

Supplementary Table 1

Passive-Active Use Measure Items

	Active Use on Participant's Own Page
Q1	Posting pictures, videos, or status updates on your own page
Q2	Posting Stories to your own page
Q3	Reading other people's comments or likes on content you posted on your own page
Q4	Commenting on your own page – this includes responding to other people's comments on content you posted on your own page
	Active Use on Friend's Page
Q5	Posting pictures, videos, or messages to a friend's page (or posting to your own page but tagging a friend)
Q6	Commenting on statuses, posts, pictures, videos, etc. that a friend posted on their page- this includes responding to the comments other friends have made on this post
Q7	Liking or clicking on other emojis (e.g., love, laughing, surprised, sad, angry) for statuses, posts, pictures, videos, etc. that a friend posted on their page
	Passive Social Media Use
Q8	Reading or viewing something that a friend posted on their page without you commenting or liking it
Q9	Reading or viewing friends' Stories without sending them a message
Q10	Reading the comments that a friend's post has gotten, without you commenting or liking it
Q11	Reading or viewing content from a page you follow (i.e. news, entertainment, businesses, celebrities) without you commenting or liking it
	Other Active Use
Q12	Commenting on posts, pictures, videos, etc. that a page you follow (i.e. news, entertainment, businesses, celebrities) has posted on their page- this includes responding to the comments other people have made on this post
Q13	Liking or clicking on other emojis for posts, pictures, videos, etc. that a page you follow (i.e. news, entertainment, businesses, celebrities) has posted on their page

Supplementary Table 2*Social Media Behaviors and Psychological Well-being of Participants who Completed vs Did Not Complete All Timepoints*

T0								
	Human Subjects Pool (N = 262)				Community (N = 131)			
	Completed all	Did not complete all			Completed all	Did not complete all		
	n = 198	n = 64			n = 113	n = 18		
	M (SD)	M (SD)	t	p	M (SD)	M (SD)	t	p
Observed Screentime	389.70 (300.49)	418.89 (259.62)	0.12	.905	383.64 (310.33)	417.89 (223.64)	-0.32	.748
Self-report Screentime	124.01 (103.69)	150.98 (138.66)	-0.66	.510	131.57 (113.65)	150.33 (122.00)	-0.60	.553
MFIS	3.35 (0.58)	3.45 (0.57)	-1.53	.130	3.40 (0.56)	3.63 (0.79)	-1.40	.163
PAUM Active Own Page	-0.02 (0.69)	0.15 (0.72)	-1.36	.176	0.01 (0.74)	0.37 (0.77)	-1.73	.086
PAUM Active Friends	-0.02 (0.59)	0.09 (0.62)	-1.93	.498	-0.03 (0.60)	0.30 (0.73)	-1.93	.055
PAUM Active Other	0.02 (0.58)	-0.03 (0.59)	-1.29	.198	-0.004 (0.62)	0.24 (0.75)	-1.42	.159
PAUM Passive	-0.03 (0.66)	0.10 (0.70)	0.68	.054	0.06 (0.63)	0.32 (0.73)	-1.44	.154
INCOM	3.79 (0.62)	3.82 (0.60)	-1.60	.111	3.79 (0.60)	3.85 (0.61)	-0.34	.735
SCRS	50.22(16.62)	49.72 (18.77)	-0.27	.785	49.66 (17.45)	49.60 (18.65)	0.01	.991
FOMO	29.15 (7.85)	30.07 (8.11)	0.22	.825	29.62 (8.11)	32.67 (10.04)	-1.33	.187
Loneliness	2.41 (0.60)	2.39 (0.68)	-0.89	.376	2.45 (0.62)	2.55 (0.61)	-0.62	.534
DASS-21	46.01 (23.43)	51.42 (27.81)	0.26	.798	44.13 (23.40)	57.20 (17.67)	-1.97	.052
EDI-2	53.24 (18.05)	54.32 (18.93)	-1.53	.131	52.90 (17.67)	60.20 (17.83)	-1.50	.136

