

Additional File 2

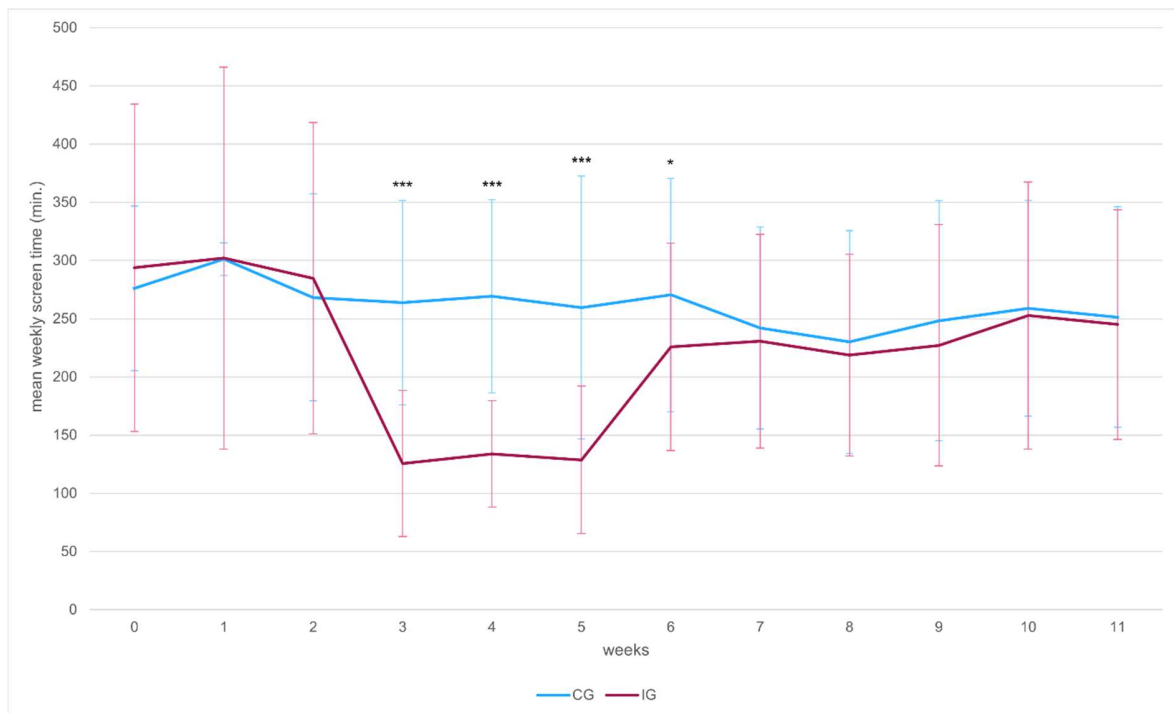
for

Smartphone screen time reduction improves mental health: A randomized controlled trial

Christoph Pieh, Elke Humer, Andreas Hönigl, Julia Schwab, Doris Mayerhofer, Rachel Dale, Katja Haider

Corresponding author: christoph.pieh@donau-uni.ac.at, Affiliation: [University for Continuing Education Krems](#)

Figure A1 Illustration of the average weekly screen time per group.



Note. Vertical lines indicate the standard deviation. Significant between-group differences are indicated by asterisks (* $p \leq .05$; ** $p \leq .01$; *** $p \leq .001$). CG: control group; IG: intervention group.