Does Putting Down Your Smartphone Make You Happier? The Effects of Restricting Digital Media on Well-Being
Supplemental Materials

Condition Instructions

Digital Diet Condition Instructions

We all have small habits that can have a big impact on our daily lives and the world around us. This week, we want you to **restrict your iPhone screen time** (such as time spent on gaming, social media, entertainment, and online news apps). You may use your iPhone for necessary daily activities, such as for GPS navigation, work, school, or to call or message friends or family. But we would like you to limit how much time you spend on your iPhone as much as possible. The more you can limit your overall screen time, the better. We want you to do your best to restrict any non-necessary screen time.

These are the apps that it would be OK to use only as absolutely necessary (at most a few minutes at a time):
- Phone Messaging apps (e.g., Messages, Messenger, WhatsApp)
- Email apps (e.g., Apple Mail, Gmail)
- GPS/Navigation (e.g., Apple Maps, Google Maps, Waze)
- Weather
- Calendar
- Calculator
- Contacts
- Camera
- Notes
- Other apps you need to obtain necessary information or to do necessary school/work/personal tasks

Please do NOT use these non-necessary apps (or use them as little as possible) this week:
- Social media apps (e.g., Facebook, Twitter, Instagram, Snapchat)
- Gaming apps (e.g., Minecraft, Candy Crush, Angry Birds)
- Entertainment apps (e.g., Netflix, Hulu, HBO)
- News apps (e.g., Apple News, CNN, Buzzfeed)
- Web browsing apps (e.g., Safari, Chrome) [Unless you need to obtain necessary info]
- Dating apps (e.g., Tinder, OkCupid, Match.com)
- Exercise, health, and relaxation apps (e.g., Fitbit, Lose It!, Calm)
- Reading/books apps (e.g., iBooks, Audible, Amazon Kindle)
- Education apps (e.g., Khan Academy, Duolingo)

Restricting your screen time this week can be made easier by doing some of the following:
- Set a Screen Time app limit of 1 min for all apps and add necessary apps (such as Phone, Messages) to "Always Allowed"
- Delete non-necessary apps off your phone
- Turn off push notifications for non-necessary apps

- Place non-necessary apps into a separate folder on your phone and place that folder on a screen you don't usually look at
- Log out of non-necessary apps on your iPhone

Please limit your iPhone usage/screen time as much as possible this week—starting tomorrow when you wake up and continuing until your next lab visit. These instructions will be emailed to you to make them easier to follow them throughout the week.

Social Diet Condition Instructions
We all have small habits that can have a big impact on our daily lives and the world around us. This week, we want you to **restrict your social media use** as much as possible. Specifically, stay off social media apps/sites (such as Facebook, Instagram, Twitter, and Snapchat) on your iPhone, computer, iPad, and other e-devices this week.

Examples of social media apps/sites/services that we would like you to avoid entirely include:
- Facebook (NOT including Facebook Messenger or WhatsApp)
- Instagram
- Twitter
- Snapchat
- Google+
- Pinterest
- LinkedIn
- YouTube
- Tumblr
- Sina Weibo
- WeChat
- Naver
- Line
- Qzone
- Kakao Talk
- Dating apps (such as OkCupid, Coffee Meets Bagel, Bumble, Tinder, Grindr, Hinge, Match.com, eHarmony, PlentyOfFish/POF Dating, etc.)

Restricting your social media usage this week can be made easier by doing some of the following:
- Set a Screen Time app limit for 1 min for Social Networking apps
- Delete social media apps off your phone
- Turn off push notifications for those apps
- Place social media apps into a separate folder on your phone and place that folder on a screen you don't usually look at
- Remove social media bookmarks from your computer web browser
- Log out of social media sites on your devices

We request that you do not look at social media at all this week. However, you may log-in to a service such as Facebook briefly if you need to obtain specific information (e.g., check details for an event), but we ask that you then log-out immediately.

Please limit your social media usage as much as possible this week—starting when you wake up tomorrow until your next lab visit. These instructions will be emailed to you to make them easier to follow throughout the week.

Water Diet Condition Instructions
We all have small habits that can have a big impact on our daily lives and the world around us. This week, we want you to **restrict your water usage**, such as by taking shorter showers and using less water when you wash dishes or brush your teeth. However, please do not change the amount of water that you *drink*.

We would like you to conserve the water you use as much as possible. Here are some things we recommend that you do this week:
- Turn off the water when you are not using it. Don't let it run while you brush your teeth, shave, or wash your hands, dishes, or fruit and vegetables.
- Take shorter showers. Try to cut 1 to 5 minutes off your shower time
- Take baths instead of showers. If you like to linger, a partially filled tub uses less water than a shower.
- Use appliances efficiently. Run full loads in the dish or clothes washer, or, if your appliance has one, use a load selector (e.g., "low water").
- Water the lawn and garden only when necessary. Early morning or evening are the best times.
- Wash your car sensibly. Clean the car with a pail of soapy water and use the hose only for a quick rinse.

