media*" OR "social networking site*" OR "social network site*" OR SNS OR Facebook OR Instagram) W/6 (abstain* OR abstinence OR abandon* OR avoid* OR detox* OR break* OR vacation OR fast* OR diet* OR "give up" OR "giving up" OR without OR refus* OR discontinu* OR non-us* OR resist* OR sabbatical OR interrupt* OR unplug* OR "opt out" OR "opting out" OR quit*)) AND ((wellbeing OR well-being OR affect OR "positive affect*" OR "negative affect*" OR SWB OR MWB OR AWB OR DWB) OR ("life satisfaction" OR "satisfaction with life"))))

Web of Science

TS=(((digital OR "social media*" OR "social networking site*" OR "social network site*" OR SNS OR Facebook OR Instagram) Near/6 (abstain* OR abstinence OR abandon* OR avoid* OR detox* OR break* OR vacation OR fast* OR diet* OR "give up" OR "giving up"

OR without OR refus* OR discontinu* OR non-us* OR resist* OR sabbatical OR interrupt* OR unplug* OR "opt out" OR "opting out" OR quit*)) AND ((wellbeing OR well-being OR affect OR "positive affect*" OR "negative affect*" OR SWB OR MWB OR AWB OR DWB) OR ("life satisfaction" OR "satisfaction with life")))

Communication Source

TI (((digital OR "social media*" OR "social networking site*" OR "social network site*" OR SNS OR Facebook OR Instagram) AND (abstain* OR abstinence OR abandon* OR avoid* OR detox* OR break* OR vacation OR fast* OR diet* OR "give up" OR "giving up" OR without OR refus* OR discontinu* OR non-us* OR resist* OR sabbatical OR interrupt* OR unplug* OR "opt out" OR "opting out" OR quit*)) AND ((wellbeing OR well-being OR affect OR "positive affect*" OR "negative affect*" OR SWB OR MWB OR AWB OR DWB) OR ("life satisfaction" OR "satisfaction with life")))) OR AB (((digital OR "social media*" OR "social networking site*" OR "social network site*" OR SNS OR Facebook OR Instagram) AND (abstain* OR abstinence OR abandon* OR avoid* OR detox* OR break* OR vacation OR fast* OR diet* OR "give up" OR "giving up" OR without OR refus* OR discontinu* OR non-us* OR resist* OR sabbatical OR interrupt* OR unplug* OR "opt out" OR "opting out" OR quit*)) AND ((wellbeing OR well-being OR affect OR "positive affect*" OR "negative affect*" OR SWB OR MWB OR AWB OR DWB) OR ("life satisfaction" OR "satisfaction with life")))) OR SU (((digital OR "social media*" OR "social networking site*" OR "social network site*" OR SNS OR Facebook OR Instagram) AND (abstain* OR abstinence OR abandon* OR avoid* OR detox* OR break* OR vacation OR fast* OR diet* OR "give up" OR "giving up" OR without OR refus* OR discontinu* OR non-us* OR resist* OR sabbatical OR interrupt* OR unplug* OR "opt out" OR "opting out" OR quit*)) AND ((wellbeing OR well-being OR affect OR "positive affect*" OR "negative affect*" OR SWB OR MWB OR AWB OR DWB) OR ("life satisfaction" OR "satisfaction with life")))) OR KW (((digital OR "social media*" OR "social networking site*" OR "social network site*" OR SNS OR Facebook OR Instagram) AND (abstain* OR abstinence OR abandon* OR avoid* OR detox* OR break* OR vacation OR fast* OR diet* OR "give up" OR "giving up" OR without OR refus* OR discontinu* OR non-us* OR resist* OR sabbatical OR interrupt* OR unplug* OR "opt out" OR "opting out" OR quit*)) AND ((wellbeing OR well-being OR affect OR "positive affect*" OR "negative affect*" OR SWB OR MWB OR AWB OR DWB) OR ("life satisfaction" OR "satisfaction with life"))))

