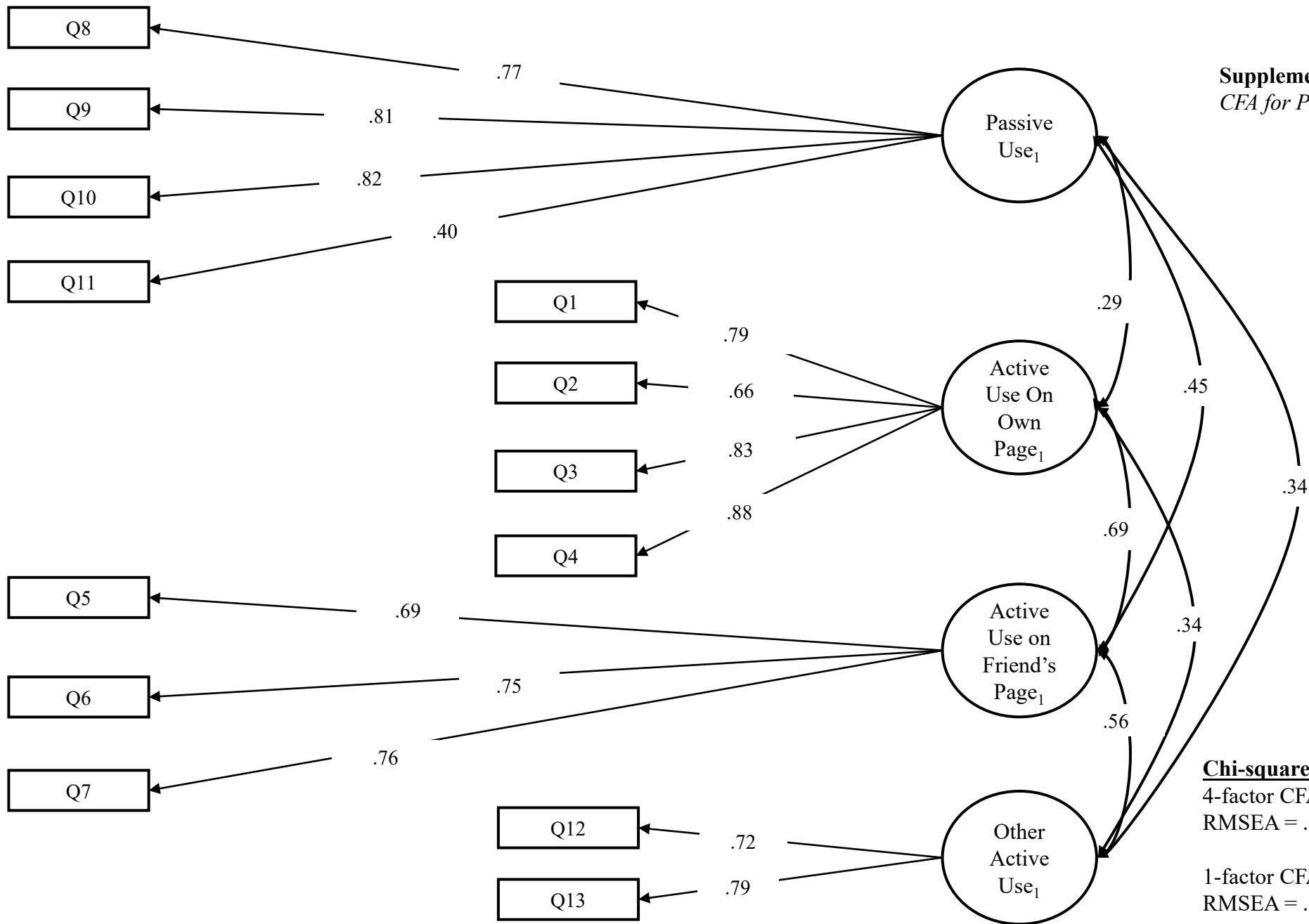




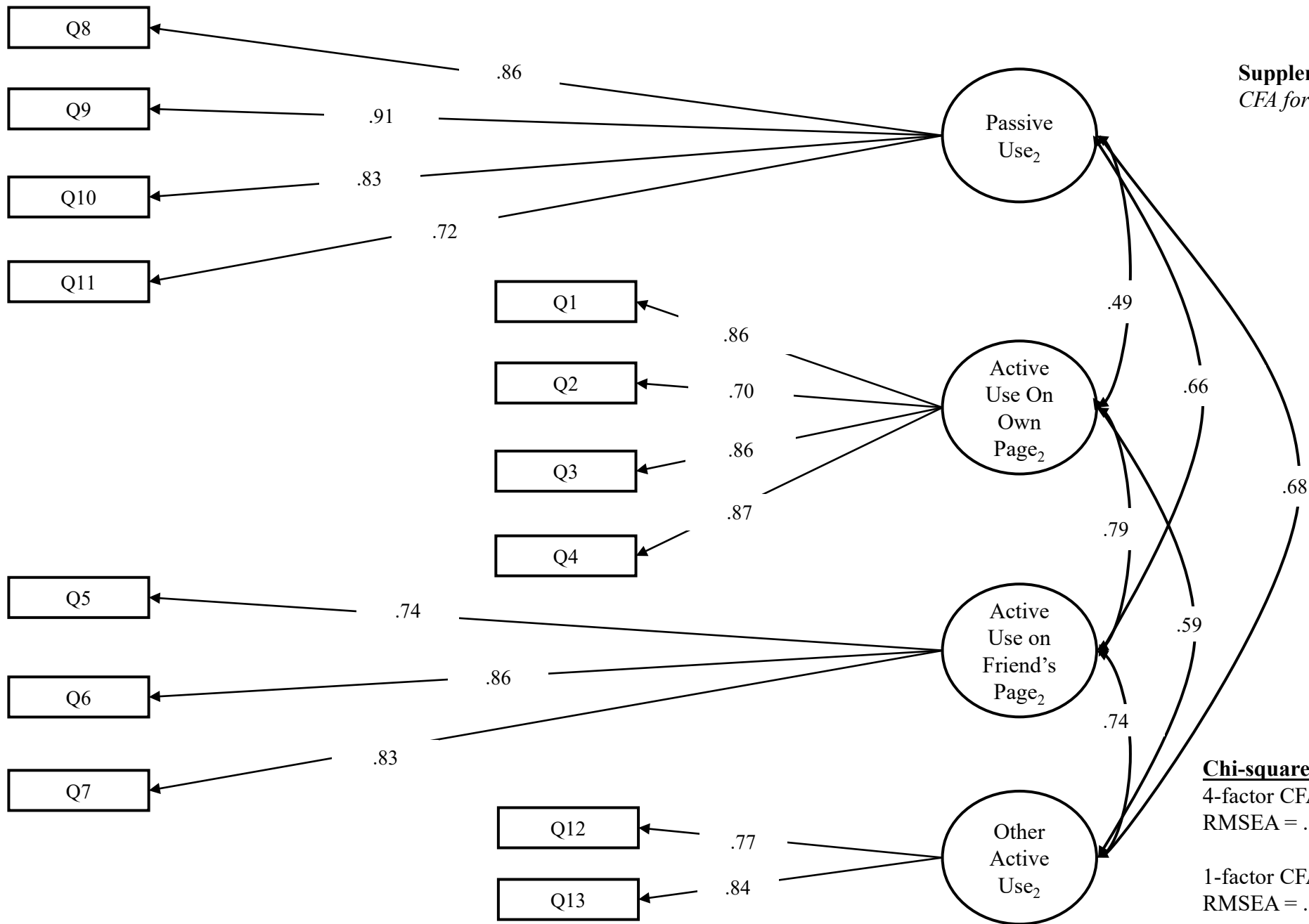
Supplementary Figure 1
CFA for Passive-Active Use Measure at T0

Chi-square Difference Test

4-factor CFA model: $\chi^2(59) = 225.98, p < .001$, CFI = .95, RMSEA = .09, WRMR = 1.11

1-factor CFA model: $\chi^2(65) = 974.34, p < .001$, CFI = .71, RMSEA = .19, WRMR = 2.69