Please limit your water usage (but not how much you drink) as much as possible this week — starting when you wake up tomorrow and continuing until your next lab visit. These instructions will be emailed to you to make them easier to follow throughout the week.

No Diet Condition Instructions
[Participants did not receive any condition instructions. They just completed measures.]

Table S1

Means and Standard Deviations by Condition at T_1 and T_2 (N = 338)

Outcome	Digital Diet M (SD)	Social Diet M (SD)	Water Diet M (SD)	No Diet M (SD)
T_1 SR Digital Media Time	312.62 (131.8)	340.19 (135.35)	327.91 (164.77)	330.54 (169.34)
T_2 SR Digital Media Time	199.64 (115.98)	301.3 (162.68)	352.2 (196.16)	384.86 (203.56)
T_1 Obj Digital Media Time	323.25 (100.28)	330.67 (107.83)	333.89 (114.55)	328.21 (108.28)
T_2 Obj Digital Media Time	211.37 (105.78)	275.25 (104.92)	340.75 (117.44)	315.75 (113.52)
T_1 SR Social Media Time	228.01 (129.98)	242.1 (113.97)	228.04 (109.73)	237.6 (105.14)
T_2 SR Social Media Time	112.32 (106.53)	89.91 (101.2)	228.18 (136.09)	247.75 (149.29)
T_1 Obj Social Media Time	101.28 (58.82)	114.71 (62.47)	117.67 (61.61)	127.68 (70.47)
T_2 Obj Social Media Time	57.71 (59.09)	50.32 (50.27)	120.7 (68.08)	117.31 (61.77)
T_1 Brief Happiness	2.03 (0.46)	1.85 (0.58)	1.92 (0.5)	1.98 (0.48)
T_2 Brief Happiness	2.08 (0.48)	2.03 (0.6)	1.93 (0.6)	2.1 (0.54)
T_1 Brief Satisfaction	5.28 (1.09)	4.91 (1.26)	4.82 (1.35)	5.15 (1.2)
T_2 Brief Satisfaction	5.43 (1.07)	5.25 (1.21)	5.02 (1.32)	5.29 (1.3)
T_1 Positive Emotions	4.59 (0.96)	4.46 (1.03)	4.22 (1.17)	4.5 (1.25)
T_2 Positive Emotions	4.75 (0.99)	4.54 (1.14)	4.45 (1.19)	4.85 (1.13)
T_1 Negative Emotions	2.87 (0.87)	2.94 (0.88)	3.03 (0.99)	3.26 (1)
T_2 Negative Emotions	2.63 (0.89)	2.95 (1.03)	2.92 (1.02)	2.87 (1.11)
T_1 Life Satisfaction	4.59 (1.23)	4.52 (1.09)	4.35 (1.23)	4.65 (1.08)
T_2 Life Satisfaction	5.02 (1.08)	4.8 (1.06)	4.45 (1.33)	4.76 (1.16)
T_1 Mindful Attention	3.78 (0.98)	3.77 (0.9)	3.58 (0.9)	3.42 (0.91)
T_2 Mindful Attention	4.15 (0.83)	4.06 (0.91)	3.62 (0.95)	3.64 (0.95)
T_1 Autonomy	3.64 (0.85)	3.77 (0.71)	3.54 (0.78)	3.82 (0.79)
T_2 Autonomy	3.96 (0.69)	3.81 (0.75)	3.63 (0.82)	3.88 (0.79)
T_1 Competence	3.39 (0.86)	3.43 (0.83)	3.34 (0.76)	3.44 (0.83)
T_2 Competence	3.67 (0.7)	3.55 (0.82)	3.42 (0.83)	3.51 (0.86)
T_1 Connectedness	3.93 (0.88)	3.96 (0.81)	3.74 (0.91)	3.95 (1)
T_2 Connectedness	4.01 (0.82)	3.96 (0.9)	3.8 (1.03)	4.04 (0.93)
T_1 Depression	1.88 (0.77)	1.99 (0.79)	2.22 (0.86)	2.02 (0.83)
T_2 Depression	1.75 (0.75)	1.95 (0.74)	2.14 (0.91)	1.94 (0.85)
T_1 Loneliness	2.24 (0.75)	2.28 (0.76)	2.48 (0.79)	2.28 (0.72)
T_2 Loneliness	2.06 (0.65)	2.2 (0.82)	2.44 (0.86)	2.17 (0.74)
T_1 Self-Esteem	3.71 (0.7)	3.63 (0.71)	3.53 (0.8)	3.65 (0.78)
T_2 Self-Esteem	3.98 (0.65)	3.69 (0.83)	3.56 (0.8)	3.73 (0.82)
T_1 Stress	2.64 (0.74)	2.82 (0.6)	2.88 (0.69)	2.8 (0.65)
T_2 Stress	2.41 (0.6)	2.65 (0.72)	2.78 (0.68)	2.65 (0.68)
T_1 Health	75.13 (14.1)	72.06 (16.43)	73.47 (13.85)	71.54 (16.92)
T_2 Health	77.49 (13.54)	71.43 (16.99)	72.66 (17.69)	73.53 (15.65)

Note. Values outside parentheses indicate outcome means, and parenthetical values represent standard deviations. For ease of interpretation, digital media time and social media time variables are presented in raw form (in minutes). SR = self-reported; Obj = objective.

