

Supplementary Online Content

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eTable. Means and standard deviations for the main variables for each cohort

This supplementary material has been provided by the authors to give readers additional information about their work.

eTable. Means and standard deviations for the main variables for each cohort

	Year 1 (M, SD)	Year 2 (M, SD)	Year 3 (M, SD)	Year 4 (M, SD)
Depression	4.29, 5.10	4.75, 5.64	5.32, 5.98	5.45, 5.93
Social Media	0.94, 1.25	1.13, 1.30	1.24, 1.27	1.44, 1.26
Television	1.52, 1.16	1.55, 1.20	1.59, 1.20	1.61, 1.24
Video Gaming	1.34, 1.30	1.44, 1.39	1.42, 1.41	1.36, 1.44
Computer use	0.60, 1.03	0.60, 1.02	0.58, 1.00	0.62, 1.05
Self-esteem	20.22, 5.55	20.34, 5.72	20.40, 5.66	20.45, 5.53
Exercise	2.93, 1.32	2.24, 0.49	1.79, 0.98	1.67, 0.59

Note: exercise is measure of exercise frequency per week.