Results

Paired Samples T-Test_SMU between T1 and T2

Paired Samples T-Test

			statistic	df	p	Mean difference	SE difference	95% Confidence Interval Lower	95% Confidence Interval Upper		Effect Size	95% Confidence Interval Lower	95% Confidence Interval Upper
soc_media_use_1	soc_media_use_2	Student's t	5.89	104	<.001	1.13	0.192	0.814	Inf	Cohen's d	0.575	0.367	0.780

Note. H_a μ Measure 1 - Measure 2 > 0

Descriptives

	N	Mean	Median	SD	SE
soc_media_use_1	105	4.23	4	2.45	0.240
soc_media_use_2	105	3.10	3	1.86	0.181

Plots

soc_media_use_1 - soc_media_use_2

Paired Samples T-Test_Youtube

Paired Samples T-Test

			statistic	df	p	Mean difference	SE difference	95% Confidence Interval Lower	95% Confidence Interval Upper		Effect Size	95% Confidence Interval Lower	95% Confidence Interval Upper
Youtube1	Youtube2	Student's t	5.16	216	<.001	0.438	0.0848	0.298	Inf	Cohen's d	0.350	0.213	0.487

Note. H_a μ Measure 1 - Measure 2 > 0

Descriptives

	N	Mean	Median	SD	SE
Youtube1	217	3.35	4	2.03	0.138
Youtube2	217	2.92	3	2.02	0.137

Plots

Youtube1 - Youtube2
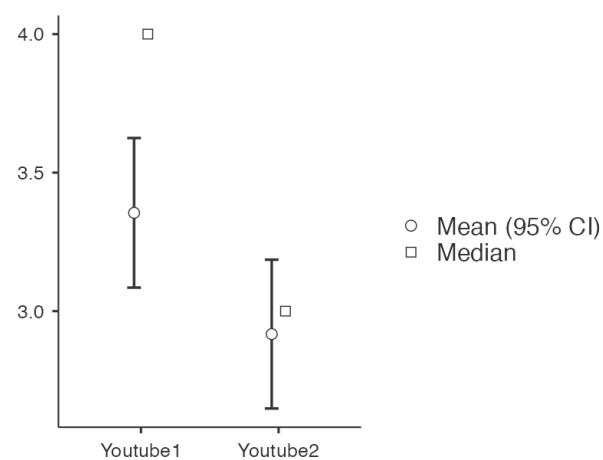
Paired Samples T-Test_Instagram

Paired Samples T-Test

			statistic	df	p	Mean difference	SE difference	95% Confidence Interval Lower	95% Confidence Interval Upper		Effect Size	95% Confidence Interval Lower	95% Confidence Interval Upper
Instagram1	instagram2	Student's t	2.74	220	0.003	0.267	0.0976	0.106	Inf	Cohen's d	0.184	0.0508	0.317

Note. H_a μ $_{\text{Measure 1 - Measure 2}}$ > 0

Descriptives

	N	Mean	Median	SD	SE
Instagram1	221	5.06	6	1.53	0.103
instagram2	221	4.79	5	1.65	0.111

Plots

Instagram1 - instagram2
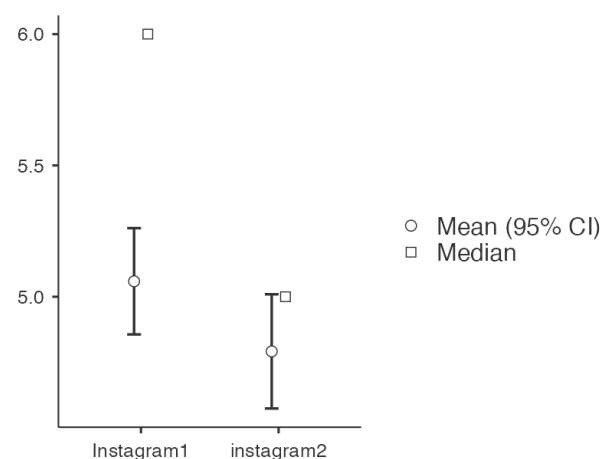
Paired Samples T-Test_Snapchat

Paired Samples T-Test

			statistic	df	p	Mean difference	SE difference	95% Confidence Interval Lower	95% Confidence Interval Upper		Effect Size	95% Confidence Interval Lower	95% Confidence Interval Upper
snapchat1	snapchat2	Student's t	1.07	218	0.142	0.128	0.119	-0.0691	Inf	Cohen's d	0.0725	-0.0602	0.205