Table S2

Bivariate Correlations

Variable	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
1. T_1 SR Digital Media Time	—																																			
2. T_1 SR Social Media Time	0.64	—																																		
3. T_1 Obj. Digital Media Time	0.59	0.43	—																																	
4. T_1 Obj. Social Media Time	0.26	0.35	0.37	—																																
5. T_1 Brief Satisfaction	-0.11	-0.19	-0.11	-0.08	—																															
6. T_1 Brief Happiness	-0.10	-0.07	-0.07	-0.04	0.54	—																														
7. T_1 Positive Emotions	-0.04	-0.09	-0.10	-0.12	0.57	0.59	—																													
8. T_1 Negative Emotions	0.17	0.21	0.19	0.21	-0.50	-0.49	-0.52	—																												
9. T_1 Life Satisfaction	-0.11	-0.15	-0.04	-0.06	0.58	0.52	0.61	-0.55	—																											
10. T_1 Mindful Attention	-0.13	-0.13	-0.12	-0.17	0.31	0.25	0.34	-0.55	0.36	—																										
11. T_1 Autonomy	-0.04	-0.07	-0.02	-0.04	0.42	0.41	0.60	-0.39	0.56	0.36	—																									
12. T_1 Competence	-0.17	-0.20	-0.13	-0.15	0.43	0.33	0.44	-0.32	0.48	0.38	0.57	—																								
13. T_1 Connectedness	-0.06	-0.09	-0.02	-0.07	0.46	0.43	0.58	-0.36	0.49	0.30	0.54	0.41	—																							
14. T_1 Depression	0.15	0.20	0.10	0.07	-0.57	-0.47	-0.53	0.55	-0.64	-0.46	-0.46	-0.47	-0.46	—																						
15. T_1 Loneliness	0.13	0.16	0.08	0.09	-0.39	-0.38	-0.51	0.44	-0.49	-0.35	-0.38	-0.33	-0.57	0.54	—																					
16. T_1 Self-Esteem	-0.11	-0.13	-0.05	-0.12	0.53	0.49	0.55	-0.51	0.64	0.42	0.50	0.49	0.46	-0.78	-0.47	—																				
17. T_1 Stress	0.12	0.15	0.08	0.16	-0.54	-0.44	-0.56	0.61	-0.58	-0.52	-0.50	-0.46	-0.36	0.60	0.49	-0.61	—																			
18. T_1 Health	-0.15	-0.19	-0.06	0.01	0.37	0.30	0.36	-0.45	0.36	0.32	0.23	0.21	0.13	-0.33	-0.24	0.34	-0.38	—																		
19. T_2 SR Digital Media Time	0.35	0.25	0.41	0.24	-0.07	0.02	-0.04	0.15	0.01	-0.18	0.03	0.01	-0.01	0.09	0.07	-0.07	0.12	-0.05	—																	
20. T_2 SR Social Media Time	0.23	0.28	0.27	0.21	-0.12	0.00	-0.07	0.17	-0.07	-0.13	-0.02	-0.07	-0.06	0.08	0.03	-0.09	0.11	-0.09	0.60	—																
21. T_2 Obj. Digital Media Time	0.41	0.32	0.68	0.34	-0.13	-0.05	-0.10	0.21	-0.05	-0.19	-0.01	-0.08	-0.05	0.08	0.08	-0.05	0.10	-0.10	0.59	0.45	—															
22. T_2 Obj. Social Media Time	0.16	0.18	0.29	0.41	-0.04	0.06	-0.03	0.11	-0.01	-0.12	0.03	-0.07	-0.03	0.02	0.02	-0.04	0.09	0.01	0.50	0.72	0.56	—														
