| **Characteristic** | **Control**, N = 421 | **Treatment**, N = 441 |
| --- | --- | --- |
| period |  |  |
| 1st Period (7:50 -8:50 am) | 0 (0%) | 19 (43%) |
| 2nd Period (8:50 - 9:55 am) | 0 (0%) | 25 (57%) |
| 4th Period (11:25 - 12:30 pm) | 21 (50%) | 0 (0%) |
| 5th Period (12:55- 1:55 pm) | 21 (50%) | 0 (0%) |
| grade |  |  |
| 10th | 11 (26%) | 10 (23%) |
| 11th | 4 (9.5%) | 5 (11%) |
| 12th | 1 (2.4%) | 0 (0%) |
| 8th | 14 (33%) | 9 (20%) |
| 9th | 12 (29%) | 20 (45%) |
| gender |  |  |
| Female | 24 (57%) | 27 (61%) |
| Male | 18 (43%) | 16 (36%) |
| Prefer not to say | 0 (0%) | 1 (2.3%) |
| non\_academic |  |  |
| 10-20 minutes | 16 (38%) | 16 (36%) |
| 20-30 minutes | 8 (19%) | 6 (14%) |
| 30-40 minutes | 4 (9.5%) | 0 (0%) |
| Less than 10 minutes | 11 (26%) | 20 (45%) |
| More than 40 minutes | 3 (7.1%) | 2 (4.5%) |
| device |  |  |
| Smartphone, | 1 (2.4%) | 0 (0%) |
| Smartphone, Laptop (Model's) | 32 (76%) | 30 (68%) |
| Smartphone, Laptop (Model's), AirPods | 0 (0%) | 2 (4.5%) |
| Smartphone, Laptop (Model's), Game device (e.g., Nintendo) | 0 (0%) | 1 (2.3%) |
| Smartphone, Laptop (Model's), Gaming, texting, Instagram | 0 (0%) | 1 (2.3%) |
| Smartphone, Laptop (Model's), headphones | 0 (0%) | 1 (2.3%) |
| Smartphone, Laptop (Model's), Tablet or iPad (personal) | 2 (4.8%) | 1 (2.3%) |
| Smartphone, Smartwatch, Laptop (Model's) | 5 (12%) | 6 (14%) |
| Smartphone, Smartwatch, Laptop (Model's), airpods | 0 (0%) | 1 (2.3%) |
| Smartphone, Smartwatch, Laptop (Model's), AirPods | 1 (2.4%) | 0 (0%) |
| Smartphone, Smartwatch, Laptop (Model's), Kindle | 1 (2.4%) | 0 (0%) |
| Smartwatch, Laptop (Model's) | 0 (0%) | 1 (2.3%) |
| most\_distracted |  |  |
| headphones | 0 (0%) | 1 (2.3%) |
| Laptop (assigned by Model) | 4 (9.5%) | 4 (9.1%) |
| Smartphone | 36 (86%) | 37 (84%) |
| Smartwatch | 1 (2.4%) | 1 (2.3%) |
| Tablet | 1 (2.4%) | 1 (2.3%) |
| distraction\_source |  |  |
| all of the above | 0 (0%) | 1 (2.3%) |
| Email | 1 (2.4%) | 0 (0%) |
| Family group chats | 1 (2.4%) | 0 (0%) |
| listenign to music and texting | 1 (2.4%) | 0 (0%) |
| Listening to music | 12 (29%) | 11 (25%) |
| Listening to music or researching something else on my computer | 1 (2.4%) | 0 (0%) |
| Looking for jobs | 1 (2.4%) | 0 (0%) |
| Playing games | 7 (17%) | 6 (14%) |
| reading | 0 (0%) | 1 (2.3%) |
| texts | 0 (0%) | 1 (2.3%) |
| Using social media | 12 (29%) | 19 (43%) |
| Watching videos | 6 (14%) | 4 (9.1%) |
| Watching videos or playing games during free time, or when I’m done with my work ie, Spanish math science | 0 (0%) | 1 (2.3%) |
| teacher\_authority |  |  |
| Agree | 9 (21%) | 13 (30%) |
| Disagree | 12 (29%) | 12 (27%) |
| Neutral | 13 (31%) | 16 (36%) |
| Strongly agree | 1 (2.4%) | 0 (0%) |
| Strongly disagree | 7 (17%) | 3 (6.8%) |
| 1n (%) | | |