

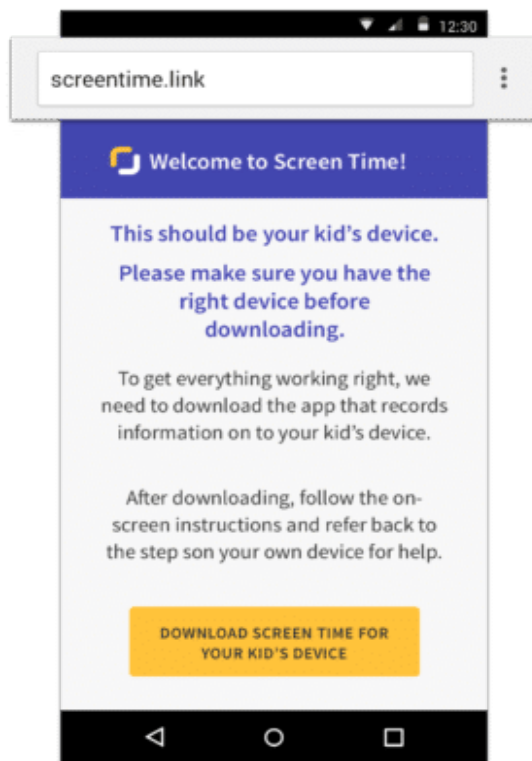
Thank you for participating in the experiment! This document contains the instructions to install the application, ScreenTime, that we will use for the experiment. This application will allow the experimenters to collect the following data from your phone:

- (a) How much time you spend on your various applications
- (b) The ability to block websites / applications [recall that we will text you informing you when certain applications become unavailable / available]

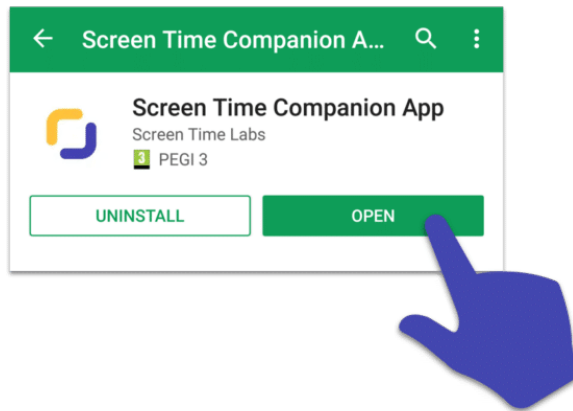
It will **not** be able to record what you do on each of the applications, only how much time you spend on them. The installation instructions are as follows:

- (1) Go to screentime.link on a web browser.

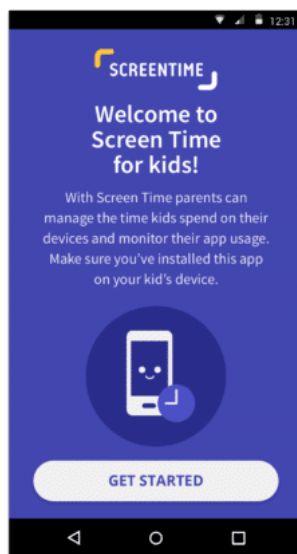
Note: this app is usually used by parents to keep track of their children's screen time but you will install it on your own device for this study.



