

## Additional File 7

for

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

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**Table A5** Pairwise comparison of time points per control and intervention group that adhered to ≤2h screen time limit.

|                      | Group   | Time    | Mean Difference | Std. Error | p*               | 95% CI for Difference |
|----------------------|---------|---------|-----------------|------------|------------------|-----------------------|
| Depression           | CG      | t0 - t1 | -0.119          | 0.360      | 1.000            | -1.000, 0.762         |
|                      |         | t0 - t2 | -0.362          | 0.466      | 1.000            | -1.503, 0.779         |
|                      |         | t1 - t2 | -0.243          | 0.440      | 1.000            | -1.321, 0.835         |
|                      | IG ≤ 2h | t0 - t1 | 3.122           | 0.534      | <b>&lt; .001</b> | 1.813, 4.431          |
|                      |         | t0 - t2 | 1.689           | 0.692      | .051             | -0.006, 3.385         |
|                      |         | t1 - t2 | -1.433          | 0.654      | .095             | -3.035, 0.169         |
| Well-being           | CG      | t0 - t1 | -0.136          | 0.540      | 1.000            | -1.465, 1.192         |
|                      |         | t0 - t2 | -0.023          | 0.646      | 1.000            | -1.613, 1.567         |
|                      |         | t1 - t2 | 0.114           | 0.540      | 1.000            | -1.216, 1.443         |
|                      | IG ≤ 2h | t0 - t1 | -3.000          | 0.801      | <b>.001</b>      | -4.970, -1.030        |
|                      |         | t0 - t2 | -0.900          | 0.958      | 1.000            | -3.258, 1.458         |
|                      |         | t1 - t2 | 2.100           | 0.801      | <b>.033</b>      | 0.128, 4.072          |
| Stress               | CG      | t0 - t1 | -0.799          | 1.835      | 1.000            | -5.308, 3.711         |
|                      |         | t0 - t2 | -2.951          | 1.816      | .327             | -7.415, 1.512         |
|                      |         | t1 - t2 | -2.153          | 1.772      | .687             | -6.508, 2.203         |
|                      | IG ≤ 2h | t0 - t1 | 9.474           | 2.917      | <b>.006</b>      | 2.306, 16.641         |
|                      |         | t0 - t2 | 2.281           | 2.887      | 1.000            | -4.813, 9.375         |
|                      |         | t1 - t2 | -7.193          | 2.817      | <b>.039</b>      | -14.116, -0.270       |
| Sleep                | CG      | t0 - t1 | -0.504          | 0.597      | 1.000            | -1.967, 0.959         |
|                      |         | t0 - t2 | -1.171          | 0.539      | .099             | -2.490, 0.149         |
|                      |         | t1 - t2 | -0.667          | 0.506      | .576             | -1.907, 0.574         |
|                      | IG ≤ 2h | t0 - t1 | 3.129           | 0.888      | <b>.002</b>      | 0.955, 5.303          |
|                      |         | t0 - t2 | 3.092           | 0.801      | <b>&lt; .001</b> | 1.131, 5.053          |
|                      |         | t1 - t2 | -0.037          | 0.753      | 1.000            | -1.880, 1.806         |
| Body appreciation    | CG      | t0 - t1 | -0.060          | 0.469      | 1.000            | -1.208, 1.088         |
|                      |         | t0 - t2 | -0.332          | 0.526      | 1.000            | -1.620, 0.956         |
|                      |         | t1 - t2 | -0.272          | 0.491      | 1.000            | -1.474, 0.929         |
|                      | IG ≤ 2h | t0 - t1 | -2.104          | 0.697      | <b>.010</b>      | -3.810, -0.398        |
|                      |         | t0 - t2 | -1.325          | 0.781      | .282             | -3.239, 0.588         |
|                      |         | t1 - t2 | 0.779           | 0.729      | .867             | -1.007, 2.564         |
| Smartphone addiction | CG      | t0 - t1 | 0.942           | 0.799      | .726             | -1.014, 2.898         |
|                      |         | t0 - t2 | 0.606           | 0.692      | 1.000            | -1.089, 2.302         |
|                      |         | t1 - t2 | -0.336          | 0.776      | 1.000            | -2.236, 1.565         |
|                      | IG ≤ 2h | t0 - t1 | 7.833           | 1.187      | <b>&lt; .001</b> | 4.927, 10.740         |
|                      |         | t0 - t2 | 4.609           | 1.029      | <b>&lt; .001</b> | 2.089, 7.128          |
|                      |         | t1 - t2 | -3.225          | 1.153      | <b>.020</b>      | -6.049, -0.400        |
| Disordered eating    | CG      | t0 - t1 | 0.642           | 0.196      | <b>.005</b>      | 0.162, 1.121          |
|                      |         | t0 - t2 | 0.662           | 0.21       | <b>.007</b>      | 0.146, 1.177          |
|                      |         | t1 - t2 | 0.020           | 0.096      | 1.000            | -0.216, 0.256         |
|                      | IG ≤ 2h | t0 - t1 | 0.375           | 0.291      | .605             | -0.338, 1.088         |
|                      |         | t0 - t2 | 0.118           | 0.313      | 1.000            | -0.648, 0.884         |
|                      |         | t1 - t2 | -0.257          | 0.143      | .232             | -0.608, 0.094         |

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.