23. T_2 Brief Satisfaction	-0.02	-0.12	-0.10	-0.02	0.53	0.38	0.49	-0.43	0.50	0.23	0.35	0.35	0.35	-0.48	-0.31	0.43	-0.44	0.33	-0.05	-0.13	-0.11	0.02	—													
24. T_2 Brief Happiness	-0.09	-0.17	-0.06	-0.06	0.52	0.48	0.53	-0.45	0.51	0.25	0.41	0.37	0.38	-0.49	-0.42	0.48	-0.47	0.31	-0.04	-0.10	-0.07	-0.01	0.59	—												
25. T_2 Positive Affect	0.01	-0.06	-0.03	-0.09	0.42	0.41	0.67	-0.43	0.53	0.26	0.50	0.39	0.46	-0.49	-0.40	0.49	-0.49	0.25	-0.01	-0.04	-0.02	0.03	0.64	0.67	—											
26. T_2 Negative Affect	0.13	0.22	0.18	0.13	-0.44	-0.36	-0.40	0.47	-0.47	-0.39	-0.28	-0.34	-0.32	0.52	0.40	-0.45	0.48	-0.40	0.15	0.16	0.16	0.07	-0.58	-0.53	-0.52	—										
27. T_2 Life Satisfaction	-0.12	-0.16	-0.07	-0.07	0.52	0.46	0.51	-0.50	0.81	0.31	0.49	0.45	0.45	-0.64	-0.46	0.59	-0.56	0.30	-0.10	-0.17	-0.11	-0.08	0.60	0.58	0.61	-0.56	—									
28. T_2 Mindful Attention	-0.06	-0.07	-0.03	-0.11	0.27	0.18	0.23	-0.38	0.39	0.60	0.23	0.29	0.23	-0.45	-0.33	0.35	-0.40	0.27	-0.23	-0.20	-0.15	-0.15	0.33	0.36	0.37	-0.53	0.48	—								
29. T_2 Autonomy	0.04	-0.03	0.02	-0.06	0.37	0.32	0.48	-0.35	0.56	0.21	0.60	0.44	0.43	-0.47	-0.35	0.52	-0.45	0.21	-0.04	-0.07	-0.02	-0.02	0.51	0.54	0.65	-0.46	0.64	0.39	—							
30. T_2 Competence	-0.10	-0.15	-0.10	-0.13	0.38	0.30	0.43	-0.34	0.45	0.27	0.47	0.64	0.39	-0.47	-0.35	0.51	-0.44	0.21	-0.09	-0.13	-0.07	-0.08	0.43	0.49	0.57	-0.48	0.56	0.41	0.66	—						
31. T_2 Connectedness	0.04	-0.02	0.09	0.02	0.35	0.37	0.47	-0.32	0.48	0.16	0.44	0.39	0.59	-0.45	-0.43	0.41	-0.37	0.15	0.06	0.01	0.07	0.07	0.49	0.49	0.61	-0.46	0.59	0.35	0.66	0.56	—					
32. T_2 Depression	0.08	0.16	0.07	0.09	-0.51	-0.42	-0.48	0.51	-0.62	-0.34	-0.40	-0.36	-0.45	0.82	0.51	-0.71	0.55	-0.29	0.11	0.11	0.07	0.03	-0.61	-0.57	-0.61	0.63	-0.76	-0.50	-0.62	-0.56	-0.57	—				
33. T_2 Loneliness	0.06	0.10	0.03	0.03	-0.40	-0.38	-0.46	0.44	-0.47	-0.29	-0.39	-0.32	-0.49	0.54	0.77	-0.46	0.49	-0.25	0.11	0.07	0.08	0.05	-0.40	-0.50	-0.50	0.55	-0.58	-0.46	-0.47	-0.42	-0.57	0.62	—			
34. T_2 Self-Esteem	-0.08	-0.11	-0.06	-0.09	0.57	0.46	0.51	-0.48	0.63	0.35	0.43	0.47	0.41	-0.77	-0.46	0.81	-0.59	0.30	-0.10	-0.11	-0.06	-0.02	0.55	0.54	0.57	-0.58	0.71	0.48	0.61	0.62	0.52	-0.83	-0.57	—		
35. T_2 Stress	0.10	0.17	0.09	0.17	-0.46	-0.35	-0.44	0.50	-0.54	-0.40	-0.42	-0.41	-0.33	0.55	0.41	-0.55	0.62	-0.34	0.18	0.20	0.17	0.11	-0.49	-0.57	-0.58	0.61	-0.66	-0.56	-0.59	-0.56	-0.47	0.66	0.54	-0.69	—	
36. T_2 Health	-0.15	-0.23	-0.13	-0.02	0.35	0.29	0.35	-0.40	0.36	0.30	0.21	0.13	0.25	-0.38	-0.32	0.33	-0.37	0.55	-0.11	-0.09	-0.15	0.01	0.40	0.44	0.46	-0.52	0.42	0.42	0.35	0.33	0.32	-0.44	-0.42	0.39	-0.48	—