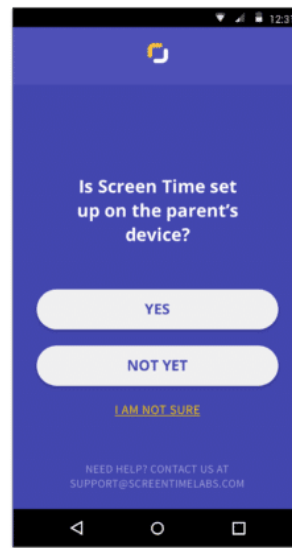
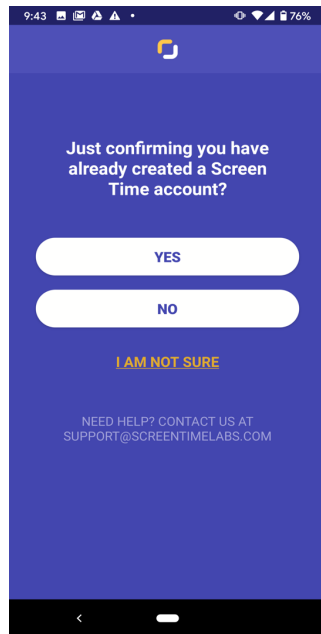
- (2) Download the ScreenTime application from the Google Play store and tap open.



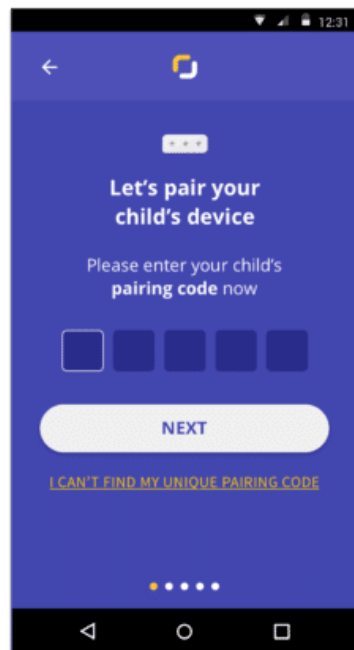
(3) Tap GET STARTED on the bottom of the screen.



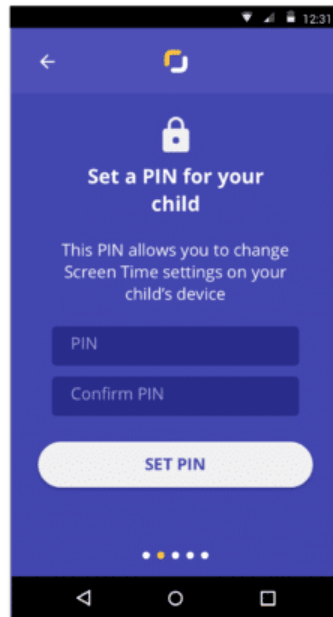
(4) Once it is open, choose **Yes** when asked if ScreenTime is set up on the parent's device and if you have an account.



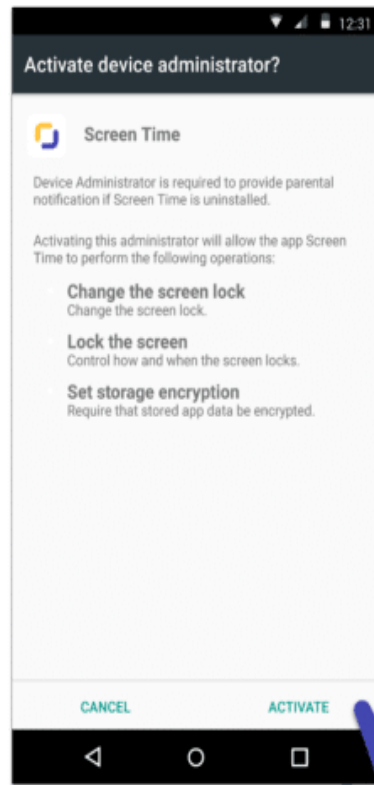
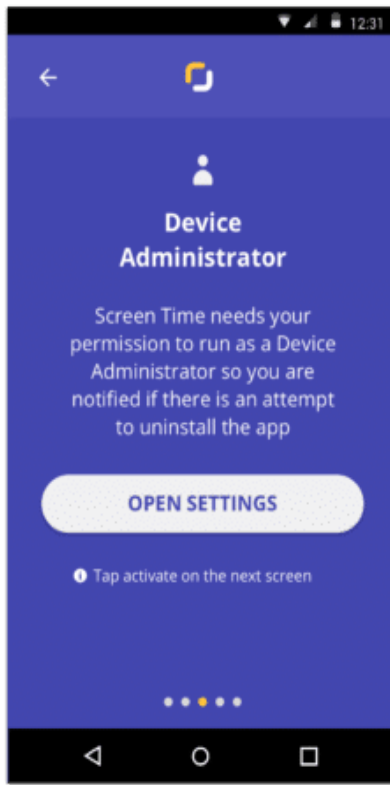
(5) Next, enter the pairing code that we will send you at the start of the session.