Cochrane Library

((exp "Social Media"/ OR exp "Social Networking"/ OR exp "Mobile Applications"/ OR exp Smartphone/ OR exp "Internet Addiction Disorder"/ OR exp "Cell Phone Use"/ OR (digital OR "social media*" OR "social networking site*" OR "social network site*" OR SNS OR Facebook OR Instagram).ti,ab,kw) AND (abstain* OR abstinence OR abandon* OR avoid* OR detox* OR break* OR vacation OR fast* OR diet* OR "give up" OR "giving up" OR without OR refus* OR discontinu* OR non-us* OR resist* OR sabbatical OR interrupt* OR unplug* OR "opt out" OR "opting out" OR quit*).ti,ab,kw) AND ((exp "Mental Health"/ OR exp Affect/ OR (wellbeing OR well-being OR affect OR "positive affect*" OR "negative affect*" OR SWB OR MWB OR AWB OR DWB).ti,ab,kw) OR (exp "Personal Satisfaction"/ OR ("life satisfaction" OR "satisfaction with life").ti,ab,kw))

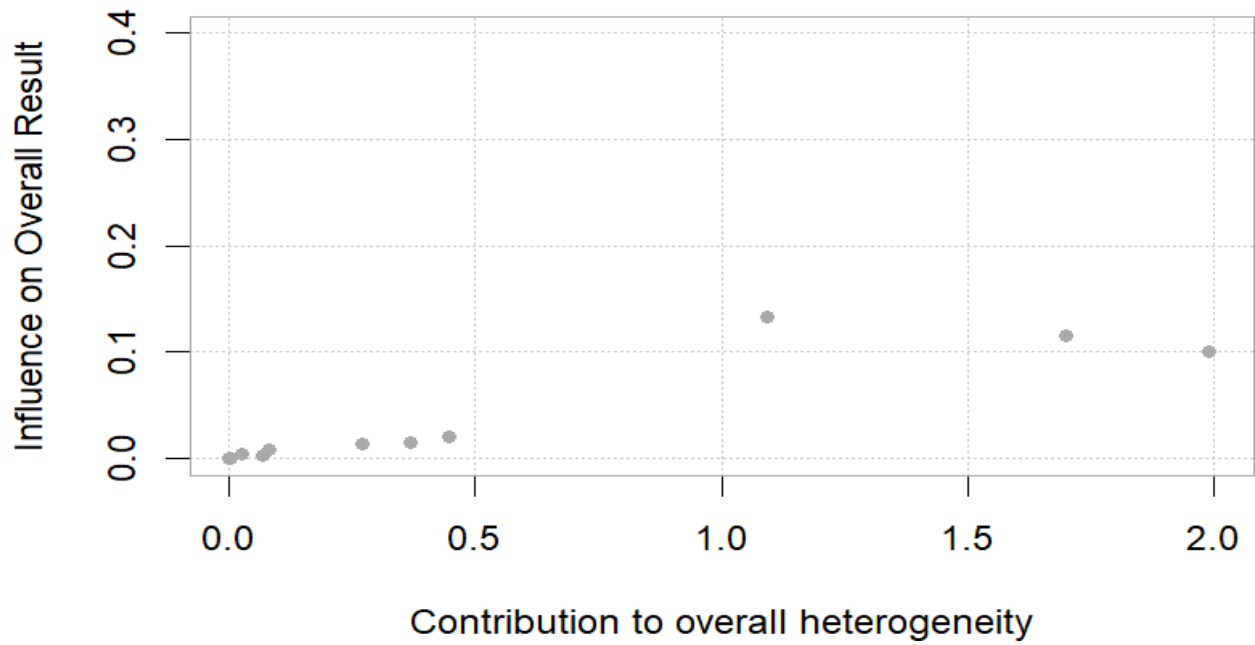
Google Scholar

Digital|“social media”|“social network”|Facebook|Instagram
abstinence|abandon|detox|break|vacation|fast|diet|“give up”|discontinue|non-
users|sabbatical|unplug|“opt out”|quit wellbeing|well-being|affect|“life satisfaction”

(The researchers had to truncate the initial search string for Google Scholar as it has a limit of 256 characters)