Note. Correlations (Pearson *r*s) are based on ≤ 338 participants. Correlations .11 and above are significant at *p* < .05. Correlations between .09 and .11 are marginal at p < .1. Digital media time and social media time variables that were right-skewed and kurtotic were log-transformed. SR = self-reported; Obj = objective

Table S3

*Manipulation Check Regressed Change Models*

Manipulation Check Variable by Comparison	b	b SE	Partial r	Partial r 95% CI LL	UL	p
Self-Reported Digital Media Time						
H1. Digital Diet vs. Water Diet	-0.68	0.09	-0.5	-0.58	-0.4	< .001
H1. Digital Diet vs. No Diet	-0.76	0.1	-0.53	-0.62	-0.42	< .001
H1. Digital Diet vs. Both Controls	-0.71	0.07	-0.51	-0.58	-0.43	< .001
H2. Social Diet vs. Water Diet	-0.22	0.07	-0.23	-0.36	-0.09	0.002
H2. Social Diet vs. No Diet	-0.31	0.08	-0.31	-0.44	-0.15	< .001
H2. Social Diet vs. Both Controls	-0.26	0.06	-0.24	-0.35	-0.13	< .001
E. Digital Diet vs. Social Diet	-0.46	0.12	-0.32	-0.45	-0.17	< .001
Objective Digital Media Time						
H1. Digital Diet vs. Water Diet	-124.67	11.53	-0.63	-0.69	-0.55	< .001
H1. Digital Diet vs. No Diet	-104.64	12.73	-0.56	-0.64	-0.46	< .001
H1. Digital Diet vs. Both Controls	-116.27	10.48	-0.57	-0.63	-0.49	< .001
H2. Social Diet vs. Water Diet	-60.5	11.68	-0.37	-0.48	-0.24	< .001
H2. Social Diet vs. No Diet	-40.49	12.8	-0.26	-0.4	-0.1	0.002
H2. Social Diet vs. Both Controls	-52.19	10.76	-0.29	-0.39	-0.18	< .001
E. Digital Diet vs. Social Diet	-64.34	13.84	-0.37	-0.5	-0.23	< .001
Self-Reported Social Media Time						
H1. Digital Diet vs. Water Diet	-1.2	0.15	-0.51	-0.59	-0.41	< .001
H1. Digital Diet vs. No Diet	-1.23	0.18	-0.49	-0.58	-0.37	< .001
H1. Digital Diet vs. Both Controls	-1.21	0.12	-0.52	-0.59	-0.44	< .001
H2. Social Diet vs. Water Diet	-1.61	0.16	-0.61	-0.68	-0.53	< .001
H2. Social Diet vs. No Diet	-1.63	0.19	-0.59	-0.66	-0.49	< .001
H2. Social Diet vs. Both Controls	-1.61	0.13	-0.62	-0.67	-0.55	< .001
E. Digital Diet vs. Social Diet	0.41	0.25	0.13	-0.03	0.29	0.109
Objective Social Media Time						
H1. Digital Diet vs. Water Diet	-1.19	0.15	-0.5	-0.59	-0.4	< .001
H1. Digital Diet vs. No Diet	-1.12	0.18	-0.46	-0.57	-0.34	< .001
H1. Digital Diet vs. Both Controls	-1.17	0.12	-0.51	-0.58	-0.43	< .001
H2. Social Diet vs. Water Diet	-1.59	0.17	-0.6	-0.67	-0.51	< .001
H2. Social Diet vs. No Diet	-1.52	0.19	-0.57	-0.65	-0.46	< .001
H2. Social Diet vs. Both Controls	-1.56	0.13	-0.6	-0.66	-0.53	< .001
E. Digital Diet vs. Social Diet	0.45	0.27	0.15	-0.03	0.31	0.096

Note. Hypothesized condition dummy codes predicting T_2 scores, controlling for T_1 scores. Digital media time and social media time variables that were right-skewed and kurtotic were log-transformed. H1 = hypothesis 1 comparisons (Digital Diet vs. Controls); H2 = hypothesis 2 comparisons (Social Diet vs. Controls); E = exploratory comparisons (Digital Diet vs. Social Diet); CI = confidence interval; LL = lower limit; UL = upper limit.

Second-Order Latent Growth Models

In our second-order latent growth models (SOLGMs; see Figure S1), measurement invariance was imposed in the model. Residuals between the same item over time were correlated. We set the variance of the intercept latent variable to 1 and gave it an intercept of 0. The latent variables representing each time point had 0 residual variance as they were fully predicted by the intercept and slope latent variables. We then extracted values of the slope latent variable and predicted those extracted values from condition dummy codes as described above. SOLGM analyses were only conducted for multi-item variables, and thus are not presented for single items (e.g., objective digital media time, brief happiness). Both the regressed change and SOLGM statistical techniques produced highly similar results. See Table S4 for SOLGM fit statistics and Table S5 for SOLGM results.

Figure S1

Example Second-Order Latent Growth Model
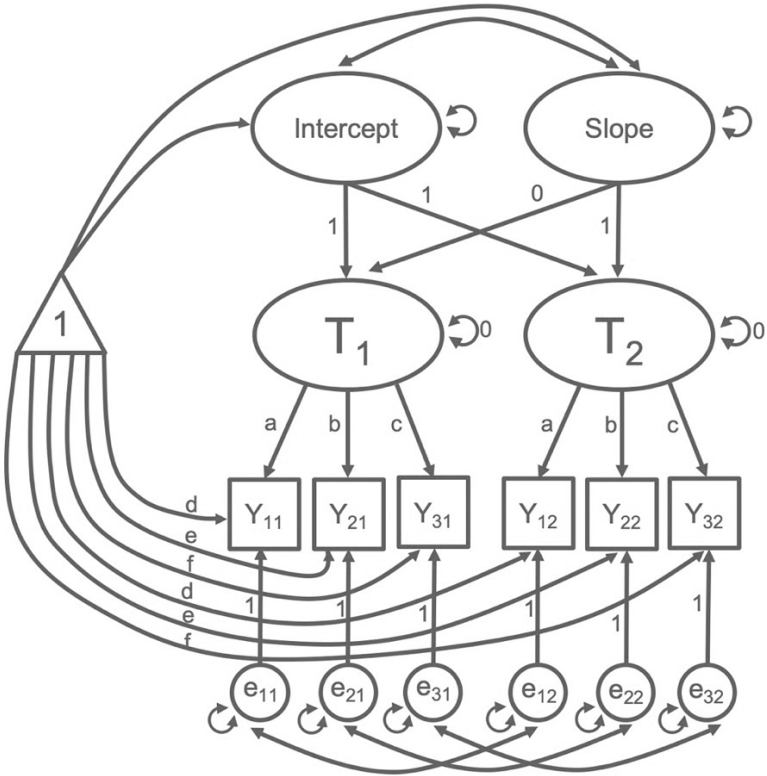
Note. Example second-order latent growth model used to model growth in outcome measures (e.g., positive affect, life satisfaction) from T_1 to T_2. Factor loadings were constrained to be equal across time. Correlations between the same items over the same duration were constrained to be equal and first-order latent variables had residual variances set to 0.