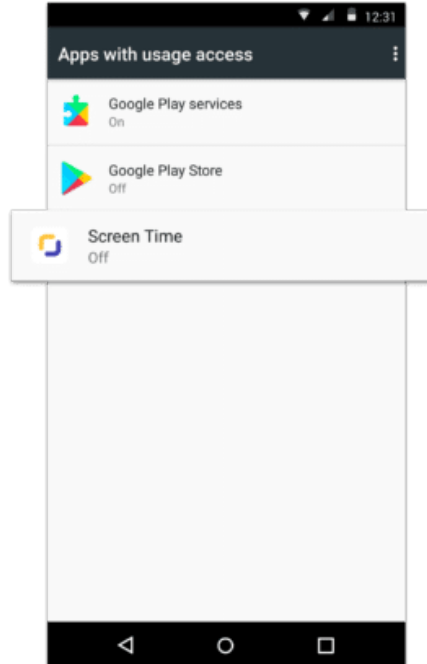
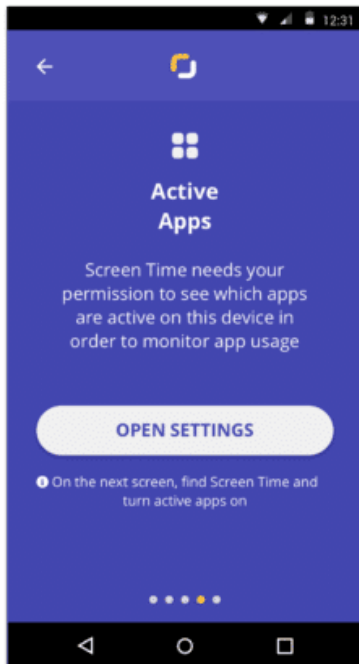