Model Comparison: $\Delta\chi^2(6) = 344.32, p < .001$



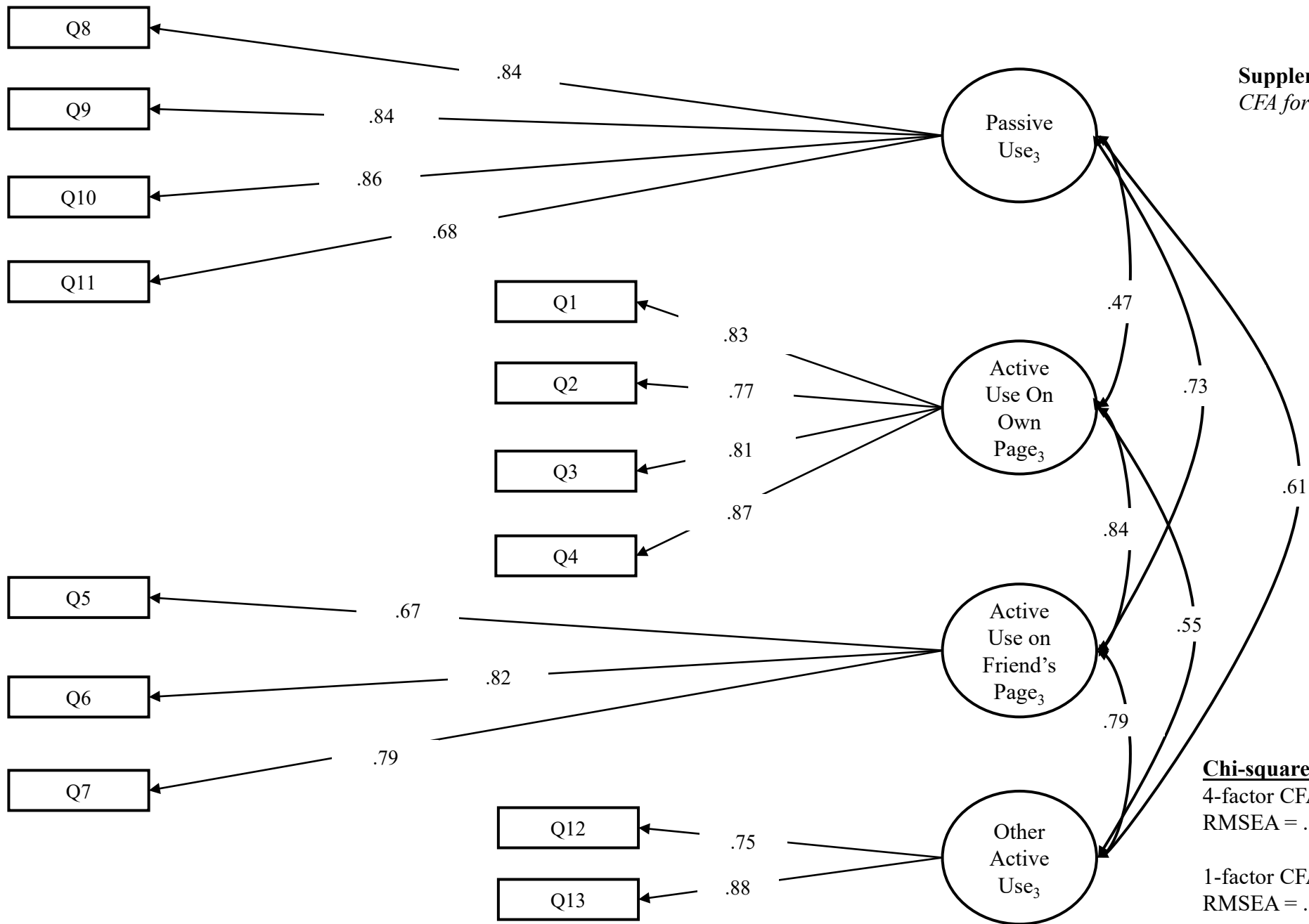
Supplementary Figure 2
CFA for Passive-Active Use Measure at T1

Chi-square Difference Test

4-factor CFA model: $\chi^2(59) = 293.72, p < .001$, CFI = .96, RMSEA = .11, WRMR = 1.24