T1								
	Human Subjects Pool (N = 262)				Community (N = 131)			
	Completed all	Did not complete all			Completed all	Did not complete all		
	n = 198	n = 64			n = 113	n = 18		
	M (SD)	M (SD)	t	p	M (SD)	M (SD)	t	p
Observed Screentime	363.54 (333.72)	398.33 (262.93)	-0.57	.568	298.27 (280.96)	482.59 (678.69)	-1.31	.192
Self-report Screentime	88.11 (95.91)	86.39 (70.69)	0.10	.919	72.94 (81.74)	113.58 (101.39)	-1.17	.244
MFIS	2.94 (0.77)	3.06 (0.72)	-0.84	.400	2.81 (0.85)	3.49 (1.19)	-1.87	.064
PAUM Active Own Page	0.04 (0.72)	0.06 (0.63)	-0.18	.856	-0.01 (0.78)	0.63 (1.53)	-1.02	.355
PAUM Active Friends	0.05 (0.67)	0.02 (0.58)	0.19	.846	-0.07 (0.71)	0.60 (1.33)	-1.22	.274
PAUM Active Other	0.06 (0.63)	-0.11 (0.56)	1.57	.119	-0.05 (0.70)	0.29 (1.13)	-1.15	.253
PAUM Passive	-0.01 (0.77)	0.05 (0.71)	-0.37	.710	-0.05 (0.83)	0.24 (1.28)	-0.84	.404
INCOM	3.44 (0.78)	3.50 (0.85)	-0.49	.628	3.48 (0.78)	3.43 (1.31)	0.09	.928
SCRS	51.57 (16.03)	54.16 (19.35)	-0.86	.392	55.56 (19.13)	45.33 (22.22)	1.26	.209
FOMO	26.75 (8.31)	28.69 (7.91)	-1.28	.203	26.12 (9.04)	30.50 (15.35)	-0.69	.518
Loneliness	2.27 (0.59)	2.47 (0.61)	-1.90	.059	2.25 (0.63)	2.68 (0.59)	-1.67	.098
DASS-21	40.30 (23.65)	46.86 (20.10)	-1.50	.135	37.10 (23.58)	51.00 (25.35)	-1.40	.164
EDI-2	56.06 (17.70)	52.14 (18.36)	1.23	.221	53.88 (16.86)	57.33 (16.93)	-0.49	.626

T2

	Human Subjects Pool (<i>N</i> = 262)				Community (<i>N</i> = 131)			
	Completed all		Did not complete all		Completed all		Did not complete all	
	<i>n</i> = 198	<i>n</i> = 64			<i>n</i> = 113	<i>n</i> = 18		
	<i>M</i> (<i>SD</i>)	<i>M</i> (<i>SD</i>)	<i>t</i>	<i>p</i>	<i>M</i> (<i>SD</i>)	<i>M</i> (<i>SD</i>)	<i>t</i>	<i>p</i>
Observed Screentime	368.48 (320.39)	457.08 (284.70)	-1.25	.212	308.29 (289.63)	236.57 (186.65)	0.49	.625
Self-report Screentime	76.95 (85.01)	125.36 (183.75)	-1.37	.180	69.97 (77.12)	76.40 (68.06)	-0.18	.855
MFIS	2.86 (0.77)	3.15 (0.74)	-1.89	.060	2.72 (0.91)	3.17 (1.34)	-1.06	.291
PAUM Active Own Page	0.04 (0.69)	0.18 (0.76)	-1.02	.309	-0.06 (0.78)	0.14 (1.22)	-0.54	.591
PAUM Active Friends	0.05 (0.61)	0.15 (0.62)	-0.77	.445	-0.10 (0.68)	-0.08 (1.06)	-0.06	.950
PAUM Active Other	0.07 (0.63)	0.07 (0.65)	0.04	.972	-0.10 (0.66)	-0.25 (0.71)	0.51	.614
PAUM Passive	0.01 (0.74)	0.21 (0.69)	-1.37	.174	-0.09 (0.84)	-0.40 (0.99)	0.80	.424
INCOM	3.40 (0.75)	3.57 (0.76)	-1.08	.280	3.37 (0.81)	3.44 (1.25)	-0.18	.858
SCRS	53.53 (15.97)	49.04 (19.81)	1.35	.180	54.37 (17.39)	45.20 (22.98)	1.14	.258
FOMO	24.69 (8.13)	28.22 (8.46)	-2.10	.037	25.04 (8.34)	32.00 (17.07)	-0.91	.415
Loneliness	2.24 (0.61)	2.57 (0.61)	-2.72	.007	2.22 (0.63)	2.39 (0.16)	-1.85	.091
DASS-21	40.33 (24.46)	45.93 (30.17)	-0.95	.347	34.55 (25.86)	50.80 (35.96)	-1.35	.178
EDI-2	56.25 (18.11)	52.82 (19.04)	0.93	.353	55.93 (16.84)	51.40 (13.69)	0.59	.555