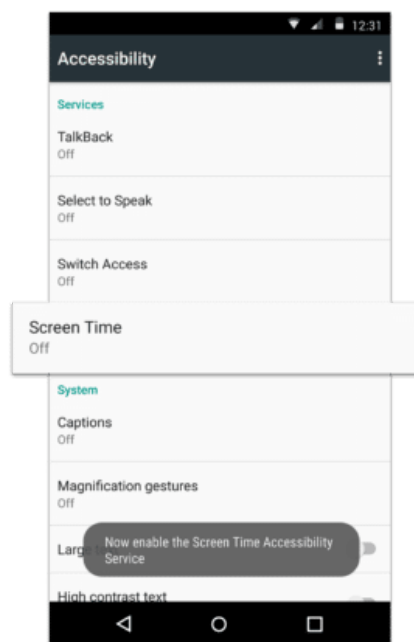
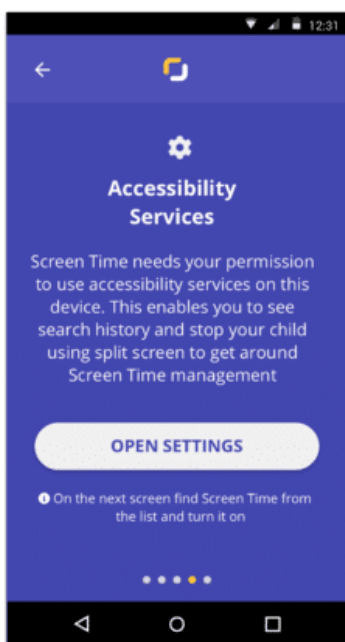
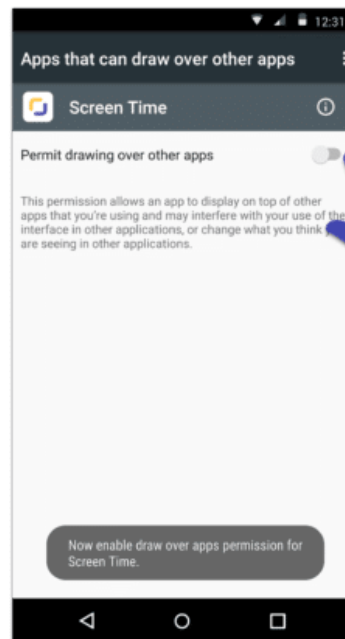
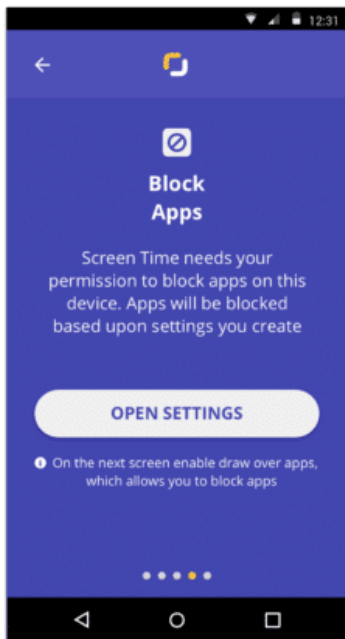
(6) Let the experimenter know that you need the PIN to proceed.

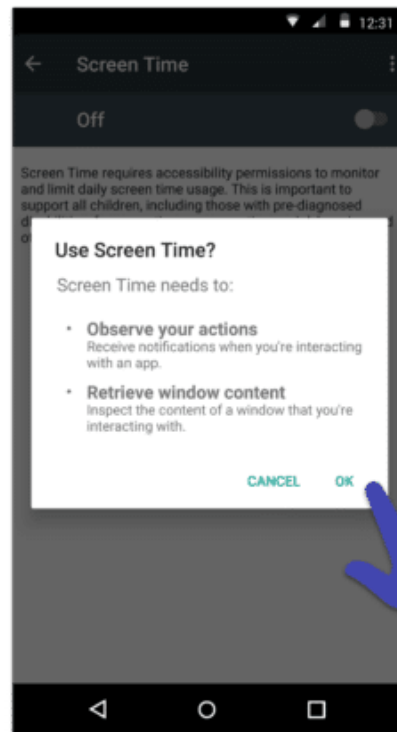
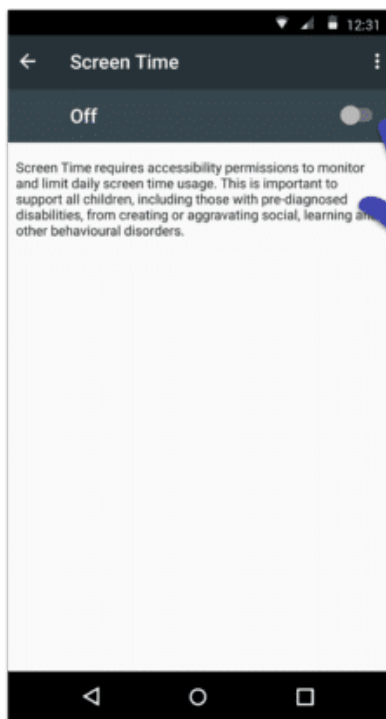


- (7) Then, you will need to give ScreenTime the permissions that it needs to monitor the device and restrict applications. First, enable device administrator, then active apps, and lastly accessibility.









(8) Let the experimenter know that you are done. You should be all set!