

Supplemental Analyses: Structural Equation Models

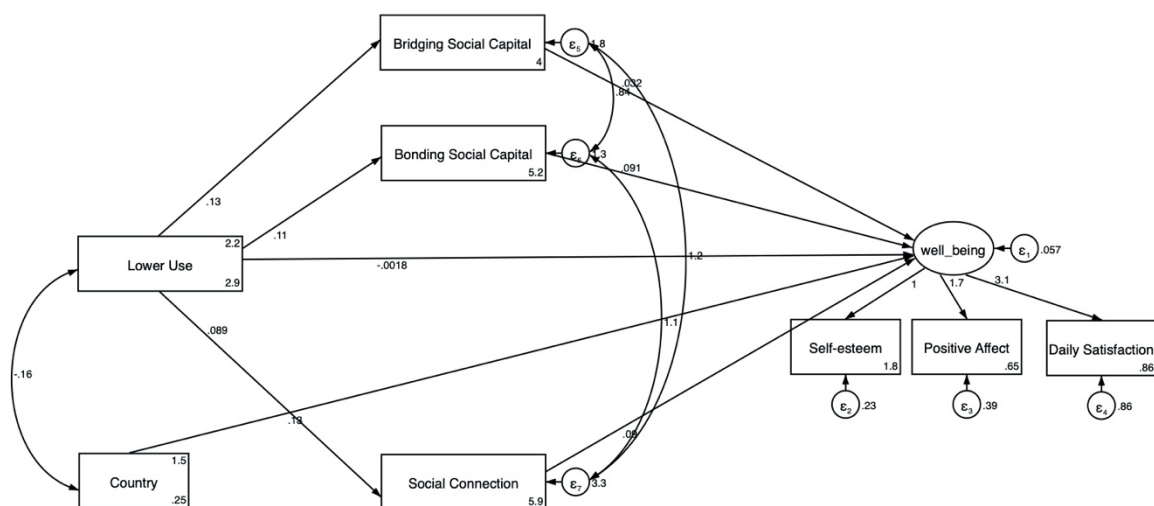
In addition to pre-registered analyses, structural equation models were run linking daily use to daily well-being (direct effects) on both lower use, and normal use, days. Simultaneously, we modelled indirect effects on well-being through bonding and connecting social capital, and social connection.

We considered several indices of the goodness-of-fit. These were: Chi-square; the root mean square of approximation (RMSEA). The Comparative Fit Index (CFI) and Tucker-Lewis Index (TLI); and the Standardised Root Mean Squared Residual (SRMR).

We ran two identical models, one for each day of use (lower use and normal use). In these models we tested the effects of self-reported use of social media on each of the two days, bridging social capital, bonding social capital, and social connection on well-being. Well-being was represented by a latent variable comprised of the participants' scores on the following scales: self-esteem, daily satisfaction, and positive affect. Finally, we also included country as a covariate in the model.

Lower Use Day

The model had an acceptable fit: $\chi^2(13) = 34.63, p < .001$; RMSEA = .08; CFI = .95; TLI = .90; SRMR = .042. Results showed that bonding social capital was a significant predictor of well-being ($b = .09, s.e. = .03, p < .001; \beta = .29$). Social connection was also a significant predictor of well-being ($b = .09, s.e. = .02, p < .001; \beta = .45$), as was country ($b = .12, s.e. = .05, p < .05; \beta = .17$). However, bridging social capital was not a significant predictor of well-being ($b = .03, s.e. = .02, p = .118; \beta = .12$), and subjective use of social media during lower use day was not a significant predictor of well-being ($b = -.01, s.e. = .01, p = .889; \beta = -.01$). R-square indicates that 10.1% of the variance in domestic pro-environmental behaviours could be explained by this model.



Normal Use

The Model had an acceptable fit to the data: $\chi^2(13) = 37.06, p < .001$; RMSEA = .09; CFI = .95; TLI = .99; SRMR = .070. The results showed that social connection was a significant predictor of well-being ($b = .12, s.e. = .02, p < .001$; $\beta = .54$). Country was also a significant predictor of well-being ($b = .19, s.e. = .06, p < .05$; $\beta = .22$). However, bonding social capital ($b = .05, s.e. = .04, p = .203$; $\beta = .12$), bridging social capital ($b = .00, s.e. = .03, p = .893$; $\beta = .01$) and subjective use of social media during the normal use day ($b = .001, s.e. = .02, p = .915$; $\beta = .01$) were not significant predictors of well-being. R-square indicates that 9% of the variance in domestic pro-environmental behaviours could be explained by this model.

