

Additional File 8

for

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

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Table A6 Pairwise comparison of control and intervention group that adhered to ≤ 2 h screen time limit per time point.

	Time	Groups	Mean Difference	Std. Error	p	95% CI for Difference	
						Lower Bound	Upper Bound
Depression		CG - IG ≤ 2 h					
	t0		-0.106	0.943	.911	-1.984	1.773
	t1		3.136	0.802	<.001	1.538	4.733
	t2		1.946	1.005	.057	-0.056	3.948
Well-being		CG - IG ≤ 2 h					
	t0		0.718	1.071	.505	-1.422	2.859
	t1		-2.145	0.975	.031	-4.094	-0.197
	t2		-0.159	1.059	.881	-2.276	1.958
Stress		CG - IG ≤ 2 h					
	t0		-1.087	4.959	.827	-10.99	8.815
	t1		9.185	4.937	.067	-0.674	19.044
	t2		4.145	5.401	.446	-6.641	14.931
Sleep		CG - IG ≤ 2 h					
	t0		0.351	1.174	.766	-1.987	2.69
	t1		3.985	1.294	.003	1.408	6.562
	t2		4.614	1.334	<.001	1.957	7.271
Body appreciation		CG - IG ≤ 2 h					
	t0		3.635	1.843	.052	-0.036	7.305
	t1		1.591	1.859	.395	-2.113	5.294
	t2		2.641	1.947	.179	-1.237	6.52
Smartphone addiction		CG - IG ≤ 2 h					
	t0		0.968	2.153	.654	-3.32	5.257
	t1		7.86	2.139	<.001	3.599	12.12
	t2		4.971	2.404	.042	0.181	9.76
Disordered eating		CG - IG ≤ 2 h					
	t0		0.59	0.365	.110	-0.137	1.317
	t1		0.324	0.245	.190	-0.164	0.811
	t2		0.047	0.253	.855	-0.458	0.551

Note. 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.