1-factor CFA model: $\chi^2(65) = 890.68, p < .001$, CFI = .84, RMSEA = .19, WRMR = 2.54

Model Comparison: $\Delta\chi^2(6) = 297.59, p < .001$



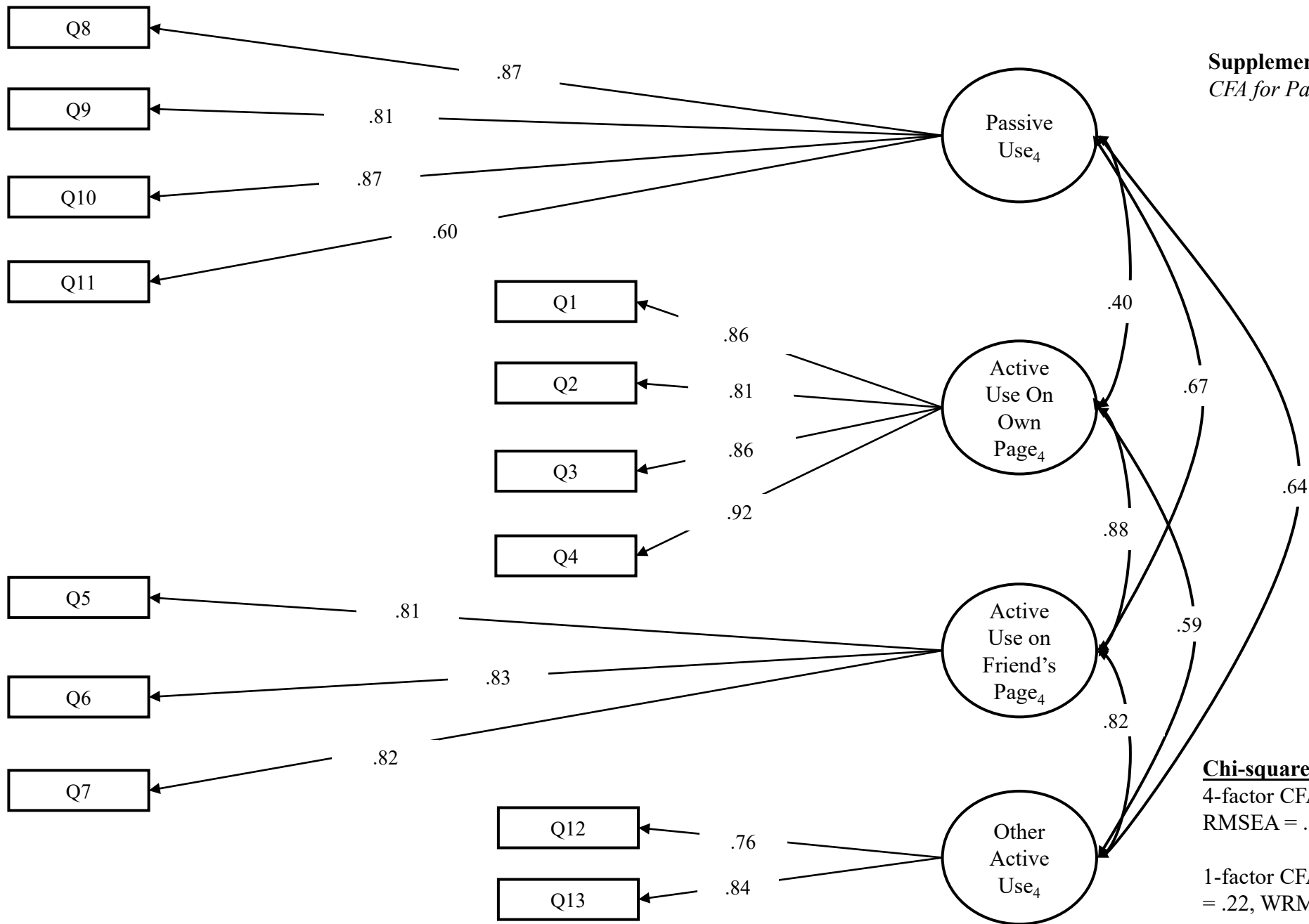
Supplementary Figure 3
CFA for Passive-Active Use Measure at T2

