**Supplementary Table 1.** Results of the multiple mediator models for motivation to limit screen-time and screen-time rules

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Mediators** | **Treatment on mediator** | **Mediator on screen-time** | **Treatment on screen-time** | **Mediated effect** |
| **A (SE)** | ***p*-value** | **B (SE)** | ***p*-value** | **C’ (SE)** | ***p*-value** | **AB** | **95% CI** |
| **Autonomous motivation**  |  |
| 8-months | .22 (.16) | .174 | -7.2 (4.5) | .111 | **-27.1 (6.9)** | **< .001** | -1.58 | -5.65 to 0.88  |
| 18-months | **.39 (.17)** | **.019** | **-14.1 (4.2)** | **.001** | -21.6 (11.4) | .058 | **-5.49** | **-12.13 to -0.70**  |
| **Controlled motivation**  |  |  |  |  |  |  |  |  |
| 8-months | .16 (.14) | .257 | 1.7 (2.4) | .469 | **-27.1 (6.9)** | **< .001** | 0.27 | -0.67 to 1.66  |
| 18-months | .27 (.16) | .080 | 6.2 (5.0) | .216 | -21.6 (11.4) | .058 | 1.67 | -1.12 to 6.15  |
| **Amotivation** |  |  |  |  |  |  |  |  |
| 8-months | -.22 (.21) | .314 | **8.4 (1.9)** | **< .001** | **-27.1 (6.9)** | **< .001** | -1.85 | -5.78 to 1.61 |
| 18-months | -.19 (.16) | .226 | 4.6 (3.6) | .202 | -21.6 (11.4) | .058 | -0.87 | -3.72 to 0.86 |
| **Screen-time rules** |  |  |  |  |  |  |  |  |
| 8-months | -.03 (.09) | .746 | **-5.1 (2.6)** | **.048** | **-27.1 (6.9)** | **< .001** | 0.15 | -0.87 to 1.32  |
| 18-months | .03 (.11) | .815 | **-16.1 (5.8)** | **.006** | -21.6 (11.4) | .058 | -0.48 | -4.50 to 3.26 |

*Note.* Statistically significant pathways appear in bold text. Control and intervention groups were coded ‘1’ and ‘2’ respectively; A = estimate of unstandardized regression coefficient of treatment condition predicting change in mediators; B = estimate of unstandardized regression coefficient of the relationship between changes in mediators and changes in recreational screen-time; AB = product-of-coefficients estimate; C’ = estimate of unstandardized regression coefficient of treatment condition predicting recreational screen-time with adjustment for mediator; SE = standard error, 95% CI = 95% confidence interval of the mediated effect.