Table S4

Second-Order Latent Growth Model Fit Statistics

Construct	χ^2	df	CFI	TLI	RMSEA [90% CI]	SRMR
Hypothesis 1. Digital Diet vs. Water Diet:						
Positive Emotions	203.092	66	0.924	0.910	0.104 [0.088, 0.121]	0.073
Negative Emotions	162.918	66	0.898	0.880	0.088 [0.071, 0.105]	0.066
Life Satisfaction	71.250	44	0.982	0.977	0.057 [0.031, 0.080]	0.038
Mindful Attention	85.243	66	0.950	0.937	0.070 [0.047, 0.092]	0.051
Autonomy	10.466	12	1.000	1.006	0.000 [0.000, 0.066]	0.029
Competence	25.129	12	0.968	0.944	0.076 [0.033, 0.117]	0.050
Connectedness	27.107	12	0.980	0.964	0.081 [0.040, 0.122]	0.041
Depression	148.861	66	0.951	0.942	0.081 [0.064, 0.098]	0.053
Loneliness	302.270	66	0.813	0.779	0.137 [0.121, 0.153]	0.139
Self-Esteem	147.226	66	0.943	0.932	0.080 [0.063, 0.098]	0.047
Stress	42.487	26	0.970	0.959	0.058 [0.022, 0.088]	0.051
Health	100.324	44	0.902	0.877	0.082 [0.061, 0.103]	0.071
Hypothesis 1. Digital Diet vs. No Diet:						
Positive Emotions	169.293	66	0.926	0.913	0.100 [0.082, 0.119]	0.058
Negative Emotions	153.736	66	0.891	0.872	0.092 [0.073, 0.111]	0.066
Life Satisfaction	92.842	44	0.953	0.942	0.084 [0.060, 0.108]	0.060
Mindful Attention	88.902	66	0.932	0.915	0.081 [0.056, 0.105]	0.060
Autonomy	17.079	12	0.985	0.974	0.052 [0.000, 0.104]	0.044
Competence	17.558	12	0.984	0.972	0.054 [0.000, 0.106]	0.042
Connectedness	15.746	12	0.993	0.988	0.045 [0.000, 0.099]	0.037
Depression	120.322	66	0.957	0.949	0.073 [0.052, 0.093]	0.064
Loneliness	247.956	66	0.767	0.725	0.133 [0.116, 0.151]	0.100
Self-Esteem	105.791	66	0.964	0.958	0.062 [0.039, 0.084]	0.051
Stress	43.548	26	0.953	0.934	0.066 [0.028, 0.099]	0.058
Health	86.263	44	0.917	0.897	0.078 [0.054, 0.103]	0.068
Hypothesis 1. Digital Diet vs. Both Controls:						
Positive Emotions	235.513	66	0.936	0.924	0.097 [0.084, 0.111]	0.059
Negative Emotions	179.800	66	0.919	0.905	0.080 [0.066, 0.094]	0.054
Life Satisfaction	82.220	44	0.980	0.975	0.057 [0.037, 0.075]	0.037
Mindful Attention	105.095	66	0.948	0.935	0.072 [0.054, 0.089]	0.046
Autonomy	10.833	12	1.000	1.003	0.000 [0.000, 0.057]	0.026
Competence	16.979	12	0.992	0.986	0.039 [0.000, 0.079]	0.034
Connectedness	26.226	12	0.987	0.977	0.066 [0.031, 0.101]	0.032
Depression	170.993	66	0.954	0.946	0.077 [0.063, 0.091]	0.051
Loneliness	391.160	66	0.808	0.773	0.135 [0.122, 0.148]	0.133
Self-Esteem	145.644	66	0.961	0.953	0.067 [0.052, 0.081]	0.041
Stress	45.773	26	0.972	0.961	0.053 [0.026, 0.078]	0.046
Health	135.605	44	0.896	0.870	0.088 [0.071, 0.105]	0.069

Table S4 (Continued)