Chi-square Difference Test

4-factor CFA model: $\chi^2(59) = 332.15, p < .001$, CFI = .94, RMSEA = .12, WRMR = 1.34

1-factor CFA model: $\chi^2(65) = 854.85, p < .001$, CFI = .83, RMSEA = .19, WRMR = 2.47

Model Comparison: $\Delta\chi^2(6) = 281.87, p < .001$



Supplementary Figure 4
CFA for Passive-Active Use Measure at T3

Chi-square Difference Test

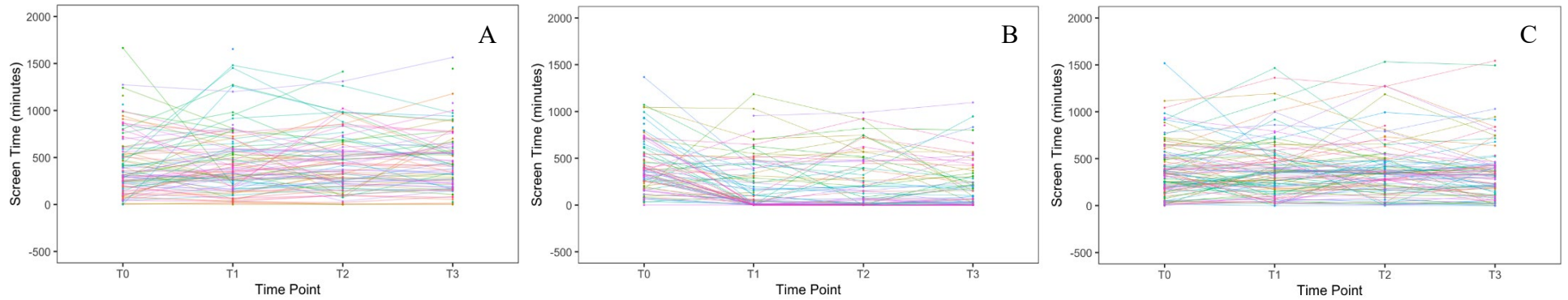
4-factor CFA model: $\chi^2(59) = 357.63, p < .001$, CFI = .94, RMSEA = .13, WRMR = 1.40

