

Supplementary material: English translation of the items

Screen time usage:

1. *“During the last week how much time each day did you spend on screen: a) alone offline, b) with family, c) on social media, d) gaming, e) school and homework.*
Participants answered on each of these on a scale ranging from *“none”* to *“1-2 hours per day”*, *“3-4 hours per day”* and *“4 hours or more”*.
2. *“How many chat or text messages do you send per day (not while gaming)”* on a 5-point scale from *“none”* (0) to *“1-3”*, *“4-6”*, *“7-9”* and *“10 or more”*(4), and *“to how many different people”* from *“none”* (0), *“1-2”*, *“3-4”* to *“4 or more”*(3).
 - a) *“How often do you game”*: Responses were: a) alone and offline, b) with parents in the same room, c) with friends in the same room, d) with friends online and e) with others online, These were rated from *“always”* to *“often”*, *“sometimes”*, *“seldom”* and *“never”*.

Spending time with friends:

1. *“How many times they had physically met with friends the last week”*
if Yes, how often from *“none”*, *“1-2”*, *“3-4”*, *5-6”*, *7 or more”*,
2. Do you have one or more close friends at your school?
Rated: (yes (1)/no (0)).

Loneliness:

1. How often do you feel like you lack the company of others?
2. How often do you feel excluded?
3. How often do you feel isolated from others?

Response. *Never, seldom, sometimes, always*

SCL anxiety and depression scale:

Have you been bothered by any of the following during the last two weeks?

Response: *1 Not bothered 2 A little bothered 3 Quite bothered 4 Very bothered*

1. Feeling fearful
2. Nervousness or shakiness inside
3. Feeling hopeless about the future
4. Feeling blue (depressed, heavy-hearted)
5. Worrying too much about things
6. Feeling everything is an effort
7. Feeling tense or keyed up
8. Suddenly scared for no reason