

Results

Reliability Analysis_Physical_Health

Scale Reliability Statistics

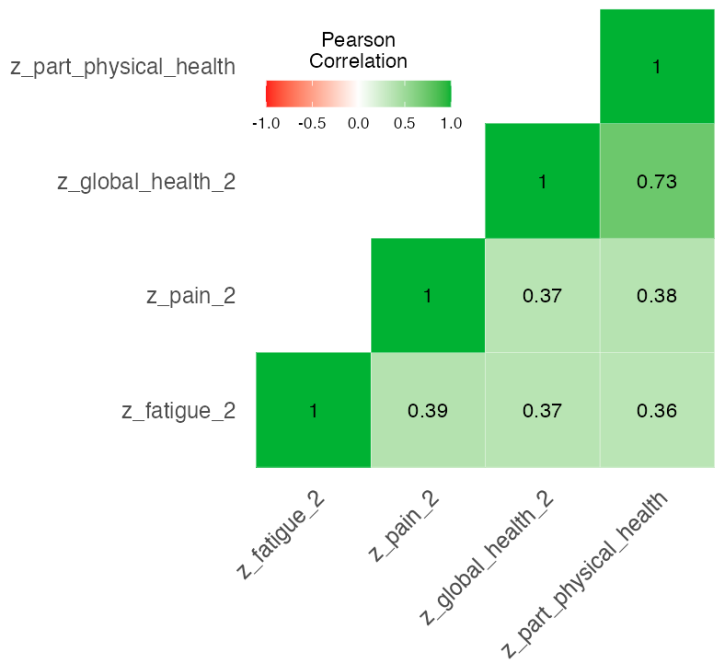
	Mean	SD	Cronbach's α	McDonald's ω
scale	0.00104	0.759	0.753	0.766

[3]

Item Reliability Statistics

	Mean	SD	Item-rest correlation	If item dropped	
				Cronbach's α	McDonald's ω
z_fatigue_2	-0.00482	1.00	0.458	0.743	0.773
z_pain_2	1.97e-16	1.00	0.467	0.739	0.770
z_global_health_2	0.00265	1.00	0.637	0.645	0.645
z_part_physical_health	0.00632	1.00	0.642	0.642	0.642

Correlation Heatmap



Reliability Analysis_MentalHealth

Scale Reliability Statistics

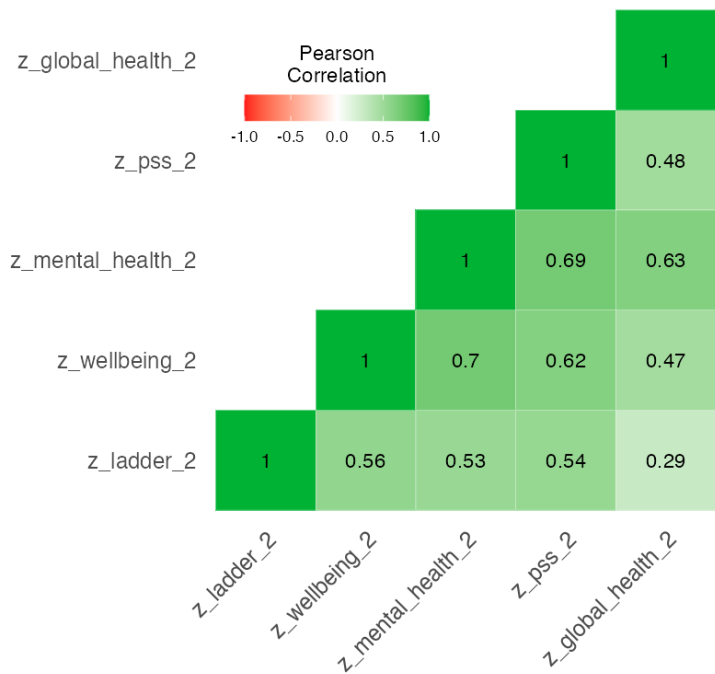
	Mean	SD	Cronbach's α	McDonald's ω
scale	4.42e-17	0.801	0.860	0.865

[3]

Item Reliability Statistics

	Mean	SD	Item-rest correlation	If item dropped	
				Cronbach's α	McDonald's ω
z_ladder_2	7.85e-17	1.00	0.573	0.857	0.862
z_wellbeing_2	-1.91e-16	1.00	0.732	0.817	0.826
z_mental_health_2	4.06e-19	1.00	0.811	0.796	0.803
z_pss_2	1.50e-16	1.00	0.725	0.819	0.828
z_global_health_2	1.80e-16	1.00	0.557	0.861	0.863

Correlation Heatmap



Reliability Analysis_Total

Scale Reliability Statistics

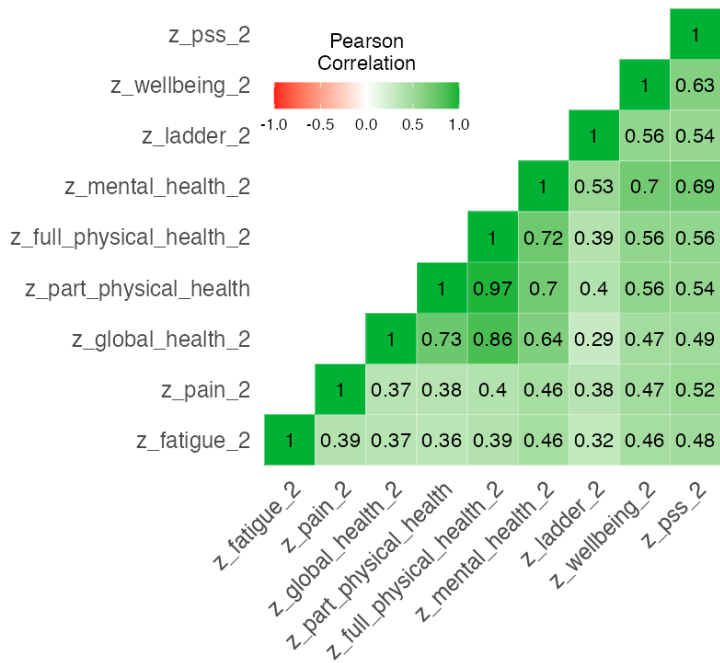
	Mean	SD	Cronbach's α	McDonald's ω
scale	2.01e-4	0.759	0.907	0.910

[3]

Item Reliability Statistics

	Mean	SD	Item-rest correlation	If item dropped	
				Cronbach's α	McDonald's ω
z_fatigue_2	-0.00482	1.002	0.516	0.908	0.912
z_pain_2	1.97e-16	1.000	0.539	0.907	0.911
z_global_health_2	0.00265	1.004	0.691	0.896	0.899
z_part_physical_health	0.00632	1.002	0.772	0.890	0.893
z_full_physical_health_2	0.00552	1.002	0.813	0.887	0.890
z_mental_health_2	-0.00140	1.002	0.820	0.886	0.890
z_ladder_2	-0.00283	1.003	0.546	0.906	0.910
z_wellbeing_2	-0.00136	1.004	0.728	0.893	0.899
z_pss_2	-0.00227	0.999	0.735	0.893	0.898

Correlation Heatmap



Linear Regression_TikTok_Mental

Model Fit Measures

Model	R	R²
1	0.241	0.0582

Model Coefficients - z_Full_Mentalhealth_2

Predictor	Estimate	SE	t	p
Intercept	0.13432	0.08267	1.625	0.106
Activity_2_TikTok	0.00137	0.00209	0.657	0.512
Social_Connection_2_TikTok	-0.00260	0.00344	-0.757	0.450
Social_Activity_2_TikTok	-0.01069	0.00424	-2.522	0.012
Relaxation_2_TikTok	-3.69e-4	0.00154	-0.240	0.811

Linear Regression_tiktok_physicalhealth

Model Fit Measures

Model	R	R²
1	0.240	0.0574

Model Coefficients - z_full_physical_health_2

Predictor	Estimate	SE	t	p
Intercept	0.14236	0.09849	1.445	0.150
Activity_2_TikTok	-0.00362	0.00249	-1.454	0.147
Social_Connection_2_TikTok	0.00126	0.00410	0.306	0.760
Social_Activity_2_TikTok	-0.01271	0.00505	-2.517	0.013
Relaxation_2_TikTok	0.00110	0.00183	0.602	0.548