1-factor CFA model: $1015.83, p < .001$, CFI = .82, RMSEA = .22, WRMR = 2.72

Model Comparison: $\Delta\chi^2(6) = 359.41, p < .001$

Supplementary Figure 5

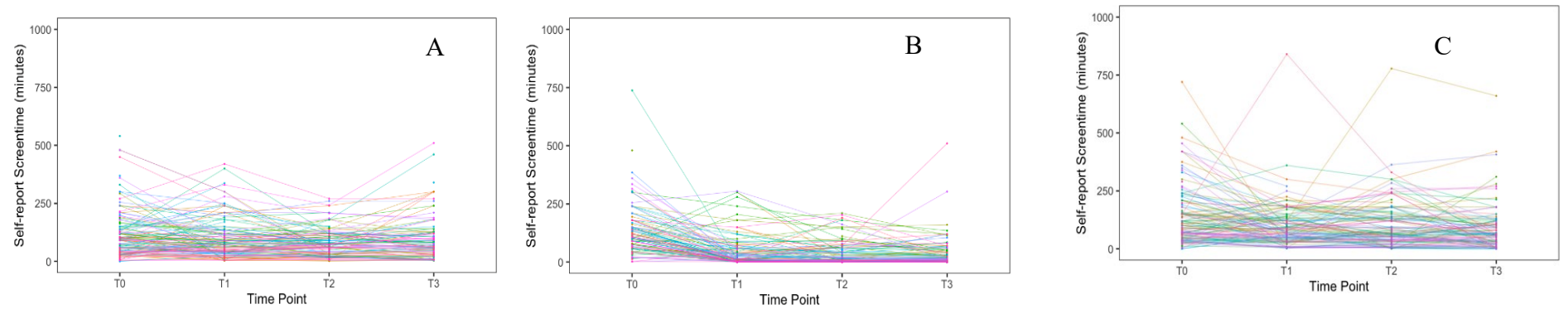
Spaghetti Plots for Observed Screentime (Minutes)



Note. A = Control condition; B = Abstinence condition; C = Tutorial condition

Supplementary Figure 6

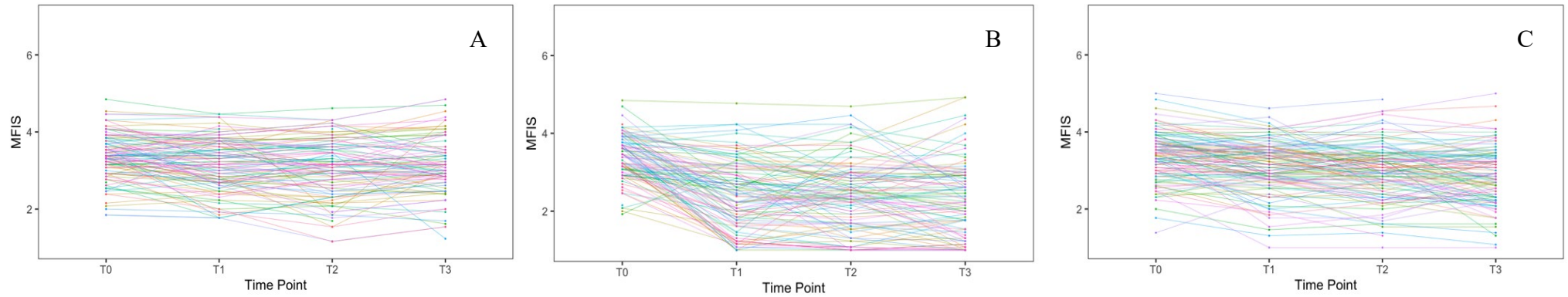
Spaghetti Plots for Self-report Screentime (Minutes)



