**List of variables and questions**

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| **Variables** | **Questionnaire** | **Items** |
| **MC**: total score of media content | the Media content questionnaire | Questions 1-6 |
| **PA**: total score of positive affect | the Positive and Negative Affect Scale | Questions 1, 3, 5, 9, 10, 12, 14, 16, 17, 19 |
| **DA**: total score of negative affect | the Positive and Negative Affect Scale | Questions 2, 4, 6, 7, 8, 11, 13, 15, 18, 20 |
| **ML**: total score of meaning in life | the Meaning in Life Questionnaire | Questions 1-4 |
| **DEP**: total score of depression | the Depression Anxiety Stress Scale | Questions 3, 5, 10, 13, 16, 17, 21 |
| **ANX**: total score of anxiety | the Depression Anxiety Stress Scale | Questions 2, 4, 7, 9, 15, 19, 20 |
| **STR**: total score of stress | the Depression Anxiety Stress Scale | Questions 1, 6, 8, 11, 12, 14, 18 |
| **NEW**: total score of new media use | the Media use type/time questionnaire | Questions 2, 3, 4, 5 |
| **TRA**: total score of traditional media use | the Media use type/time questionnaire | Question 1 |
| **EMP**: total score of empathy | the Empathy-Sympathy Questionnaire | Questions 1, 2 |
| **SYM**: total score of sympathy | the Empathy-Sympathy Questionnaire | Questions 3, 4 |