Linear Regression_TikTok_Pain

Model Fit Measures

Model	R	R²
1	0.152	0.0230

Model Coefficients - z_pain_2

Predictor	Estimate	SE	t	p
Intercept	0.03595	0.10079	0.357	0.722
Activity_2_TikTok	-0.00108	0.00254	-0.426	0.670
Social_Connection_2_TikTok	-0.00513	0.00418	-1.226	0.221
Social_Activity_2_TikTok	-0.00648	0.00516	-1.257	0.210
Relaxation_2_TikTok	0.00180	0.00187	0.965	0.336

Linear Regression_TikTok_Fatigue

Model Fit Measures

Model	R	R²
1	0.188	0.0353

Model Coefficients - z_fatigue_2

Predictor	Estimate	SE	t	p
Intercept	0.17430	0.09964	1.749	0.082
Activity_2_TikTok	0.00248	0.00252	0.982	0.327
Social_Connection_2_TikTok	0.00206	0.00415	0.496	0.620
Social_Activity_2_TikTok	-0.00256	0.00511	-0.502	0.616
Relaxation_2_TikTok	-0.00395	0.00185	-2.130	0.034

Linear Regression_Youtube_Mentalhealth

Model Fit Measures

Model	R	R²	Adjusted R²	AIC	BIC	RMSE	Overall Model Test			
							F	df1	df2	p
1	0.309	0.0955	0.0746	543	567	0.797	4.56	5	216	<.001

Omnibus ANOVA Test

	Sum of Squares	df	Mean Square	F	p
Academic_2_YouTube	3.34609	1	3.34609	5.12762	0.025
Activity_2_YouTube	0.00794	1	0.00794	0.01217	0.912
Social_Connection_2_YouTube	0.00221	1	0.00221	0.00339	0.954
Social_Activity_2_YouTube	10.87728	1	10.87728	16.66860	<.001
Relaxation_2_YouTube	2.70494	1	2.70494	4.14511	0.043
Residuals	140.95321	216	0.65256		

Note. Type 3 sum of squares

[4]

Model Coefficients - z_Full_Mentalhealth_2

Predictor	Estimate	SE	95% Confidence Interval		t	p	Stand. Estimate	95% Confidence Interval	
			Lower	Upper				Lower	Upper
Intercept	-0.03504	0.08770	-0.20790	0.13782	-0.3995	0.690			
Academic_2_YouTube	0.00597	0.00264	7.73e-4	0.01116	2.2644	0.025	0.14775	0.01915	0.276
Activity_2_YouTube	3.58e-4	0.00325	-0.00604	0.00676	0.1103	0.912	0.00794	-0.13398	0.150
Social_Connection_2_YouTube	-3.70e-4	0.00636	-0.01290	0.01216	-0.0582	0.954	-0.00378	-0.13179	0.124
Social_Activity_2_YouTube	-0.02119	0.00519	-0.03142	-0.01096	-4.0827	<.001	-0.31311	-0.46427	-0.162
Relaxation_2_YouTube	0.00286	0.00140	9.11e-5	0.00562	2.0360	0.043	0.15010	0.00479	0.295

Assumption Checks

Collinearity Statistics

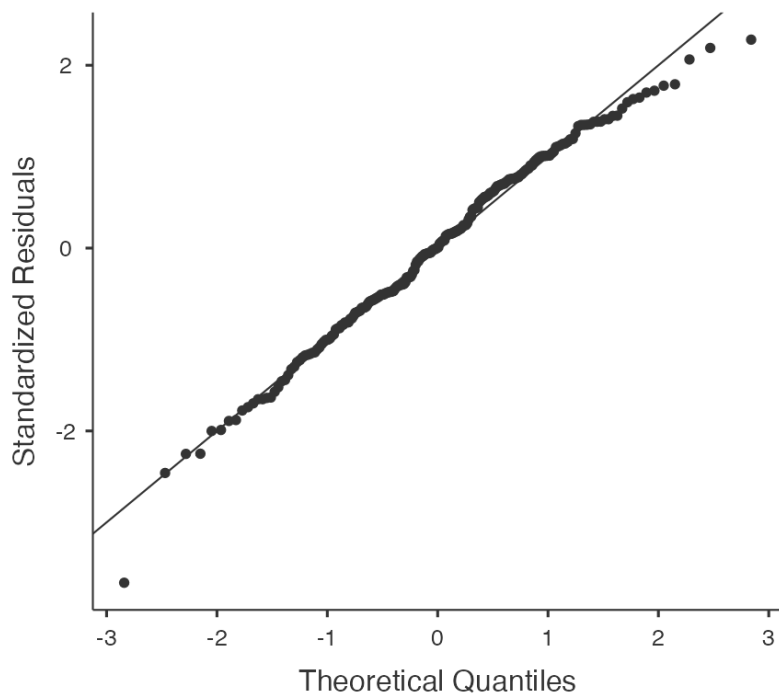
	VIF	Tolerance
Academic_2_YouTube	1.02	0.984
Activity_2_YouTube	1.24	0.808
Social_Connection_2_YouTube	1.01	0.993
Social_Activity_2_YouTube	1.40	0.712
Relaxation_2_YouTube	1.30	0.770

[4]

Normality Test (Shapiro-Wilk)

Statistic	p
0.990	0.132

Q-Q Plot



Linear Regression_Youtube_PhysicalHealth

Model Fit Measures

Model	R	R ²	Adjusted R ²	AIC	BIC	RMSE	Overall Model Test			
							F	df1	df2	p
1	0.278	0.0775	0.0561	625	649	0.958	3.63	5	216	0.004

Omnibus ANOVA Test

	Sum of Squares	df	Mean Square	F	p
Academic_2_YouTube	2.1480	1	2.1480	2.2758	0.133
Activity_2_YouTube	0.1966	1	0.1966	0.2083	0.649
Social_Connection_2_YouTube	0.0586	1	0.0586	0.0621	0.803
Social_Activity_2_YouTube	12.6405	1	12.6405	13.3925	<.001
Relaxation_2_YouTube	2.8333	1	2.8333	3.0019	0.085
Residuals	203.8724	216	0.9439		

Note. Type 3 sum of squares

[4]

Model Coefficients - z_full_physical_health_2

Predictor	Estimate	SE	95% Confidence Interval		t	p	Stand. Estimate	95% Confidence Interval	
			Lower	Upper				Lower	Upper
Intercept	-0.00964	0.10547	-0.21753	0.19825	-0.0914	0.927			
Academic_2_YouTube	0.00478	0.00317	-0.00147	0.01103	1.5086	0.133	0.0994	-0.0305	0.229
Activity_2_YouTube	-0.00178	0.00390	-0.00948	0.00591	-0.4564	0.649	-0.0332	-0.1765	0.110
Social_Connection_2_YouTube	0.00191	0.00765	-0.01317	0.01698	0.2492	0.803	0.0163	-0.1129	0.146
Social_Activity_2_YouTube	-0.02284	0.00624	-0.03515	-0.01054	-3.6596	<.001	-0.2834	-0.4361	-0.131
Relaxation_2_YouTube	0.00292	0.00169	-4.02e-4	0.00625	1.7326	0.085	0.1290	-0.0178	0.276

Assumption Checks

Collinearity Statistics

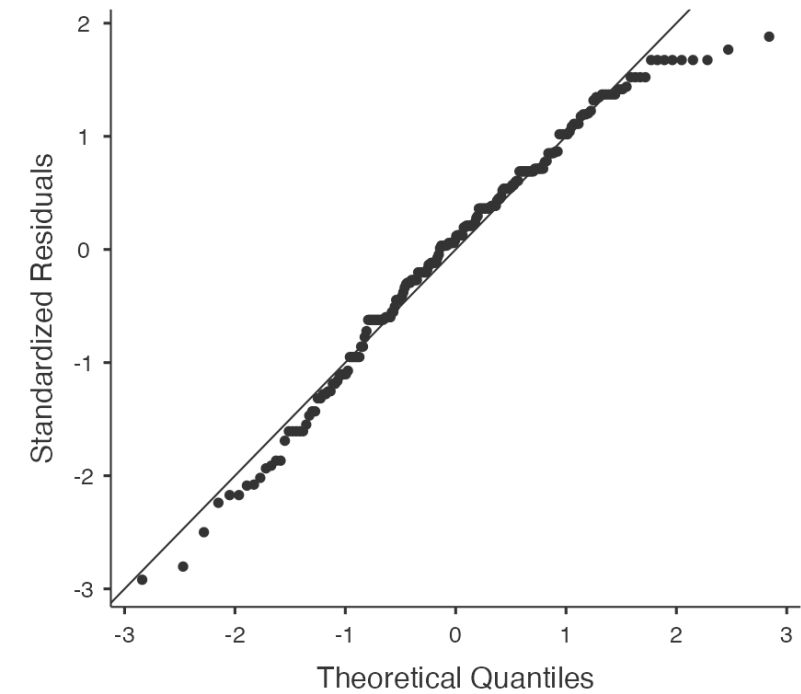
	VIF	Tolerance
Academic_2_YouTube	1.02	0.984
Activity_2_YouTube	1.24	0.808
Social_Connection_2_YouTube	1.01	0.993
Social_Activity_2_YouTube	1.40	0.712
Relaxation_2_YouTube	1.30	0.770