Note. A = Control condition; B = Abstinence condition; C = Tutorial condition

Supplementary Figure 7

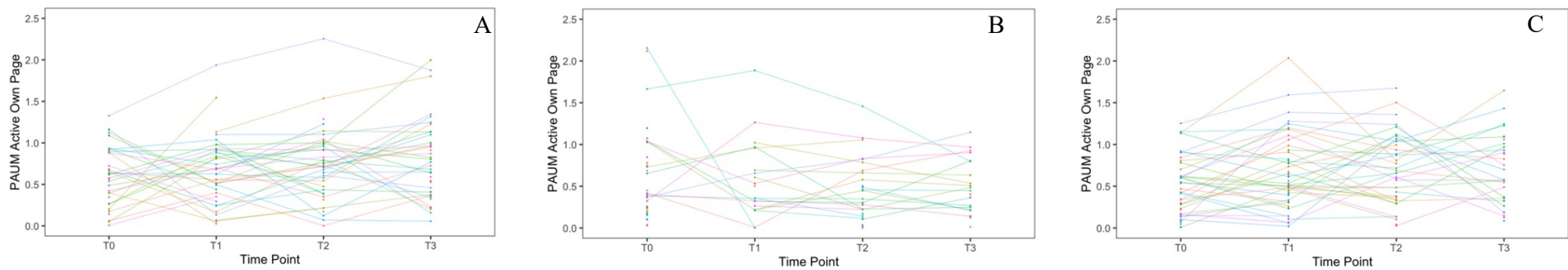
Spaghetti Plots for MFIS



Note. A = Control condition; B = Abstinence condition; C = Tutorial condition

Supplementary Figure 8

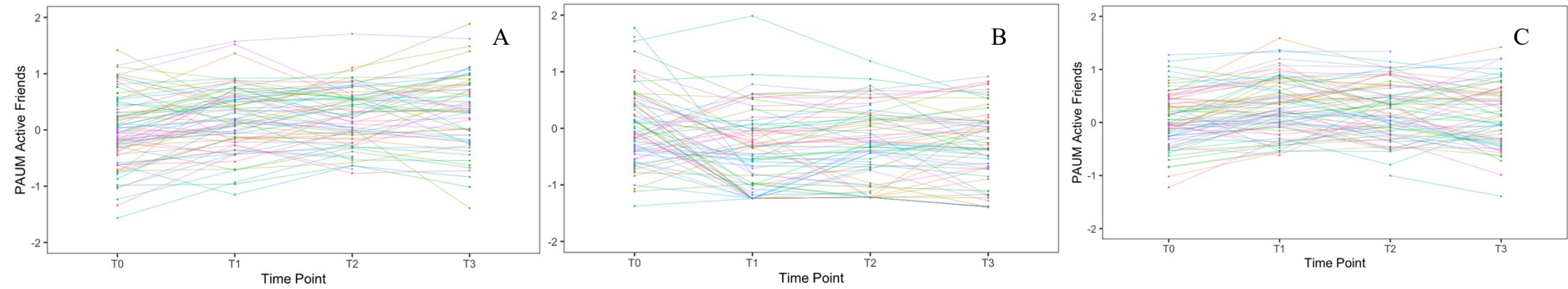
Spaghetti Plots for PAUM – Active Own



Note. A = Control condition; B = Abstinence condition; C = Tutorial condition

Supplementary Figure 9

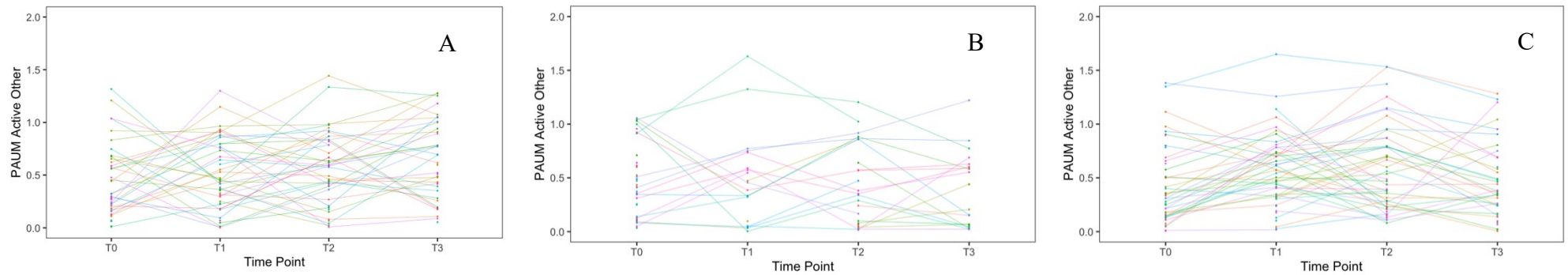
Spaghetti Plots for PAUM – Active Friends