Note. H_a μ $_{\text{Measure 1 - Measure 2}}$ > 0

Descriptives

	N	Mean	Median	SD	SE
snapchat1	219	4.52	6	2.22	0.150
snapchat2	219	4.39	5	2.17	0.146

Plots

snapchat1 - snapchat2
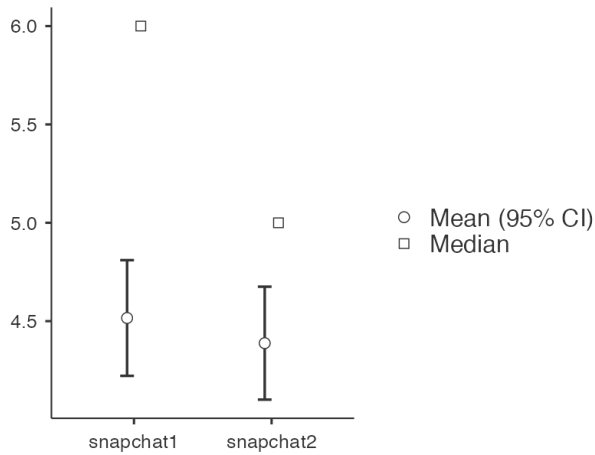
Paired Samples T-Test_TikTok

Paired Samples T-Test

			statistic	df	p	Mean difference	SE difference	95% Confidence Interval Lower	95% Confidence Interval Upper		Effect Size	95% Confidence Interval Lower	95% Confidence Interval Upper
tiktok1	tiktok2	Student's t	2.59	219	0.005	0.345	0.133	0.125	Inf	Cohen's d	0.175	0.0414	0.308

Note. H_a $\mu_{\text{Measure 1 - Measure 2}} > 0$

Descriptives

	N	Mean	Median	SD	SE
tiktok1	220	3.92	5.00	2.56	0.173
tiktok2	220	3.57	5.00	2.48	0.168

Plots

tiktok1 - tiktok2
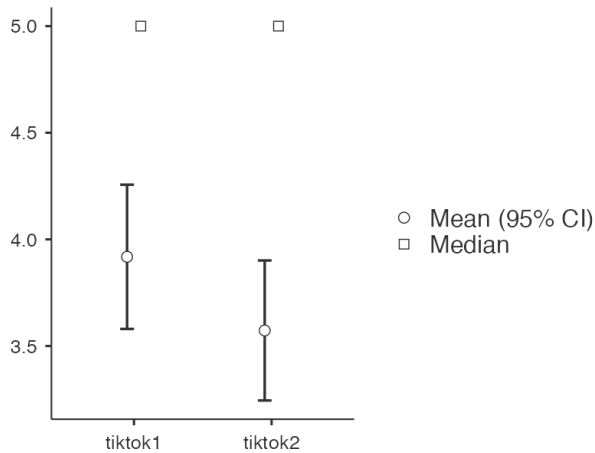
Paired Samples T-Test_Groupme

Paired Samples T-Test

| | | | statistic | df | p | Mean difference | SE difference | 95% Confidence Interval | | | Effect Size | 95% Confidence Interval | |
								Lower	Upper			Lower	Upper
groupme1	groupme2	Student's t	-2.80	219	0.003	-0.386	0.138	-Inf	-0.159	Cohen's d	-0.189	-0.322	-0.0556

Note. H$_a$ μ $_{Measure\ 1\ -\ Measure\ 2}$ < 0

Descriptives

	N	Mean	Median	SD	SE
groupme1	220	2.05	2.00	1.94	0.131
groupme2	220	2.43	2.50	2.04	0.137

Plots

groupme1 - groupme2
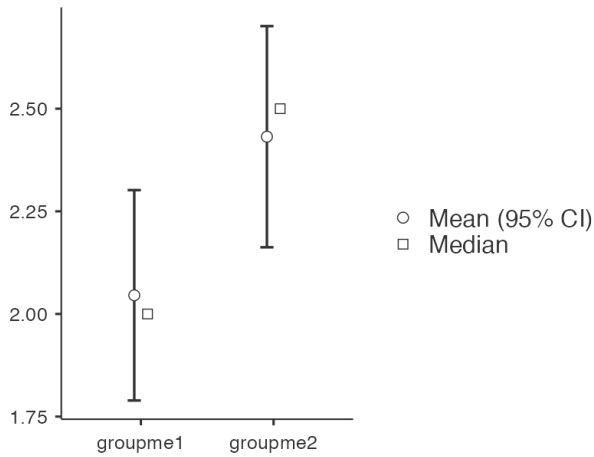
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[1] The jamovi project (2022). *jamovi.* (Version 2.3) [Computer Software]. Retrieved from https://www.jamovi.org.

[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).