

Additional File 4

for

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

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Table A3 Pairwise comparison of time points per control and intervention group.

	Group	Time	Mean Difference	Std. Error	<i>p</i> *	95% CI for Difference
Depression	CG	t0 - t1	-0.119	0.437	1.000	-1.182, 0.944
		t0 - t2	-0.362	0.496	1.000	-1.567, 0.844
		t1 - t2	-.243	0.430	1.000	-1.287, 0.802
	IG	t0 - t1	2.092	0.418	< .001	1.076, 3.109
		t0 - t2	1.056	0.474	.084	-0.096, 2.208
		t1 - t2	-1.036	0.411	.039	-2.034, -0.038
Well-being	CG	t0 - t1	-0.118	0.540	1.000	-1.431, 1.194
		t0 - t2	0.170	0.601	1.000	-1.291, 1.631
		t1 - t2	0.288	0.515	1.000	-.964, 1.540
	IG	t0 - t1	-1.961	0.516	< .001	-3.215, -0.706
		t0 - t2	-1.019	0.574	.237	-2.416, 0.378
		t1 - t2	0.942	0.492	.175	-.255, 2.139
Stress	CG	t0 - t1	-1.259	1.724	1.000	-5.45, 2.931
		t0 - t2	-3.591	1.703	.112	-7.733, 0.551
		t1 - t2	-2.332	1.676	.501	-6.406, 1.742
	IG	t0 - t1	6.342	1.648	< .001	2.336, 10.348
		t0 - t2	2.073	1.628	.617	-1.887, 6.032
		t1 - t2	-4.269	1.602	.027	-8.164, -0.375
Sleep	CG	t0 - t1	-0.504	0.650	1.000	-2.083, 1.075
		t0 - t2	-1.171	0.647	.220	-2.744, 0.403
		t1 - t2	-0.667	0.520	.607	-1.930, 0.597
	IG	t0 - t1	1.605	0.621	.033	0.095, 3.115
		t0 - t2	1.315	0.619	.107	-0.189, 2.819
		t1 - t2	-0.290	0.497	1.000	-1.497, 0.918
Body appreciation	CG	t0 - t1	-0.060	0.507	1.000	-1.291, 1.172
		t0 - t2	-0.332	0.532	1.000	-1.625, 0.961
		t1 - t2	-0.272	0.507	1.000	-1.505, 0.961
	IG	t0 - t1	-1.203	0.484	.043	-2.381, -0.026
		t0 - t2	-1.218	0.508	.055	-2.454, 0.018
		t1 - t2	-0.015	0.485	1.000	-1.193, 1.164
Smartphone addiction	CG	t0 - t1	0.942	0.884	.867	-1.208, 3.092
		t0 - t2	0.606	0.745	1.000	-1.204, 2.417
		t1 - t2	-0.336	0.793	1.000	-2.264, 1.593
	IG	t0 - t1	7.322	0.845	< .001	5.268, 9.377
		t0 - t2	4.235	0.712	< .001	2.504, 5.966
		t1 - t2	-3.087	0.758	< .001	-4.931, -1.244
Disordered eating	CG	t0 - t1	0.642	0.170	< .001	0.229, 1.055
		t0 - t2	0.662	0.186	.002	0.210, 1.114
		t1 - t2	0.020	0.094	1.000	-0.210, 0.250
	IG	t0 - t1	0.289	0.162	.235	-0.106, 0.684
		t0 - t2	0.162	0.178	1.000	-0.270, 0.594
		t1 - t2	-0.127	0.09	0.486	-0.347, 0.092

Note. * Bonferroni-adjustment for multiple comparisons; significant *p*-values are displayed in bold. IG: intervention group; CG: control group; *p*: *p*-value (2-tailed); CI: confidence interval; t0: baseline, t1: post-intervention; t2: follow-up.