Figure A1

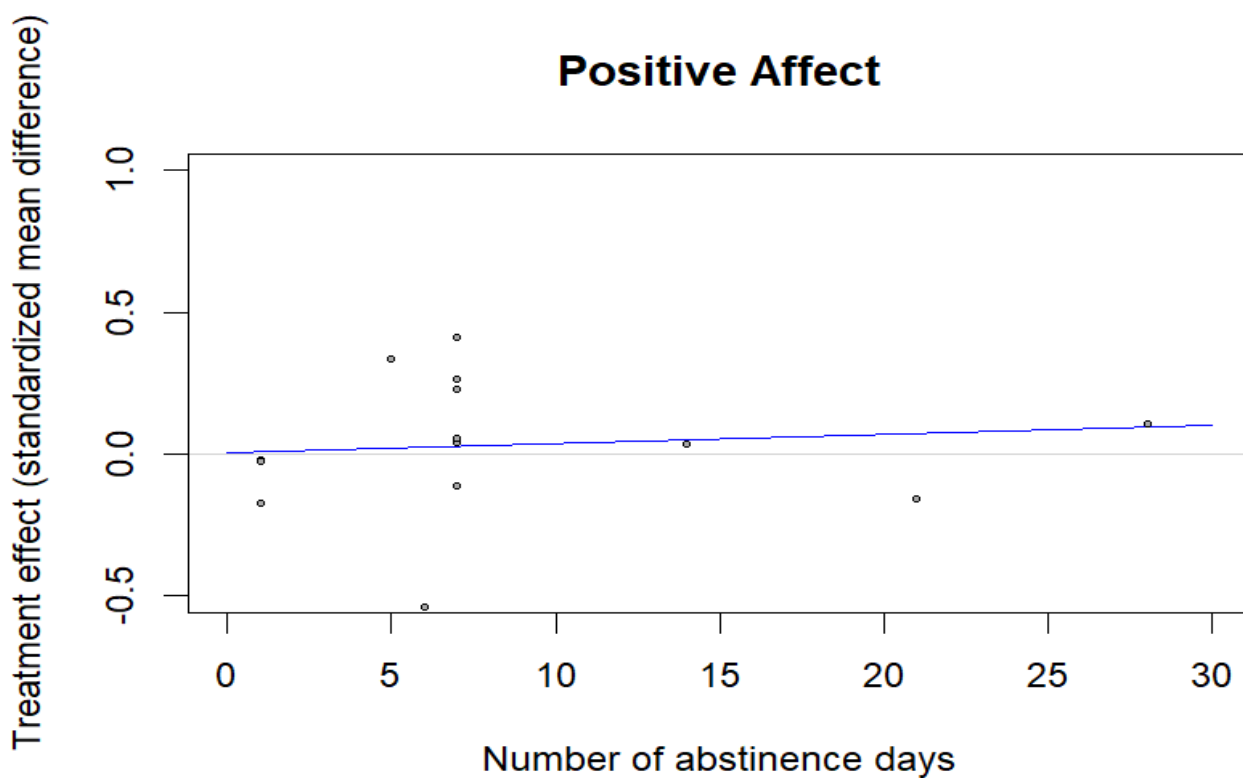
Baujat plot for positive affect



Note. Each dot represents a different study. A higher dot signifies a greater contribution to the overall heterogeneity, while a lower dot indicates a lesser contribution.

Figure A2

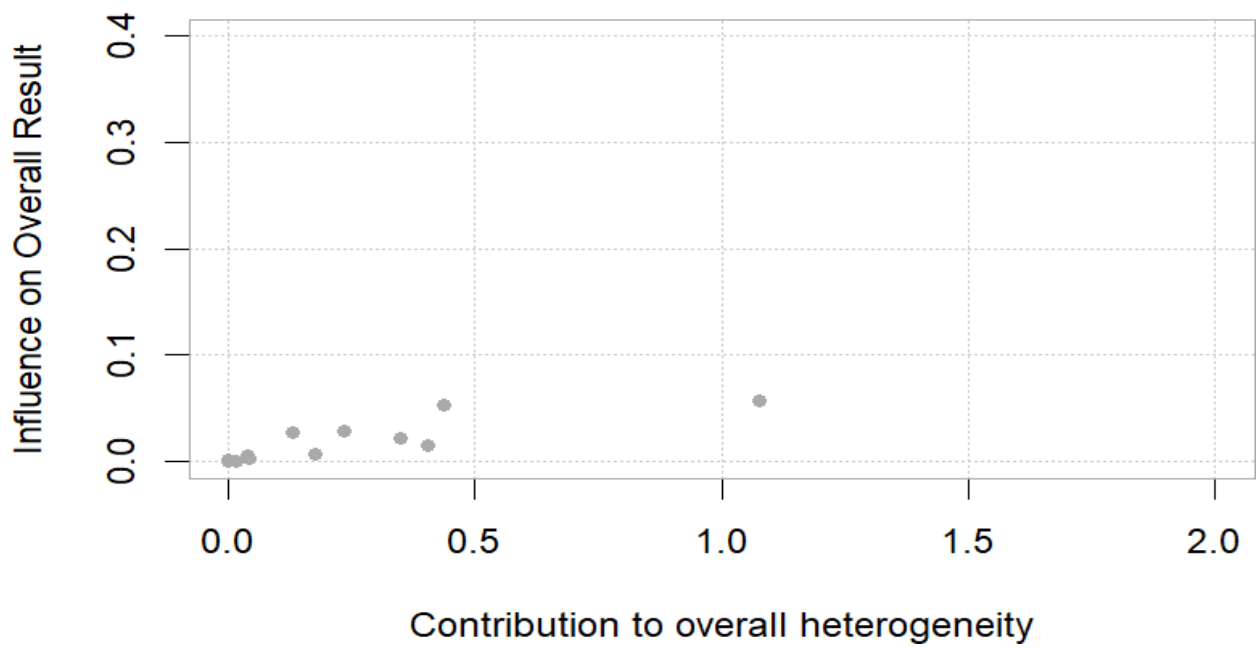
Bubble plot visualizing the relationship between social media abstinence duration and positive affect