Construct	χ^2	df	CFI	TLI	RMSEA [90% CI]	SRMR
Hypothesis 2. Social Diet vs. Water Diet:						
Positive Emotions	180.423	66	0.934	0.922	0.098 [0.081, 0.115]	0.065
Negative Emotions	135.925	66	0.928	0.915	0.076 [0.058, 0.094]	0.062
Life Satisfaction	46.848	44	0.998	0.997	0.019 [0.000, 0.054]	0.037
Mindful Attention	62.521	66	0.977	0.971	0.048 [0.014, 0.074]	0.042
Autonomy	14.299	12	0.994	0.990	0.032 [0.000, 0.086]	0.041
Competence	21.360	12	0.977	0.959	0.065 [0.009, 0.110]	0.044
Connectedness	22.626	12	0.986	0.975	0.070 [0.021, 0.113]	0.035
Depression	140.265	66	0.950	0.941	0.079 [0.061, 0.097]	0.050
Loneliness	270.152	66	0.837	0.807	0.130 [0.114, 0.147]	0.147
Self-Esteem	112.979	66	0.965	0.959	0.063 [0.042, 0.082]	0.046
Stress	19.360	26	1.000	1.021	0.000 [0.000, 0.037]	0.041
Health	136.043	44	0.860	0.824	0.107 [0.087, 0.128]	0.089
Hypothesis 2. Social Diet vs. No Diet:						
Positive Emotions	163.364	66	0.930	0.917	0.100 [0.081, 0.120]	0.056
Negative Emotions	134.139	66	0.919	0.904	0.084 [0.063, 0.104]	0.066
Life Satisfaction	61.227	44	0.979	0.973	0.052 [0.009, 0.081]	0.055
Mindful Attention	89.487	66	0.933	0.917	0.084 [0.059, 0.109]	0.064
Autonomy	31.912	12	0.941	0.896	0.106 [0.062, 0.152]	0.060
Competence	17.315	12	0.984	0.973	0.055 [0.000, 0.108]	0.039
Connectedness	14.292	12	0.996	0.993	0.036 [0.000, 0.095]	0.037
Depression	109.664	66	0.959	0.952	0.067 [0.044, 0.089]	0.057
Loneliness	226.074	66	0.810	0.776	0.128 [0.110, 0.147]	0.130
Self-Esteem	101.318	66	0.968	0.962	0.060 [0.035, 0.083]	0.054
Stress	25.230	26	1.000	1.003	0.000 [0.000, 0.063]	0.046
Health	109.762	44	0.886	0.858	0.101 [0.077, 0.125]	0.083
Hypothesis 2. Social Diet vs. Both Controls:						
Positive Emotions	223.392	66	0.939	0.928	0.095 [0.082, 0.109]	0.055
Negative Emotions	163.534	66	0.932	0.920	0.075 [0.061, 0.090]	0.053
Life Satisfaction	58.973	44	0.991	0.989	0.036 [0.000, 0.058]	0.035
Mindful Attention	83.873	66	0.966	0.958	0.059 [0.039, 0.078]	0.041
Autonomy	19.516	12	0.988	0.979	0.049 [0.000, 0.087]	0.038
Competence	18.319	12	0.990	0.982	0.045 [0.000, 0.084]	0.031
Connectedness	22.058	12	0.991	0.984	0.057 [0.014, 0.093]	0.028
Depression	169.019	66	0.951	0.942	0.077 [0.063, 0.092]	0.048
Loneliness	367.386	66	0.824	0.792	0.132 [0.119, 0.145]	0.139
Self-Esteem	122.605	66	0.971	0.966	0.057 [0.041, 0.073]	0.040
Stress	24.577	26	1.000	1.003	0.000 [0.000, 0.046]	0.038
Health	166.086	44	0.873	0.841	0.103 [0.087, 0.120]	0.080

Table S4 (Continued)

Construct	χ^2	df	CFI	TLI	RMSEA [90% CI]	SRMR
Exploratory. Digital Diet vs. Social Diet:						
Positive Emotions	168.056	66	0.906	0.889	0.104 [0.085, 0.124]	0.067
Negative Emotions	146.272	66	0.880	0.858	0.092 [0.072, 0.112]	0.071
Life Satisfaction	61.125	44	0.981	0.976	0.052 [0.009, 0.082]	0.048
Mindful Attention	73.534	66	0.944	0.930	0.069 [0.039, 0.095]	0.057
Autonomy	19.033	12	0.973	0.953	0.064 [0.000, 0.116]	0.056
Competence	27.372	12	0.948	0.909	0.095 [0.047, 0.142]	0.052
Connectedness	24.685	12	0.972	0.951	0.086 [0.036, 0.134]	0.058
Depression	126.608	66	0.944	0.934	0.080 [0.059, 0.101]	0.061
Loneliness	216.652	66	0.803	0.768	0.126 [0.108, 0.145]	0.118
Self-Esteem	119.930	66	0.943	0.932	0.076 [0.054, 0.097]	0.057
Stress	50.497	26	0.932	0.906	0.081 [0.047, 0.114]	0.057
Health	86.280	44	0.911	0.889	0.082 [0.056, 0.107]	0.075

Note. CFI = Comparative Fit Index. TLI = Tucker-Lewis Index. RMSEA = Root Mean Square Error of Approximation. SRMR = Standardized Root Mean Square Residual.