T3

	Human Subjects Pool (<i>N</i> = 262)				Community (<i>N</i> = 131)			
	Completed all		Did not complete all		Completed all		Did not complete all	
	<i>n</i> = 198	<i>n</i> = 64			<i>n</i> = 113	<i>n</i> = 18		
	<i>M</i> (<i>SD</i>)	<i>M</i> (<i>SD</i>)	<i>t</i>	<i>p</i>	<i>M</i> (<i>SD</i>)	<i>M</i> (<i>SD</i>)	<i>t</i>	<i>p</i>
Observed Screentime	352.25 (309.39)	377.43 (287.01)	0.34	.738	310.95 (301.30)	443.80 (334.60)	-0.62	.539
Self-report Screentime	77.81 (93.91)	55.50 (20.50)	0.06	.950	69.17 (87.30)	96.00 (50.91)	-0.43	.667
MFIS	2.84 (0.82)	2.81 (0.82)	-0.98	.328	2.64 (0.93)	3.46 (0.65)	-1.24	.217
PAUM Active Own Page	0.04 (0.74)	0.56 (0.04)	-0.99	.322	-0.05 (0.80)	1.25 (0.17)	-2.29	.024
PAUM Active Friends	0.06 (0.69)	0.54 (0.16)	-0.59	.555	-0.10 (0.81)	1.09 (0.37)	-2.08	.040
PAUM Active Other	0.04 (0.62)	0.30 (0.17)	-0.31	.757	-0.08 (0.73)	0.92 (0.21)	-1.92	.058
PAUM Passive	0.05 (0.76)	0.22 (0.20)	0.17	.863	-0.14 (0.89)	0.69 (0.91)	-1.31	.193
INCOM	3.37 (0.78)	3.27 (0.39)	0.99	.324	3.39 (0.76)	3.47 (0.19)	-0.14	.887
SCRS	54.58 (16.52)	43.00 (2.83)	-1.36	.175	56.71 (19.41)	77.00 (15.56)	-1.47	.145
FOMO	23.48 (8.30)	31.50 (4.95)	-0.50	.617	24.11 (8.49)	27.00 (4.24)	-0.48	.633
Loneliness	2.23 (0.63)	2.45 (0.42)	0.57	.570	2.23 (0.62)	2.68 (0.04)	-1.01	.317
DASS-21	39.08 (27.46)	28.00 (19.80)	0.35	.729	30.04 (23.02)	47.00 (35.36)	-1.03	.307
EDI-2	56.68 (19.04)	52.00 (1.41)	0.34	.738	56.77 (18.11)	59.50 (6.36)	-0.21	.833

Note. DASS = Depression Anxiety Stress Scale (Lovibond & Lovibond, 1995); EDI = Eating Disorders Inventory-2 (Garner, 1991); FOMO = Fear of Missing Out (Przybylski et al., 2013); PAUM = Passive Active Use Measure (Gerson et al., 2017); INCOM = Iowa-Netherlands Comparison Orientation Measure-Modified (Gibbons & Buunk, 1999); SCRS = Social Comparison Rating Scale (Allan & Gilbert, 1995); MFIS = Multidimensional Facebook Intensity Scale (Orosz et al., 2016); Observed screentime is over 1 week from phone screenshots of minutes spent on Instagram plus Facebook; Self-report screentime is over 2 weeks from participant report of total minutes spent on Instagram.