[4]

Normality Test (Shapiro-Wilk)

Statistic	p
0.978	0.002

Q-Q Plot



Linear Regression_Fatigue_Youtube

Model Fit Measures

Model	R	R²
1	0.0901	0.00812

Model Coefficients - z_fatigue_2

Predictor	Estimate	SE	t	p
Intercept	-0.01523	0.10937	-0.139	0.889
Academic_2_YouTube	0.00141	0.00329	0.430	0.668
Activity_2_YouTube	0.00117	0.00405	0.289	0.773
Social_Connection_2_YouTube	-0.00375	0.00793	-0.473	0.636
Social_Activity_2_YouTube	-0.00746	0.00647	-1.152	0.250
Relaxation_2_YouTube	0.00107	0.00175	0.612	0.541

Linear Regression_Pain_Youtube

Model Fit Measures

Model	R	R²	Adjusted R²	AIC	BIC	RMSE	Overall Model Test			
							F	df1	df2	p
1	0.291	0.0846	0.0632	618	642	0.955	3.96	5	214	0.002

Omnibus ANOVA Test

	Sum of Squares	df	Mean Square	F	p
Academic_2_YouTube	3.5701	1	3.5701	3.8111	0.052
Activity_2_YouTube	0.0104	1	0.0104	0.0112	0.916
Social_Connection_2_YouTube	1.4549	1	1.4549	1.5531	0.214
Social_Activity_2_YouTube	12.5835	1	12.5835	13.4329	<.001
Relaxation_2_YouTube	1.2778	1	1.2778	1.3641	0.244
Residuals	200.4677	214	0.9368		

Note. Type 3 sum of squares

[4]

Model Coefficients - z_pain_2

Predictor	Estimate	SE	95% Confidence Interval		t	p	Stand. Estimate	95% Confidence Interval	
			Lower	Upper				Lower	Upper
Intercept	0.01050	0.10571	-0.19786	0.21886	0.0994	0.921			
Academic_2_YouTube	0.00617	0.00316	-5.98e-5	0.01239	1.9522	0.052	0.12874	-0.00125	0.259
Activity_2_YouTube	4.11e-4	0.00390	-0.00727	0.00809	0.1056	0.916	0.00769	-0.13591	0.151
Social_Connection_2_YouTube	0.00949	0.00762	-0.00552	0.02451	1.2462	0.214	0.08181	-0.04758	0.211
Social_Activity_2_YouTube	-0.02281	0.00622	-0.03508	-0.01054	-3.6651	<.001	-0.28374	-0.43634	-0.131
Relaxation_2_YouTube	0.00197	0.00169	-0.00136	0.00530	1.1679	0.244	0.08691	-0.05976	0.234

Assumption Checks

Collinearity Statistics

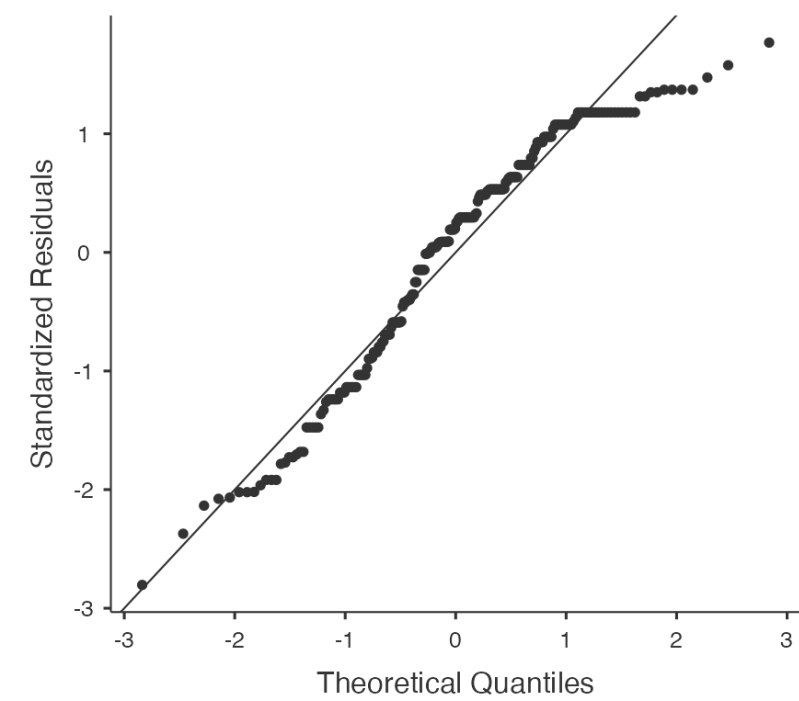
	VIF	Tolerance
Academic_2_YouTube	1.02	0.984
Activity_2_YouTube	1.24	0.806
Social_Connection_2_YouTube	1.01	0.993
Social_Activity_2_YouTube	1.40	0.714
Relaxation_2_YouTube	1.29	0.773

[4]

Normality Test (Shapiro-Wilk)

Statistic	p
0.948	<.001

Q-Q Plot



Linear Regression_Snapchat_Mentalhealth

Model Coefficients - z_Full_Mentalhealth_2

Predictor	Estimate	SE	t	p
Intercept	-0.02315	0.09391	-0.2466	0.805
Academic_2_Snapchat	-1.70e-4	0.00216	-0.0787	0.937
Activity_2_SnapChat	-8.05e-4	0.00789	-0.1021	0.919
Romance_2_SnapChat	-3.48e-5	0.00288	-0.0121	0.990
Social_Connection_2_SnapChat	0.00147	0.00231	0.6359	0.526
Social_Activity_2_SnapChat	-0.00839	0.00378	-2.2157	0.028
Relaxation_2_SnapChat	0.00290	0.00195	1.4872	0.138

Linear Regression_Snapchat_PhysicalHealth

Model Fit Measures

Model	R	R²
1	0.217	0.0472

Model Coefficients - z_full_physical_health_2

Predictor	Estimate	SE	t	p
Intercept	0.03668	0.11084	0.3309	0.741
Academic_2_Snapchat	-0.00254	0.00255	-0.9954	0.321
Activity_2_SnapChat	-0.00940	0.00931	-1.0097	0.314
Romance_2_SnapChat	-6.78e-4	0.00340	-0.1992	0.842
Social_Connection_2_SnapChat	-9.28e-5	0.00273	-0.0340	0.973
Social_Activity_2_SnapChat	-0.00755	0.00447	-1.6900	0.092
Relaxation_2_SnapChat	0.00441	0.00230	1.9141	0.057

Linear Regression_snapchat_fatigue

Model Fit Measures

Model	R	R²
1	0.173	0.0298

Model Coefficients - z_fatigue_2

Predictor	Estimate	SE	t	p
Intercept	0.06250	0.11185	0.559	0.577
Academic_2_Snapchat	0.00217	0.00257	0.842	0.401
Activity_2_SnapChat	0.00540	0.00940	0.574	0.566
Romance_2_SnapChat	-0.00258	0.00343	-0.750	0.454
Social_Connection_2_SnapChat	0.00168	0.00276	0.609	0.543
Social_Activity_2_SnapChat	-0.00453	0.00451	-1.006	0.316
Relaxation_2_SnapChat	-0.00382	0.00232	-1.646	0.101