Table S5

Second-Order Latent Growth Model Results

Variable	b	b SE	p
Hypothesis 1. Digital Diet vs. Water Diet:			
Positive Emotions	0.06	0.13	0.655
Negative Emotions	-0.13	0.09	0.145
Life Satisfaction	0.32	0.11	0.002
Mindful Attention	0.44	0.12	<.001
Autonomy	0.24	0.09	0.007
Competence	0.25	0.10	0.014
Connectedness	0.08	0.11	0.482
Depression	-0.08	0.08	0.363
Loneliness	-0.17	0.07	0.016
Self-Esteem	0.30	0.07	<.001
Stress	-0.23	0.09	0.007
Health	3.16	1.99	0.112
Hypothesis 1. Digital Diet vs. No Diet:			
Positive Emotions	-0.16	0.12	0.173
Negative Emotions	0.01	0.13	0.951
Life Satisfaction	0.33	0.13	0.009
Mindful Attention	0.33	0.13	0.008
Autonomy	0.16	0.09	0.070
Competence	0.24	0.11	0.023
Connectedness	-0.04	0.11	0.733
Depression	-0.10	0.09	0.274
Loneliness	-0.13	0.11	0.246
Self-Esteem	0.22	0.08	0.005
Stress	-0.15	0.09	0.094
Health	1.48	1.70	0.384
Hypothesis 1. Digital Diet vs. Both Controls:			
Positive Emotions	-0.04	0.11	0.710
Negative Emotions	-0.08	0.09	0.375
Life Satisfaction	0.32	0.10	0.002
Mindful Attention	0.36	0.10	<.001
Autonomy	0.22	0.08	0.007
Competence	0.24	0.09	0.009
Connectedness	0.03	0.10	0.736
Depression	-0.09	0.08	0.273
Loneliness	-0.14	0.06	0.020
Self-Esteem	0.27	0.07	<.001
Stress	-0.17	0.07	0.024
Health	2.34	1.69	0.167

Table S5 (continued)

Variable	b	b SE	p
Hypothesis 2. Social Diet vs. Water Diet:			
Positive Emotions	-0.05	0.14	0.711
Negative Emotions	0.10	0.10	0.302
Life Satisfaction	0.21	0.12	0.073
Mindful Attention	0.30	0.11	0.006
Autonomy	-0.03	0.09	0.745
Competence	0.07	0.11	0.664
Connectedness	-0.02	0.11	0.887
Depression	0.02	0.08	0.845
Loneliness	-0.11	0.07	0.150
Self-Esteem	0.07	0.08	0.400
Stress	-0.07	0.09	0.431
Health	-0.22	1.94	0.909
Hypothesis 2. Social Diet vs. No Diet:			
Positive Emotions	-0.27	0.13	0.043
Negative Emotions	0.34	0.14	0.014
Life Satisfaction	0.19	0.14	0.179
Mindful Attention	0.15	0.10	0.159
Autonomy	-0.06	0.09	0.515
Competence	0.07	0.12	0.576
Connectedness	-0.10	0.11	0.368
Depression	0.03	0.08	0.767
Loneliness	-0.03	0.08	0.724
Self-Esteem	-0.02	0.09	0.856
Stress	-0.01	0.08	0.933
Health	-1.98	1.83	0.279
Hypothesis 2. Social Diet vs. Both Controls:			
Positive Emotions	-0.15	0.12	0.228
Negative Emotions	0.18	0.10	0.067
Life Satisfaction	0.20	0.11	0.074
Mindful Attention	0.23	0.10	0.018
Autonomy	-0.04	0.08	0.662
Competence	0.06	0.10	0.518
Connectedness	-0.04	0.10	0.691
Depression	0.02	0.08	0.832
Loneliness	-0.08	0.06	0.193
Self-Esteem	0.04	0.08	0.594
Stress	-0.04	0.07	0.595
Health	-1.14	1.73	0.507

Table S5 (continued)

Variable	b	b SE	p
Exploratory. Digital Diet vs. Social Diet:			
Positive Emotions	0.10	0.15	0.475
Negative Emotions	-0.25	0.13	0.047
Life Satisfaction	0.12	0.12	0.316
Mindful Attention	0.07	0.12	0.562
Autonomy	0.20	0.09	0.031
Competence	0.21	0.13	0.095
Connectedness	0.05	0.11	0.638
Depression	-0.09	0.07	0.236
Loneliness	-0.08	0.08	0.315
Self-Esteem	0.22	0.08	0.009
Stress	-0.16	0.10	0.113
Health	3.39	1.77	0.055

Note. Positive *b*s suggest the treatment group (Digital Diet, Social Diet) reported greater increases than the reference group (Water Diet, No Diet, Both Controls, Social Diet). Negative *b*s suggest the treatment group reported greater decreases than the reference group. SOLGM analyses were not conducted for single-item variables (e.g., Objective Digital Media Time, Brief Happiness).