Note. Bubble plot illustrating the relationship between the number of abstinence days and the treatment effect of social media abstinence on positive affect. Each dot represents an individual study, with the x-axis indicating the number of abstinence days and the y-axis reflecting the treatment effect. The blue line represents the fitted regression line.

Figure A3

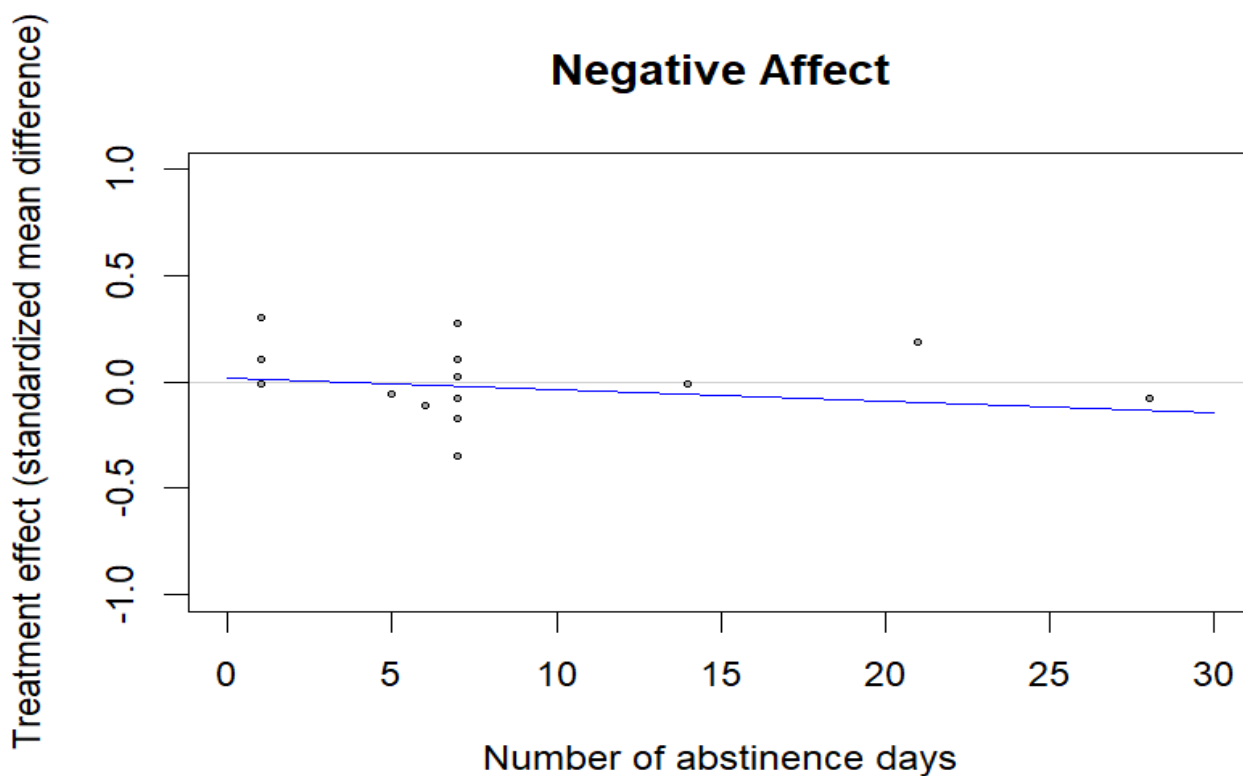
Baujat plot for negative affect



Note. Each dot represents an individual study. A higher dot signifies a greater contribution to the overall heterogeneity, while a lower dot indicates a lesser contribution.

