

## Supplementary Material

### Gaming and Social Media Questionnaire

In this part of the survey, we will ask you questions about these two types of digital media:

- **Digital gaming** (e.g., computer games, mobile games, or console games)
- **Social media** (e.g., Facebook, Instagram, TikTok, or snapchat)

Click on the "next" button if you play both digital games and use social media. If you do not play digital games and/or use social media, please tick one or both of the boxes below.

- I do not play any form of digital games       I do not use any form of social media

The questions below concern digital gaming and social media. The questions do **not** concern the use of a, for example, computer for studies or work. If you use both digital games and social media, we ask you to provide answers for both. The answers for digital games are in the left column marked with **DIGITAL GAMES**. The answers for social media are in the right column marked with **SOCIAL MEDIA**.

		Strongly disagree 0	Disagree 1	Neither agree nor disagree 2	Agree 3	Strongly agree 4					
		<b>DIGITAL GAMES</b>					<b>SOCIAL MEDIA</b>				
1	Using digital media is one of the most important activities in my life right now	0	1	2	3	4	0	1	2	3	4
2	I would feel bad if I was not allowed to/couldn't use digital media for a whole day	0	1	2	3	4	0	1	2	3	4
3	I need to use digital media more and more to feel satisfied	0	1	2	3	4	0	1	2	3	4
4	Reducing how much I use digital media seems impossible to me	0	1	2	3	4	0	1	2	3	4
5	I don't bother seeing friends so that I can instead use digital media (I skip or have quit free-time activities so I can use digital media)	0	1	2	3	4	0	1	2	3	4
6	My use of digital media has had negative consequences, but this hasn't made me reduce it	0	1	2	3	4	0	1	2	3	4
7	I lie about how much I use digital media	0	1	2	3	4	0	1	2	3	4
8	I use digital media as a way to escape reality	0	1	2	3	4	0	1	2	3	4
9	My use of digital media has had negative consequences for my studies/work (My use of digital media has caused problems with my family)	0	1	2	3	4	0	1	2	3	4