Linear Regression_snapchat_pain

Model Fit Measures

Model	R	R²
1	0.152	0.0232

Model Coefficients - z_pain_2

Predictor	Estimate	SE	t	p
Intercept	0.03839	0.11302	0.340	0.734
Academic_2_Snapchat	-3.44e-4	0.00258	-0.133	0.894
Activity_2_SnapChat	-0.01054	0.00946	-1.114	0.267
Romance_2_SnapChat	-8.96e-4	0.00345	-0.259	0.796
Social_Connection_2_SnapChat	-7.61e-4	0.00277	-0.274	0.784
Social_Activity_2_SnapChat	-0.00458	0.00453	-1.012	0.313
Relaxation_2_SnapChat	0.00330	0.00235	1.404	0.162

Linear Regression_Instagram_mentalhealth

Model Fit Measures

Model	R	R²	Adjusted R²	AIC	BIC	RMSE	Overall Model Test			
							F	df1	df2	p
1	0.290	0.0843	0.0588	548	575	0.802	3.30	6	215	0.004

Model Coefficients - z_Full_Mentalhealth_2

Predictor	Estimate	SE	95% Confidence Interval		t	p	Stand. Estimate	95% Confidence Interval	
			Lower	Upper				Lower	Upper
Intercept	0.00556	0.10589	-0.20315	0.21427	0.0525	0.958			
Academic_2_Instagram	-0.01019	0.00373	-0.01755	-0.00284	-2.7317	0.007	-0.1805	-0.3108	-0.0503
Activity_2_Instagram	0.00341	0.00210	-7.24e-4	0.00755	1.6260	0.105	0.1252	-0.0266	0.2770
Romance_2_Instagram	-0.00687	0.00412	-0.01499	0.00125	-1.6683	0.097	-0.1109	-0.2420	0.0201
Social_Connection_2_Instagram	0.00411	0.00191	3.46e-4	0.00786	2.1526	0.032	0.1609	0.0136	0.3082
Social_Activity_2_Instagram	-0.00640	0.00240	-0.01113	-0.00167	-2.6652	0.008	-0.2139	-0.3720	-0.0557
Relaxation_2_Instagram	-0.00149	0.00149	-0.00443	0.00145	-1.0002	0.318	-0.0736	-0.2186	0.0714

Assumption Checks

Collinearity Statistics

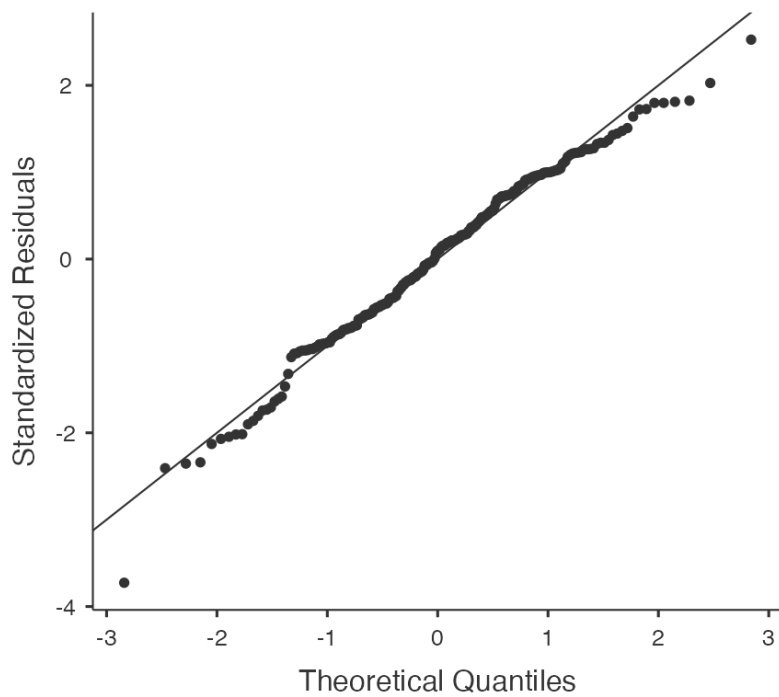
	VIF	Tolerance
Academic_2_Instagram	1.03	0.975
Activity_2_Instagram	1.39	0.718
Romance_2_Instagram	1.04	0.963
Social_Connection_2_Instagram	1.31	0.762
Social_Activity_2_Instagram	1.51	0.661
Relaxation_2_Instagram	1.27	0.787

[4]

Normality Test (Shapiro-Wilk)

Statistic	p
0.986	0.032

Q-Q Plot



Linear Regression_instagram_physicalhealth

Model Fit Measures							Overall Model Test			
Model	R	R ²	Adjusted R ²	AIC	BIC	RMSE	F	df1	df2	p
1	0.243	0.0593	0.0330	631	659	0.968	2.26	6	215	0.039

Omnibus ANOVA Test					
	Sum of Squares	df	Mean Square	F	p
Academic_2_Instagram	0.2613	1	0.2613	0.2702	0.604
Activity_2_Instagram	7.96e-4	1	7.96e-4	8.23e-4	0.977
Romance_2_Instagram	3.3304	1	3.3304	3.4441	0.065
Social_Connection_2_Instagram	3.6892	1	3.6892	3.8151	0.052
Social_Activity_2_Instagram	7.1566	1	7.1566	7.4009	0.007
Relaxation_2_Instagram	0.0759	1	0.0759	0.0784	0.780
Residuals	207.9008	215	0.9670		

Note. Type 3 sum of squares

[4]

Predictor	Estimate	SE	95% Confidence Interval		t	p	Stand. Estimate	95% Confidence Interval	
			Lower	Upper				Lower	Upper
Intercept	0.00423	0.12781	-0.24770	0.25615	0.0331	0.974			
Academic_2_Instagram	-0.00234	0.00450	-0.01122	0.00654	-0.5198	0.604	-0.03482	-0.16684	0.09720
Activity_2_Instagram	7.27e-5	0.00253	-0.00492	0.00506	0.0287	0.977	0.00224	-0.15161	0.15609
Romance_2_Instagram	-0.00923	0.00497	-0.01903	5.73e-4	-1.8558	0.065	-0.12507	-0.25791	0.00777
Social_Connection_2_Instagram	0.00450	0.00230	-4.10e-5	0.00903	1.9532	0.052	0.14799	-0.00135	0.29732
Social_Activity_2_Instagram	-0.00788	0.00290	-0.01359	-0.00217	-2.7205	0.007	-0.22128	-0.38160	-0.06095
Relaxation_2_Instagram	5.04e-4	0.00180	-0.00304	0.00405	0.2801	0.780	0.02089	-0.12610	0.16788

Data Summary

Cook's Distance

Mean	Median	SD	Range	
			Min	Max
0.00517	0.00146	0.0143	3.13e-12	0.130

Assumption Checks

Collinearity Statistics

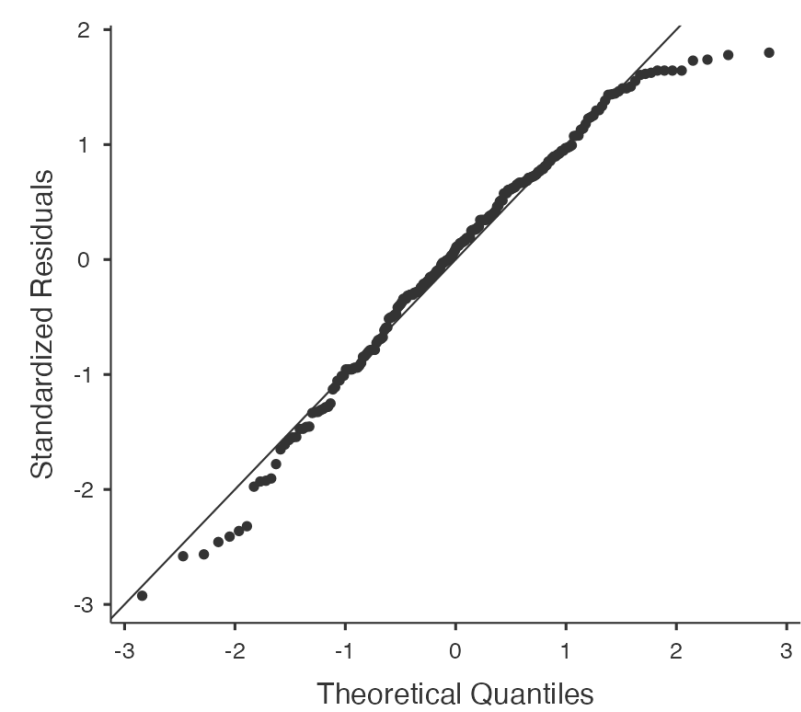
	VIF	Tolerance
Academic_2_Instagram	1.03	0.975
Activity_2_Instagram	1.39	0.718
Romance_2_Instagram	1.04	0.963
Social_Connection_2_Instagram	1.31	0.762
Social_Activity_2_Instagram	1.51	0.661
Relaxation_2_Instagram	1.27	0.787