Note. A = Control condition; B = Abstinance condition; C = Tutorial condition

Supplementary Figure 10

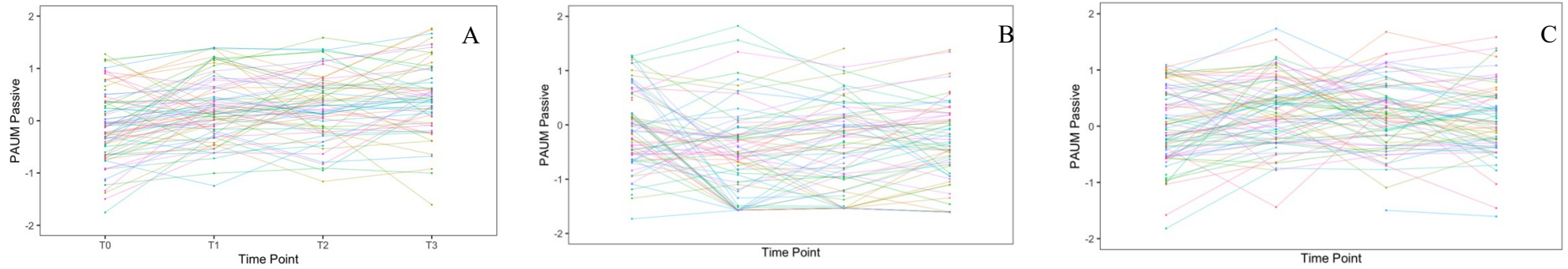
Spaghetti Plots for PAUM – Active Other



Note. A = Control condition; B = Abstinance condition; C = Tutorial condition

Supplementary Figure 11

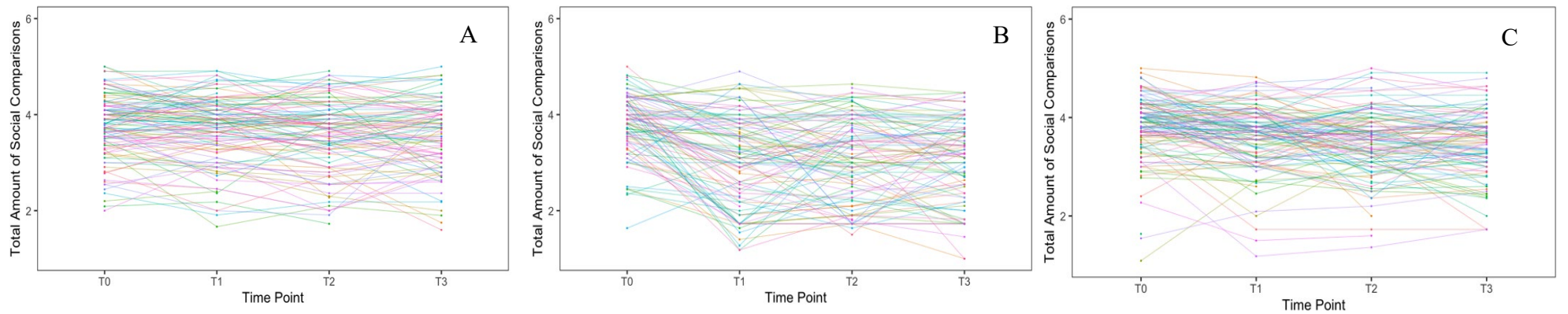
Spaghetti Plots for PAUM – Passive



Note. A = Control condition; B = Abstinence condition; C = Tutorial condition

Supplementary Figure 12

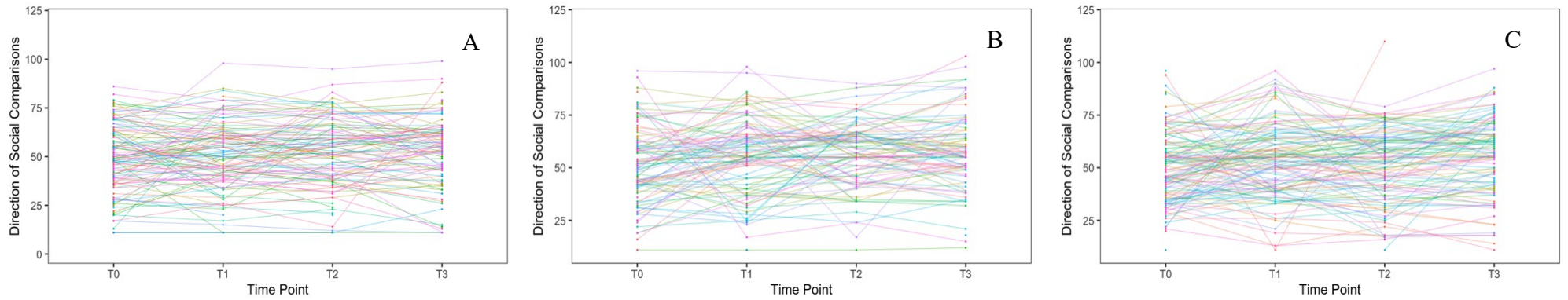
Spaghetti Plots for Amount of Social Comparisons (INCOM)



Note. A = Control condition; B = Abstinence condition; C = Tutorial condition

Supplementary Figure 13

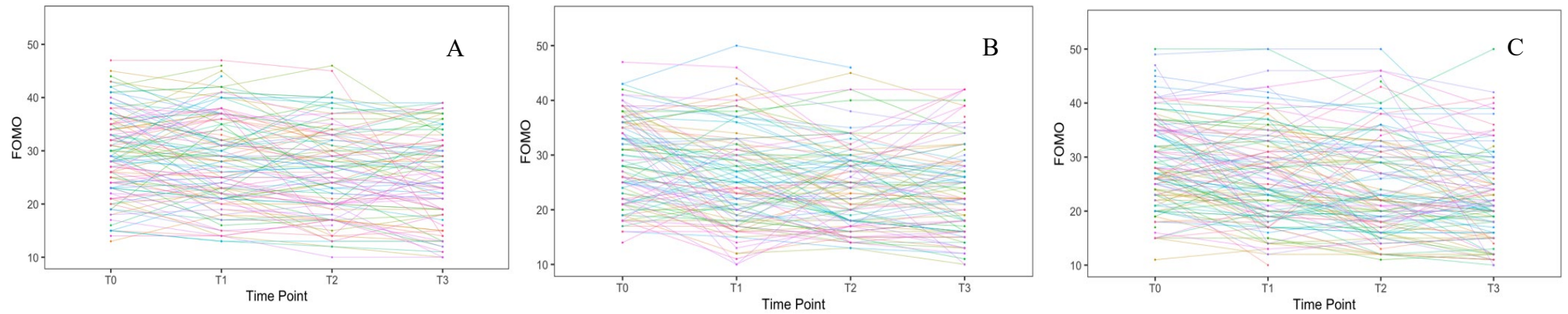
Spaghetti Plots for Direction of Social Comparisons (SCRS)