Figure A4

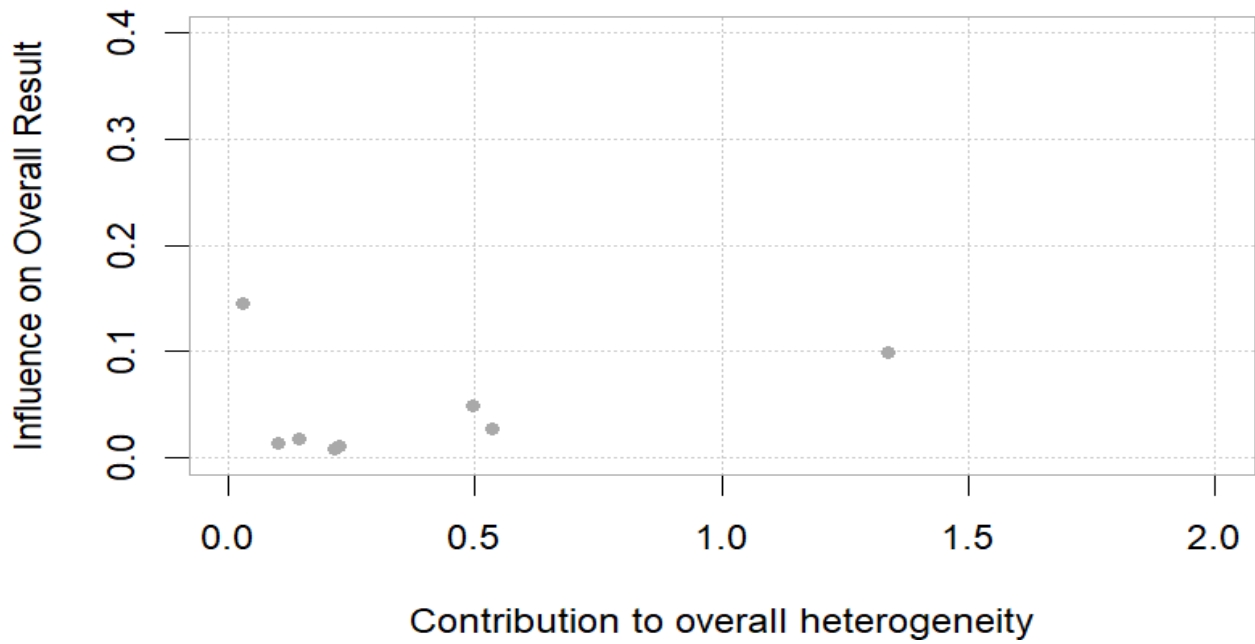
Bubble plot visualizing the relationship between social media abstinence duration and negative affect



Note. Bubble plot illustrating the relationship between the number of abstinence days and the treatment effect of social media abstinence on negative affect. Each dot represents an individual study, with the x-axis indicating the number of abstinence days and the y-axis reflecting the treatment effect. The blue line represents the fitted regression line.

Figure A5

Baujat plot for life satisfaction



Note. Each dot represents an individual study. A higher dot signifies a greater contribution to the overall heterogeneity, while a lower dot indicates a lesser contribution.