[4]

Normality Test (Shapiro-Wilk)

Statistic	p
0.979	0.002

Q-Q Plot



Linear Regression_Instagram_Fatigue

Model Fit Measures		
Model	R	R ²
1	0.225	0.0507

Model Coefficients - z_fatigue_2					
Predictor	Estimate	SE	t	p	
Intercept	0.02773	0.12839	0.216	0.829	
Academic_2_Instagram	5.10e-4	0.00452	0.113	0.910	
Activity_2_Instagram	-3.90e-4	0.00254	-0.153	0.878	
Romance_2_Instagram	-0.00922	0.00500	-1.846	0.066	
Social_Connection_2_Instagram	0.00490	0.00231	2.118	0.035	
Social_Activity_2_Instagram	-0.00313	0.00291	-1.075	0.283	
Relaxation_2_Instagram	-0.00359	0.00181	-1.989	0.048	

Linear Regression_Instgram_pain

Model Fit Measures		
Model	R	R ²
1	0.223	0.0499

Model Coefficients - z_pain_2					
Predictor	Estimate	SE	t	p	
Intercept	-0.00746	0.12858	-0.0581	0.954	
Academic_2_Instagram	-0.00882	0.00453	-1.9473	0.053	
Activity_2_Instagram	0.00153	0.00257	0.5947	0.553	
Romance_2_Instagram	-0.00935	0.00500	-1.8710	0.063	
Social_Connection_2_Instagram	0.00225	0.00232	0.9697	0.333	
Social_Activity_2_Instagram	-0.00545	0.00293	-1.8605	0.064	
Relaxation_2_Instagram	0.00145	0.00182	0.7967	0.427	

Linear Regression_groupme_mental

Model Fit Measures		
Model	R	R ²
1	0.152	0.0232

Model Coefficients - z_Full_Mentalhealth_2					
Predictor	Estimate	SE	t	p	
Intercept	0.02706	0.06979	0.388	0.699	
Academic_2_GroupMe	-0.00189	0.00128	-1.473	0.142	
Social_Connection_2_GroupMe	0.00134	0.00446	0.300	0.765	
Social_Activity_2_GroupMe	0.01498	0.00912	1.643	0.102	
Relaxation_2_GroupMe	-0.00468	0.00827	-0.566	0.572	

Linear Regression_groupme_physical

Model Fit Measures

Model	R	R²
1	0.0288	8.29e-4

Model Coefficients - z_full_physical_health_2

Predictor	Estimate	SE	t	p
Intercept	0.00475	0.08406	0.0566	0.955
Academic_2_GroupMe	-3.89e-4	0.00154	-0.2520	0.801
Social_Connection_2_GroupMe	2.64e-4	0.00537	0.0492	0.961
Social_Activity_2_GroupMe	0.00322	0.01098	0.2936	0.769
Relaxation_2_GroupMe	-3.01e-4	0.00996	-0.0302	0.976

Linear Regression_groupme_fatigue

Model Fit Measures

Model	R	R²
1	0.180	0.0323

Model Coefficients - z_fatigue_2

Predictor	Estimate	SE	t	p
Intercept	0.10551	0.08272	1.275	0.204
Academic_2_GroupMe	-0.00344	0.00152	-2.266	0.024
Social_Connection_2_GroupMe	-0.00237	0.00528	-0.450	0.653
Social_Activity_2_GroupMe	0.01595	0.01081	1.476	0.141
Relaxation_2_GroupMe	-0.01053	0.00980	-1.074	0.284

Linear Regression_groupme_pain

Model Fit Measures

Model	R	R²
1	0.0919	0.00844

Model Coefficients - z_pain_2

Predictor	Estimate	SE	t	p
Intercept	0.00327	0.08433	0.0387	0.969
Academic_2_GroupMe	-1.70e-5	0.00154	-0.0110	0.991
Social_Connection_2_GroupMe	-3.70e-4	0.00535	-0.0692	0.945
Social_Activity_2_GroupMe	0.00523	0.01094	0.4783	0.633
Relaxation_2_GroupMe	-0.01307	0.00992	-1.3174	0.189

Linear Regression_total_mental

Model Fit Measures

Model	R	R ²	Adjusted R ²	AIC	BIC	RMSE	Overall Model Test			
							F	df1	df2	p
1	0.243	0.0592	0.0374	552	576	0.813	2.72	5	216	0.021

Omnibus ANOVA Test

	Sum of Squares	df	Mean Square	F	p
Total_Activity_2	0.2324	1	0.2324	0.3424	0.559
Total_Romance_2	0.4626	1	0.4626	0.6816	0.410
Total_Social_Connection_2	2.5446	1	2.5446	3.7488	0.054
Total_Social_Activity_2	7.6581	1	7.6581	11.2823	<.001
Total_Relaxation_2	0.0141	1	0.0141	0.0208	0.885
Residuals	146.6144	216	0.6788		

Note. Type 3 sum of squares

[4]

Model Coefficients - z_Full_Mentalhealth_2

Predictor	Estimate	SE	95% Confidence Interval		t	p	Stand. Estimate	95% Confidence Interval	
			Lower	Upper				Lower	Upper
Intercept	0.02666	0.12133	-0.21248	0.26581	0.220	0.826			
Total_Activity_2	0.00239	0.00409	-0.00567	0.01046	0.585	0.559	0.0443	-0.10480	0.1933
Total_Romance_2	-0.00301	0.00365	-0.01021	0.00418	-0.826	0.410	-0.0578	-0.19573	0.0802
Total_Social_Connection_2	0.01015	0.00524	-1.83e-4	0.02048	1.936	0.054	0.1597	-0.00287	0.3223
Total_Social_Activity_2	-0.01949	0.00580	-0.03092	-0.00805	-3.359	<.001	-0.2876	-0.45632	-0.1188
Total_Relaxation_2	-4.46e-4	0.00309	-0.00653	0.00564	-0.144	0.885	-0.0111	-0.16312	0.1409

Assumption Checks

Collinearity Statistics

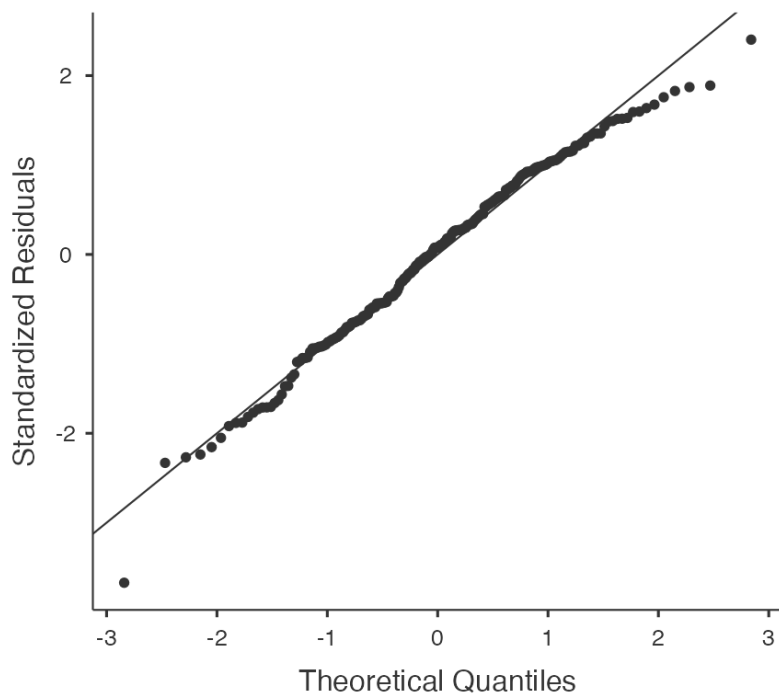
	VIF	Tolerance
Total_Activity_2	1.31	0.762
Total_Romance_2	1.12	0.889
Total_Social_Connection_2	1.56	0.640
Total_Social_Activity_2	1.68	0.594
Total_Relaxation_2	1.37	0.732

