

Additional File 3

for

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

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Table A1 Comparison of baseline characteristics between the intervention group's adherent and non-adherent subgroup and the non-adherent group and control group.

	Adherent IG subgroup (ST ≤ 2h/d)	Non-adherent IG subgroup (ST > 2h/d)	CG		
<i>n</i>	24	34	53		
			Sig. 2-tailed		Sig. 2-tailed
Gender (male/female)	9 m / 15 f 37.5% / 62.5%	13 m / 21 f 38.2% / 61.8%	$\chi^2 = .003$ (1) $p = .955$	19 m / 34 f 35.8% / 64.2%	$\chi^2 = .0019$ (1) $p = .889$
	<i>M</i> (<i>SD</i>)	<i>M</i> (<i>SD</i>)	Sig. 2-tailed	<i>M</i> (<i>SD</i>)	Sig. 2-tailed
Age (years)	23.25 (2.524)	22.65 (2.385)	$t = .926$ (56), $p = .359$	22.43 (2.678)	$t = -1.260$ (75), $p = .212$
Screen time (min.)	253.29 (125.096)	306.88 (136.812)	$t = -1.521$ (56), $p = .134$	268.22 (88.896)	$t = .859$ (74), $p = .393$
Physical activity	2.54 (1.641)	3.03 (1.678)	$t = -1.100$ (56), $p = .276$	2.92 (1.867)	$t = .599$ (75), $p = .551$
Depressive symptoms (PHQ-9)	7.75 (3.365)	7.74 (3.620)	$t = .012$ (56), $p = .991$	7.64 (4.021)	$t = -.112$ (75), $p = .911$
Sleep quality (ISI)	8.96 (4.045)	8.75 (5.344)	$t = .164$ (56), $p = .870$	9.31 (5.059)	$t = .299$ (75), $p = .766$
Stress (PSQ-20)	38.41 (18.504)	41.79 (18.328)	$t = -.688$ (56), $p = .494$	39.696 (18.997)	$t = .278$ (75), $p = .782$
Well-being (WHO-5)	13.92 (3.361)	14.32 (3.615)	$t = -.432$ (56), $p = .334$	14.46 (4.276)	$t = .548$ (75), $p = .293$
Body appreciation (BAS-2)	34.29 (7.948)	36.22 (7.385)	$t = -.949$ (56), $p = .347$	37.93 (7.276)	$t = 1.973$ (75), $p = .052$
Smartphone addiction (SAS-SV)	32.50 (7.343)	33.91 (8.115)	$t = -.678$ (56), $p = .501$	33.47 (9.305)	$t = .450$ (75), $p = .654$
Anxiety symptoms (GAD-7)	5.79 (3.426)	6.26 (3.519)	$t = -.507$ (56), $p = .614$	6.60 (4.259)	$t = .820$ (75), $p = .415$
Disordered Eating (SCOFF)	1.17 (1.204)	1.15 (1.131)	$t = .068$ (56), $p = .946$	1.76 (1.591)	$t = 1.617$ (75), $p = .110$

Note. PHQ-9: Patient Health Questionnaire 9; ISI: Insomnia Severity Index; PSQ-20: Perceived Stress Questionnaire; WHO-5: World Health Organization 5 well-being questionnaire; BAS-2: Body Appreciation Scale 2; SAS-SV: Smartphone Addiction Scale Short Version; GAD-7: General Anxiety Disorder Scale; SCOFF: Screening Questionnaire for Eating Disorders p : p -value (2-tailed); M : mean; SD : standard deviation; F : F -statistic; IG: intervention group; CG: control group.