Figure A6

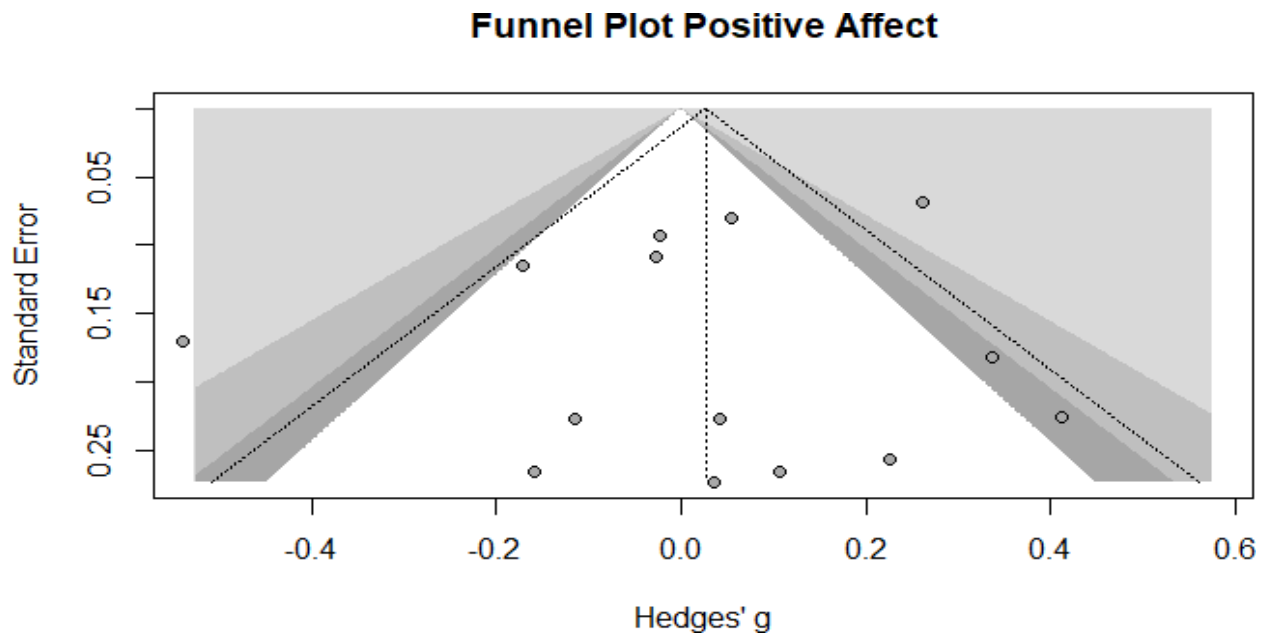
Bubble plot visualizing the relationship between social media abstinence duration and life satisfaction



Note. Bubble plot illustrating the relationship between the number of abstinence days and the treatment effect of social media abstinence on life satisfaction. Each dot represents an individual study, with the x-axis indicating the number of abstinence days and the y-axis reflecting the treatment effect. The blue line represents the fitted regression line.

Figure A7

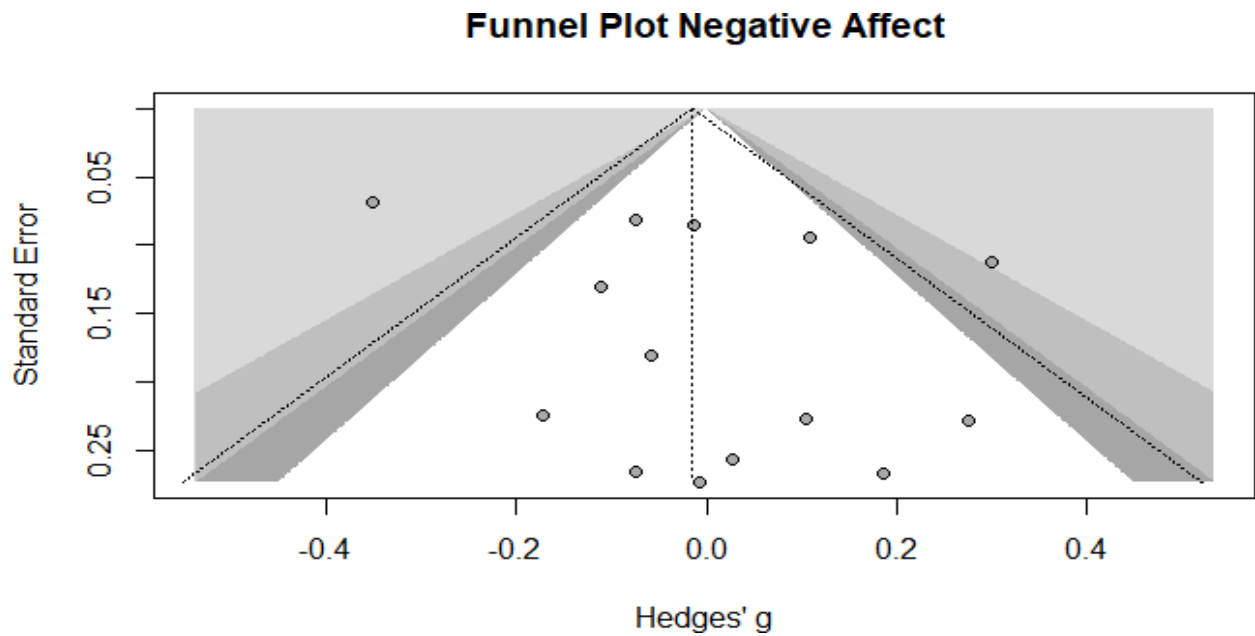
Contour-enhanced funnel plot for positive affect