[4]

Normality Test (Shapiro-Wilk)

Statistic	p
0.987	0.044

Q-Q Plot



Linear Regression_total_physical

Model Fit Measures

Model	R	R ²	Adjusted R ²	AIC	BIC	RMSE	Overall Model Test			
							F	df1	df2	p
1	0.284	0.0806	0.0593	624	648	0.957	3.79	5	216	0.003

Omnibus ANOVA Test

	Sum of Squares	df	Mean Square	F	p
Total_Activity_2	1.503	1	1.503	1.598	0.208
Total_Romance_2	1.393	1	1.393	1.481	0.225
Total_Social_Connection_2	3.567	1	3.567	3.792	0.053
Total_Social_Activity_2	10.186	1	10.186	10.828	0.001
Total_Relaxation_2	0.550	1	0.550	0.584	0.445
Residuals	203.192	216	0.941		

Note. Type 3 sum of squares

[4]

Model Coefficients - z_full_physical_health_2

Predictor	Estimate	SE	95% Confidence Interval		t	p	Stand. Estimate	95% Confidence Interval	
			Lower	Upper				Lower	Upper
Intercept	0.02614	0.14284	-0.25539	0.30768	0.183	0.855			
Total_Activity_2	-0.00609	0.00482	-0.01558	0.00340	-1.264	0.208	-0.0945	-0.24186	0.0528
Total_Romance_2	-0.00523	0.00430	-0.01370	0.00324	-1.217	0.225	-0.0842	-0.22058	0.0522
Total_Social_Connection_2	0.01202	0.00617	-1.46e-4	0.02418	1.947	0.053	0.1588	-0.00193	0.3196
Total_Social_Activity_2	-0.02247	0.00683	-0.03594	-0.00901	-3.291	0.001	-0.2785	-0.44532	-0.1117
Total_Relaxation_2	0.00278	0.00364	-0.00439	0.00995	0.764	0.445	0.0583	-0.09198	0.2085

Data Summary

Cook's Distance

Mean	Median	SD	Range	
			Min	Max
0.00410	0.00156	0.00631	1.09e-8	0.0392

Assumption Checks

Collinearity Statistics

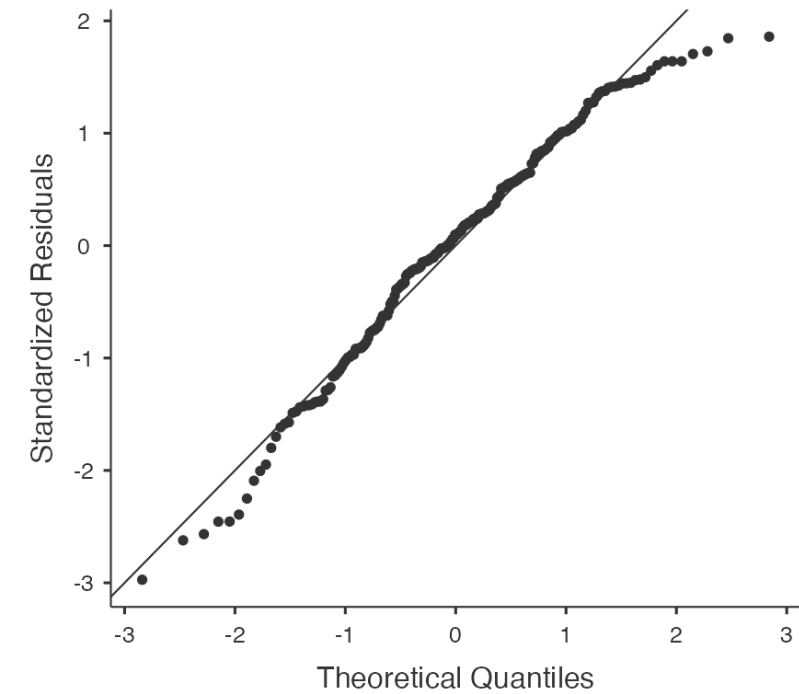
	VIF	Tolerance
Total_Activity_2	1.31	0.762
Total_Romance_2	1.12	0.889
Total_Social_Connection_2	1.56	0.640
Total_Social_Activity_2	1.68	0.594
Total_Relaxation_2	1.37	0.732

[4]

Normality Test (Shapiro-Wilk)

Statistic	p
0.978	0.002

Q-Q Plot



Linear Regression_total_fatigue

Model Fit Measures

Model	R	R²
1	0.223	0.0495

Model Coefficients - z_fatigue_2

Predictor	Estimate	SE	t	p
Intercept	0.19084	0.14523	1.314	0.190
Total_Activity_2	0.00243	0.00490	0.496	0.621
Total_Romance_2	-0.00664	0.00437	-1.520	0.130
Total_Social_Connection_2	0.01045	0.00627	1.666	0.097
Total_Social_Activity_2	-0.00810	0.00694	-1.167	0.244
Total_Relaxation_2	-0.00879	0.00370	-2.378	0.018

Linear Regression_pain_total

Model Fit Measures

Model	R	R²
1	0.192	0.0367

Model Coefficients - z_pain_2

Predictor	Estimate	SE	t	p
Intercept	0.01070	0.14742	0.0726	0.942
Total_Activity_2	-0.00101	0.00497	-0.2033	0.839
Total_Romance_2	-0.00458	0.00440	-1.0405	0.299
Total_Social_Connection_2	0.00510	0.00632	0.8070	0.421
Total_Social_Activity_2	-0.01637	0.00702	-2.3313	0.021
Total_Relaxation_2	0.00339	0.00378	0.8970	0.371

Linear Regression_socialactivity_totalplatforms_mentalhealth

Model Fit Measures

Model	R	R²	Adjusted R²	AIC	BIC	RMSE	Overall Model Test			
							F	df1	df2	p
1	0.353	0.125	0.104	536	560	0.784	6.15	5	216	<.001

Omnibus ANOVA Test

	Sum of Squares	df	Mean Square	F	p
Social_Activity_2_YouTube	7.0938	1	7.0938	11.2331	<.001
Social_Activity_2_SnapChat	0.0632	1	0.0632	0.1000	0.752
Social_Activity_2_Instagram	0.0371	1	0.0371	0.0588	0.809
Social_Activity_2_TikTok	3.9303	1	3.9303	6.2236	0.013
Social_Activity_2_GroupMe	6.1295	1	6.1295	9.7061	0.002
Residuals	136.4057	216	0.6315		

Note. Type 3 sum of squares

Predictor	Estimate	SE	95% Confidence Interval		t	p	Stand. Estimate	95% Confidence Interval	
			Lower	Upper				Lower	Upper
Intercept	0.17735	0.07805	0.02351	0.33119	2.272	0.024			
Social_Activity_2_YouTube	-0.01543	0.00460	-0.02450	-0.00635	-3.352	<.001	-0.2279	-0.3620	-0.0939
Social_Activity_2_SnapChat	-0.00107	0.00339	-0.00776	0.00561	-0.316	0.752	-0.0255	-0.1848	0.1337
Social_Activity_2_Instagram	6.31e-4	0.00260	-0.00450	0.00576	0.243	0.809	0.0211	-0.1503	0.1925
Social_Activity_2_TikTok	-0.01033	0.00414	-0.01849	-0.00217	-2.495	0.013	-0.2111	-0.3779	-0.0443
Social_Activity_2_GroupMe	0.02084	0.00669	0.00766	0.03402	3.115	0.002	0.2067	0.0759	0.3375