Note. A = Control condition; B = Abstinance condition; C = Tutorial condition

Supplementary Figure 14

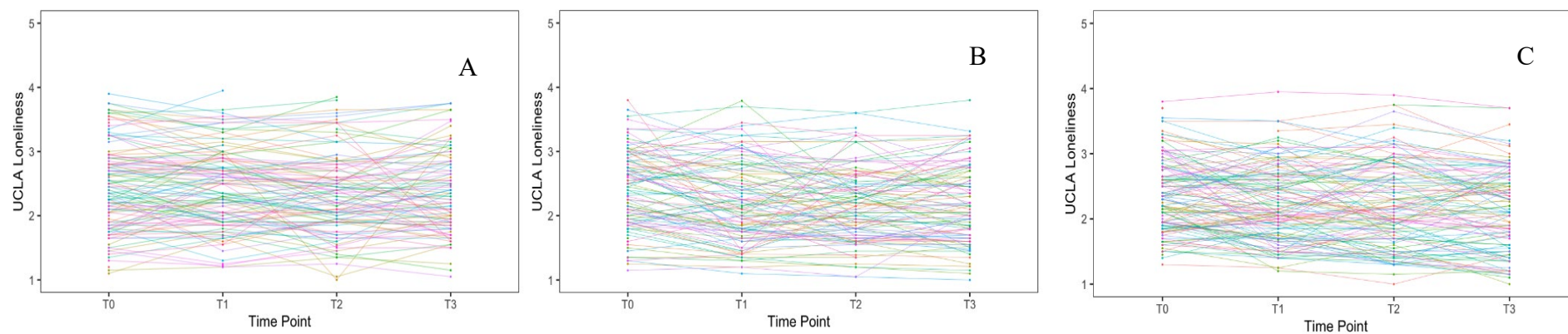
Spaghetti Plots for FOMO



Note. A = Control condition; B = Abstinance condition; C = Tutorial condition

Supplementary Figure 15

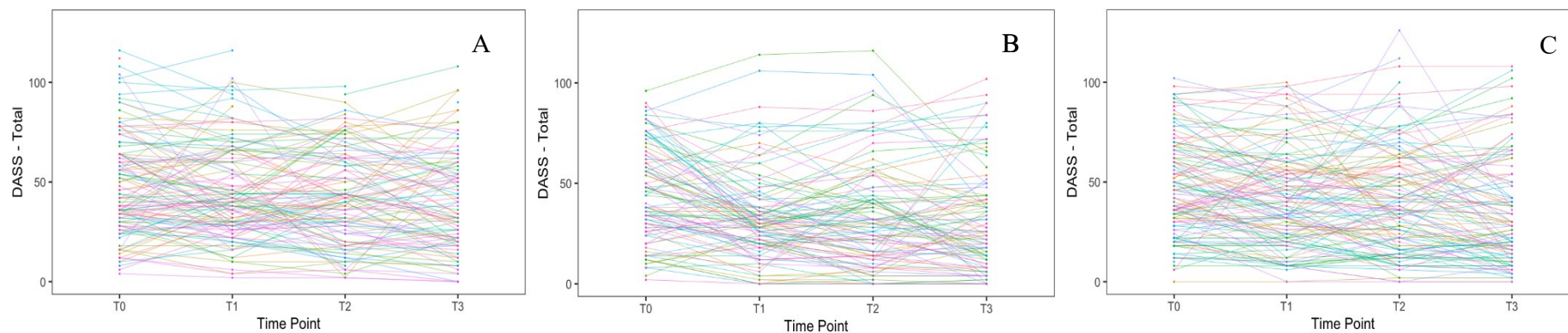
Spaghetti Plots for Loneliness



Note. A = Control condition; B = Abstinence condition; C = Tutorial condition

Supplementary Figure 16

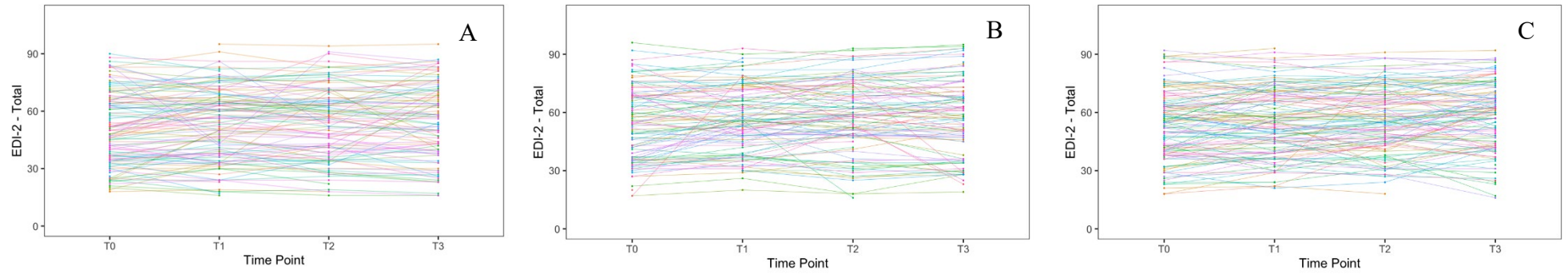
Spaghetti Plots for DASS-21



Note. A = Control condition; B = Abstinence condition; C = Tutorial condition

Supplementary Figure 17

Spaghetti Plots for EDI-2



Note. A = Control condition; B = Abstinence condition; C = Tutorial condition