Note. This contour-enhanced funnel plot displays the distribution of Hedges' g effect sizes in relation to the standard error for social media abstinence studies looking at positive affect as an outcome. Each dot represents an individual study. The plot appears symmetrical, suggesting the absence of significant publication bias.

Figure A8

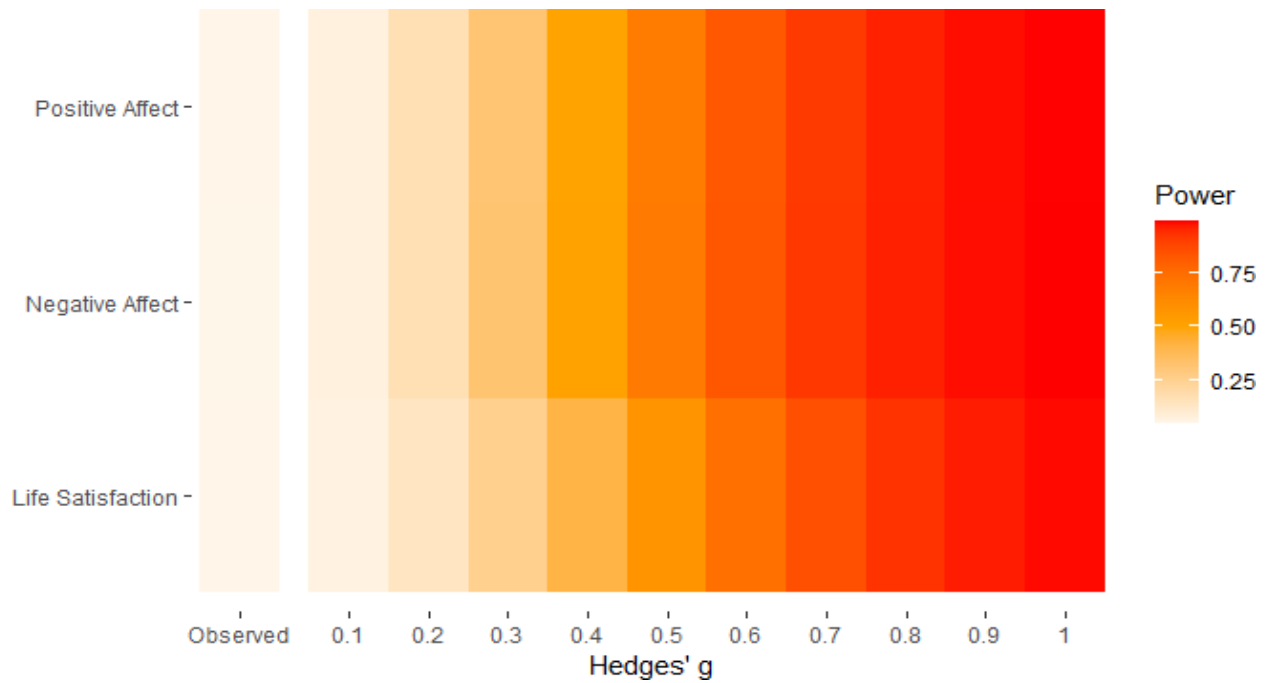
Contour-enhanced funnel plot for negative affect



Note. This contour-enhanced funnel plot displays the distribution of Hedges' g effect sizes in relation to the standard error for social media abstinence studies looking at negative affect as an outcome. Each dot represents an individual study. The plot appears symmetrical, suggesting the absence of significant publication bias.

Figure A9

Firepower plot



Note. This firepower plot illustrates the statistical power of our meta-analysis for positive affect, negative affect, and life satisfaction. The color gradients represent varying levels of power, with darker colors indicating higher power and lighter colors indicating lower power across different Hedges' g effect sizes.