Assumption Checks

Collinearity Statistics

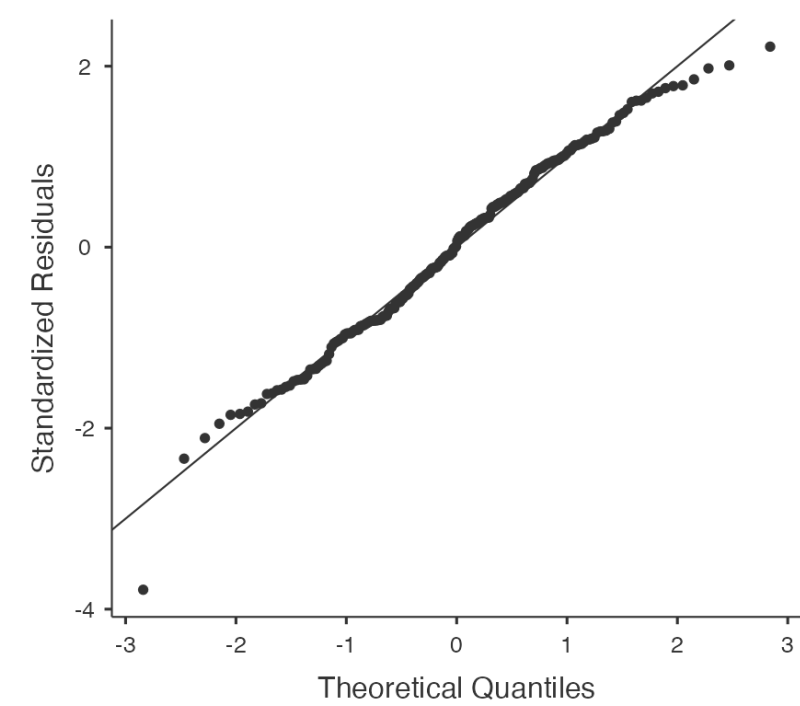
	VIF	Tolerance
Social_Activity_2_YouTube	1.14	0.876
Social_Activity_2_SnapChat	1.61	0.621
Social_Activity_2_Instagram	1.87	0.536
Social_Activity_2_TikTok	1.77	0.566
Social_Activity_2_GroupMe	1.09	0.920

[4]

Normality Test (Shapiro-Wilk)

Statistic	p
0.988	0.055

Q-Q Plot



Model Fit Measures

Model	R	R ²	Adjusted R ²	AIC	BIC	RMSE	Overall Model Test			
							F	df1	df2	p
1	0.306	0.0934	0.0725	621	645	0.950	4.45	5	216	<.001

Omnibus ANOVA Test

	Sum of Squares	df	Mean Square	F	p
Social_Activity_2_YouTube	8.4508	1	8.4508	9.1110	0.003
Social_Activity_2_SnapChat	0.3257	1	0.3257	0.3512	0.554
Social_Activity_2_Instagram	0.0545	1	0.0545	0.0588	0.809
Social_Activity_2_TikTok	2.6788	1	2.6788	2.8881	0.091
Social_Activity_2_GroupMe	2.5425	1	2.5425	2.7412	0.099
Residuals	200.3491	216	0.9275		

Note. Type 3 sum of squares

[4]

Model Coefficients - z_full_physical_health_2

Predictor	Estimate	SE	95% Confidence Interval		t	p	Stand. Estimate	95% Confidence Interval	
			Lower	Upper				Lower	Upper
Intercept	0.23817	0.09459	0.05173	0.42462	2.518	0.013			
Social_Activity_2_YouTube	-0.01684	0.00558	-0.02783	-0.00584	-3.018	0.003	-0.2089	-0.3453	-0.0725
Social_Activity_2_SnapChat	-0.00244	0.00411	-0.01054	0.00567	-0.593	0.554	-0.0487	-0.2107	0.1133
Social_Activity_2_Instagram	-7.64e-4	0.00315	-0.00698	0.00545	-0.242	0.809	-0.0214	-0.1959	0.1530
Social_Activity_2_TikTok	-0.00853	0.00502	-0.01842	0.00136	-1.699	0.091	-0.1463	-0.3161	0.0234
Social_Activity_2_GroupMe	0.01342	0.00811	-0.00256	0.02940	1.656	0.099	0.1118	-0.0213	0.2449

Assumption Checks

Collinearity Statistics

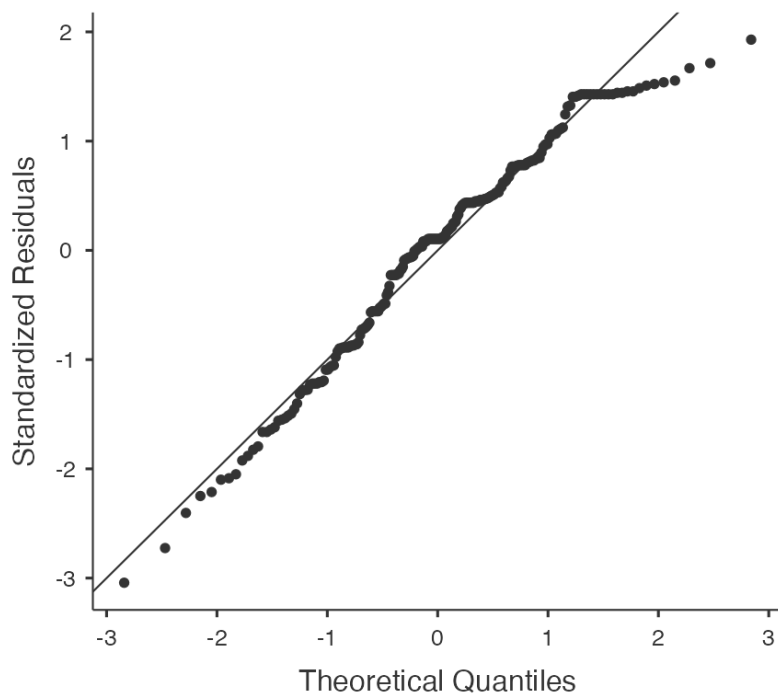
	VIF	Tolerance
Social_Activity_2_YouTube	1.14	0.876
Social_Activity_2_SnapChat	1.61	0.621
Social_Activity_2_Instagram	1.87	0.536
Social_Activity_2_TikTok	1.77	0.566
Social_Activity_2_GroupMe	1.09	0.920

[4]

Normality Test (Shapiro-Wilk)

Statistic	p
0.972	<.001

Q-Q Plot



Linear Regression_socialactivity_fatigue_totalplatforms

Model Fit Measures							Overall Model Test			
Model	R	R ²	Adjusted R ²	AIC	BIC	RMSE	F	df1	df2	p
1	0.146	0.0214	-0.00120	638	662	0.987	0.947	5	216	0.452

Omnibus ANOVA Test					
	Sum of Squares	df	Mean Square	F	p
Social_Activity_2_YouTube	0.46490	1	0.46490	0.46434	0.496
Social_Activity_2_SnapChat	0.57043	1	0.57043	0.56974	0.451
Social_Activity_2_Instagram	0.00865	1	0.00865	0.00864	0.926
Social_Activity_2_TikTok	0.70755	1	0.70755	0.70670	0.401
Social_Activity_2_GroupMe	0.96893	1	0.96893	0.96777	0.326
Residuals	216.25992	216	1.00120		

Note. Type 3 sum of squares

[4]

Predictor	Estimate	SE	95% Confidence Interval		t	p	Stand. Estimate	95% Confidence Interval	
			Lower	Upper				Lower	Upper
Intercept	0.10549	0.09828	-0.08821	0.29920	1.0734	0.284			
Social_Activity_2_YouTube	-0.00395	0.00580	-0.01537	0.00747	-0.6814	0.496	-0.04900	-0.1907	0.0927
Social_Activity_2_SnapChat	-0.00322	0.00427	-0.01165	0.00520	-0.7548	0.451	-0.06446	-0.2328	0.1039
Social_Activity_2_Instagram	-3.04e-4	0.00327	-0.00676	0.00615	-0.0929	0.926	-0.00854	-0.1897	0.1727
Social_Activity_2_TikTok	-0.00438	0.00521	-0.01466	0.00589	-0.8407	0.401	-0.07521	-0.2515	0.1011
Social_Activity_2_GroupMe	0.00829	0.00842	-0.00832	0.02489	0.9838	0.326	0.06902	-0.0693	0.2073

