**Objective SNS use well-being questionnaire**

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| Construct | Items |
| Personal feeling during the past week  5-point Likert scale  (1=Never, 2=One time, 3=About 2 or 3 times, 4=Every day, 5=Several times per day) | Happy.  Interested in life.  Satisfied with life.  I have something important to contribute to society.  I belong to a community (like a social group, or your neighborhood).  Our society is a good place, or is becoming a better place, for all people.  People are basically good.  The way our society works makes sense to me.  I liked most parts of my personality.  Good at managing the responsibilities of my daily life.  I had warm and trusting relationships with others.  I had experiences that challenged me to grow and become a better person.  Confident to think or express my own ideas and opinions.  My life has a sense of direction or meaning to it. |
| Personal life  7-point Likert scale  (1=Strongly disagree, 2=Disagree, 3=Slightly disagree, 4=Neither agree nor disagree, 5=Slightly agree, 6=Agree, 7=Strongly agree) | If I could live my life over, I would change almost nothing.  I am satisfied with my life.  In most ways my life is close to my ideal.  So far I have gotten the important things I want in life.  The conditions of my life are excellent. |
| Different feelings and emotions during the past week  5-point Likert scale  (1=Not at all, 2=A little, 3=Moderately, 4=Quite a bit, 5=Very much) | attentive  nervous  strong  excited  active  alert  enthusiastic  proud  upset  ashamed  hostile  interested  inspired  determined  distressed  scared  guilty  jittery  afraid  irritable |
| Frequency of the feelings in the past week  4-point Likert scale  (1=Never, 2=Rarely, 3=Sometimes, 4=Often) | I can find companionship when I want it.  I feel isolated from others.  There is no one I can turn to.  I feel left out.  I am unhappy being so withdrawn.  People are around me but not with me.  I lack companionship.  I am an outgoing person. |
| Frequency of the experience of the emotions in the past week  4-point Likert scale  (1= Rarely or none of the time, 2= Some or a little of the time, 3= Occasionally or a moderate amount of time, 4= Most or all of the time) | I felt that I could not shake off the blues even with help from my family or friends.  I felt depressed.  I felt hopeful about the future.  I was happy.  I felt sad. |
| Current relationships with other people  4-point Likert scale  (1=Strongly disagree, 2=Disagree, 3= Agree, 4=Strongly agree) | I have close relationships that provide me with a sense of emotional security and well-being.  There is someone I could talk to about important decisions in my life.  I have relationships where my competence and skill are recognized.  I feel part of a group of people who share my attitudes and beliefs.  There are people I can count on in an emergency. |
| Frequency of being bothered by the following problems  4-point Likert scale  (1= Not at all, 2= Several days, 3= More than half the days, 4=Nearly every day) | Feeling nervous, anxious or on edge. Becoming easily annoyed or irritated. Feeling afraid as if something awful might happen.  Trouble relaxing. Worrying too much about different things. Being so restless that it is hard to sit still. Not being able to stop or control worrying. |
| Level of agreement with the following statements  5-point Likert scale  (1=Strongly disagree, 2=Disagree,3= Neither agree nor disagree, 4=Agree, 5=Strongly agree) | Many of my friends have a better life than me.  It somehow doesn’t seem fair that some people seem to have all the fun.  I generally feel inferior to others. It is so frustrating to see some people always having a good time.  My life is more fun than those of my friends. Many of my friends are happier than me. I wish I can travel as much as some of my friends do. |