Assumption Checks

Collinearity Statistics

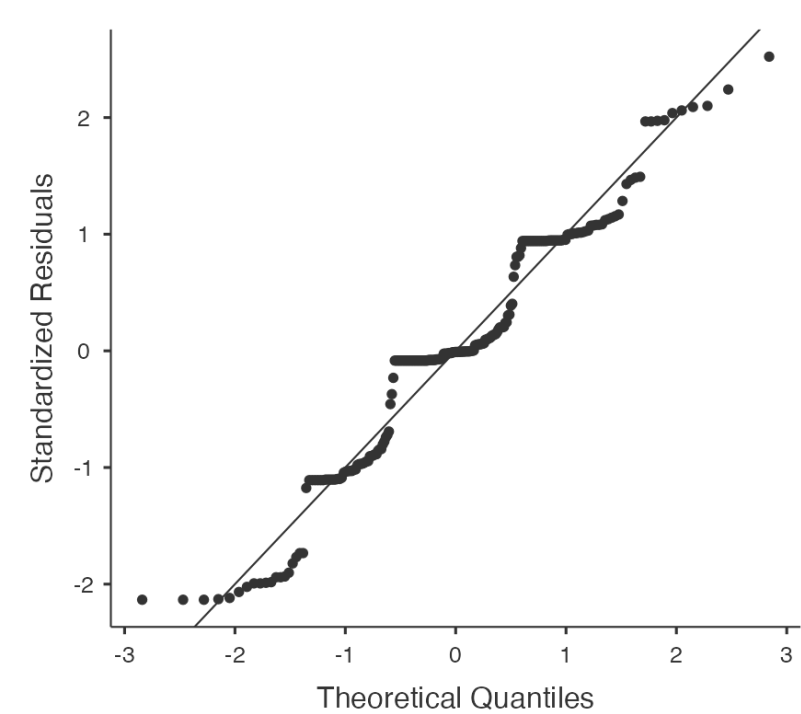
	VIF	Tolerance
Social_Activity_2_YouTube	1.14	0.876
Social_Activity_2_SnapChat	1.61	0.621
Social_Activity_2_Instagram	1.87	0.536
Social_Activity_2_TikTok	1.77	0.566
Social_Activity_2_GroupMe	1.09	0.920

[4]

Normality Test (Shapiro-Wilk)

Statistic	p
0.958	<.001

Q-Q Plot



Linear Regression_socialactivity_total_pain

Model Fit Measures

Model	R	R ²	Adjusted R ²	AIC	BIC	RMSE	Overall Model Test			
							F	df1	df2	p
1	0.247	0.0612	0.0393	623	647	0.967	2.79	5	214	0.018

Model Coefficients - z_pain_2

Predictor	Estimate	SE	t	p
Intercept	0.18098	0.09656	1.874	0.062
Social_Activity_2_YouTube	-0.01836	0.00568	-3.231	0.001
Social_Activity_2_SnapChat	-0.00325	0.00419	-0.776	0.439
Social_Activity_2_Instagram	-6.02e-4	0.00321	-0.188	0.851
Social_Activity_2_TikTok	-8.41e-4	0.00511	-0.165	0.869
Social_Activity_2_GroupMe	0.00660	0.00826	0.799	0.425

Assumption Checks

Collinearity Statistics

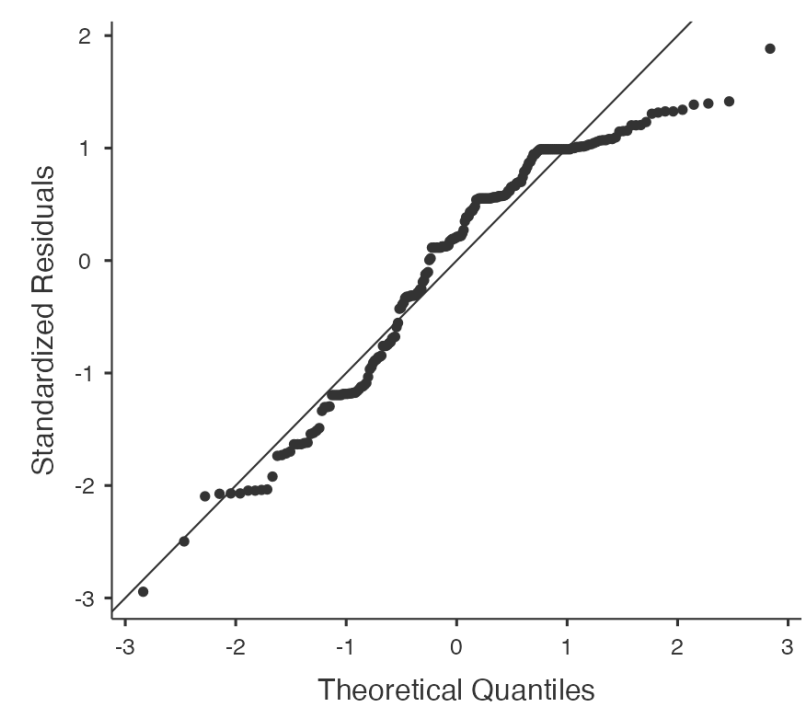
	VIF	Tolerance
Social_Activity_2_YouTube	1.14	0.878
Social_Activity_2_SnapChat	1.60	0.625
Social_Activity_2_Instagram	1.85	0.540
Social_Activity_2_TikTok	1.75	0.571
Social_Activity_2_GroupMe	1.09	0.919

[4]

Normality Test (Shapiro-Wilk)

Statistic	p
0.934	<.001

Q-Q Plot



Linear Regression_socialconnection_total_mentalhealth

Model Fit Measures		
Model	R	R²
1	0.166	0.0276

Model Coefficients - z_Full_Mentalhealth_2					
Predictor	Estimate	SE	t	p	
Intercept	-0.07126	0.11101	-0.642	0.522	
Social_Connection_2_YouTube	0.00424	0.00685	0.619	0.537	
Social_Connection_2_SnapChat	6.70e-4	0.00223	0.301	0.764	
Social_Connection_2_TikTok	-0.00808	0.00355	-2.273	0.024	
Social_Connection_2_Instagram	0.00143	0.00198	0.724	0.470	
Social_Connection_2_GroupMe	0.00390	0.00377	1.034	0.302	

Linear Regression_socialconnection_total_physicalhealth

Model Fit Measures		
Model	R	R²
1	0.123	0.0152

Model Coefficients - z_full_physical_health_2					
Predictor	Estimate	SE	t	p	
Intercept	-0.02055	0.13304	-0.154	0.877	
Social_Connection_2_YouTube	0.00454	0.00821	0.553	0.581	
Social_Connection_2_SnapChat	-0.00261	0.00267	-0.976	0.330	
Social_Connection_2_TikTok	-0.00466	0.00426	-1.093	0.276	
Social_Connection_2_Instagram	0.00279	0.00237	1.178	0.240	
Social_Connection_2_GroupMe	0.00128	0.00451	0.283	0.778	

Linear Regression_socialconnection_total_fatigue

Model Fit Measures		
Model	R	R²
1	0.107	0.0114

Model Coefficients - z_fatigue_2					
Predictor	Estimate	SE	t	p	
Intercept	-0.00912	0.13330	-0.0684	0.946	
Social_Connection_2_YouTube	-0.00463	0.00823	-0.5628	0.574	
Social_Connection_2_SnapChat	-0.00307	0.00267	-1.1479	0.252	
Social_Connection_2_TikTok	0.00108	0.00427	0.2531	0.800	
Social_Connection_2_Instagram	0.00288	0.00237	1.2116	0.227	
Social_Connection_2_GroupMe	-0.00291	0.00452	-0.6434	0.521	

Linear Regression_socialconnection_total_pain

Model Fit Measures

Model	R	R ²
1	0.177	0.0313

Model Coefficients - z_pain_2

Predictor	Estimate	SE	t	p
Intercept	0.00263	0.13214	0.0199	0.984
Social_Connection_2_YouTube	0.01437	0.00815	1.7643	0.079
Social_Connection_2_SnapChat	-0.00111	0.00267	-0.4171	0.677
Social_Connection_2_TikTok	-0.00882	0.00423	-2.0854	0.038
Social_Connection_2_Instagram	0.00147	0.00236	0.6218	0.535
Social_Connection_2_GroupMe	0.00163	0.00448	0.3637	0.716

References

- [1] The jamovi project (2022). *jamovi*. (Version 2.3) [Computer Software]. Retrieved from <https://www.jamovi.org>.
- [2] R Core Team (2021). *R: A Language and environment for statistical computing*. (Version 4.1) [Computer software]. Retrieved from <https://cran.r-project.org>. (R packages retrieved from MRAN snapshot 2022-01-01).
- [3] Revelle, W. (2019). *psych: Procedures for Psychological, Psychometric, and Personality Research*. [R package]. Retrieved from <https://cran.r-project.org/package=psych>.
- [4] Fox, J., & Weisberg, S. (2020). *car: Companion to Applied Regression*. [R package]. Retrieved from <https://cran.r-project.org/package=car>.