Supplementary Table 3*Demographic Characteristics of Participants who Completed vs Did Not Complete All Timepoints*

Human Subjects Pool (N = 262)					Community (N = 131)			
	Completed all n = 198	Did not complete all n = 64	χ^2	p	Completed all n = 113	Did not complete all n = 18	χ^2	p
Gender								
Cisgender woman	160 (80.8%)	39 (60.9%)	22.26	< .001	88 (77.9%)	9 (50.0%)	15.47	.001
Cisgender man	17 (8.6%)	1 (1.6%)			18 (15.9%)	3 (16.7%)		
Another option	4 (2.0%)	0 (0.0%)			7 (6.2%)	0 (0%)		
Did not disclose ¹	17 (8.6%)	19 (29.7%)			0 (0.0%)	3 (16.7%)		
Missing ²	0 (0.0%)	5 (7.8%)			0 (0.0%)	3 (16.7%)		
Race/Ethnicity								
White/European	32 (16.2%)	10 (15.6%)	41.65	< .001	28 (24.8%)	3 (16.7%)	32.73	< .001
East Asian	59 (29.8%)	9 (14.1%)			37 (32.7%)	4 (22.2%)		
South Asian	28 (14.1%)	8 (12.5%)			13 (11.5%)	1 (5.6%)		
Southeast Asian	31 (15.7%)	5 (7.8%)			13 (11.5%)	2 (11.1%)		
Black/African	1 (0.5%)	1 (1.6%)			3 (2.7%)	0 (0.0%)		
Hispanic/Latino	3 (1.5%)	1 (1.6%)			2 (1.8%)	0 (0.0%)		
Middle Eastern	5 (2.5%)	2 (3.1%)			2 (1.8%)	1 (5.6%)		
Indigenous	1 (0.5%)	0 (0.0%)			1 (0.9%)	0 (0.0%)		
Another option	18 (9.1%)	2 (3.1%)			10 (8.8%)	0 (0.0%)		
Did not disclose ¹	20 (10.1%)	21 (32.8%)			4 (3.5%)	4 (22.2%)		
Missing ²	0 (0.0%)	5 (7.8%)			0 (0.0%)	3 (16.7%)		
Born in country where social media blocked?								
No	159 (80.3)	36 (56.3%)	21.171	< .001	105 (92.9%)	10 (55.6%)	17.28	< .001
Yes	22 (11.1%)	4 (6.3%)			8 (7.1%)	2 (11.1%)		
Did not disclose ¹	17 (8.6%)	19 (29.7%)			0 (0.0%)	3 (16.7%)		
Missing ²	0 (0.0%)	5 (7.8%)			0 (0.0%)	3 (16.7%)		
Completed any part of the study after March 16, 2020								
No	87 (43.9%)	12 (18.8%)	13.05	< .001	0 (0.0%)	0 (0.0%)	Test could not be run	
Yes	111 (56.1%)	52 (81.2%)			113 (100.0%)	18 (100.0%)		
	Human Subjects Pool				Community			
	Completed all <i>M(SD)</i>	Did not complete all <i>M(SD)</i>	<i>t</i>	<i>p</i>	Completed all <i>M(SD)</i>	Did not complete all <i>M(SD)</i>	<i>t</i>	<i>p</i>
Age	19.95 (1.96)	20.03 (1.99)	-0.22	.826	22.63 (3.03)	22.50 (4.20)	0.14	.890

¹In the Human Subjects Pool sample, there are more participants in this category than expected. This is because demographics are collected for the entire Human Subjects Pool in a centralized fashion, and not by our study. All but 10 of the participants for whom demographic data are missing in the Human Subjects Pool sample provided us with an incorrect ID to link their demographic data to their participant data in the current study.

²Missing participants are marked as those who did not complete any time points. They were not included in this analysis.

Supplementary Table 4
Bivariate Correlations between Study Variables

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51
1. T0 Observed Screentime																																																			
2. T1 Observed Screentime	0.463																																																		
3. T2 Observed Screentime	0.429	0.748																																																	
4. T3 Observed Screentime	0.521	0.672	0.796																																																
5. T0 Self-report Screentime	0.334	0.167	0.118	0.154																																															
6. T1 Self-report Screentime	0.244	0.471	0.405	0.452	0.274																																														
7. T2 Self-report Screentime	0.313	0.416	0.419	0.429	0.337	0.531																																													
8. T3 Self-report Screentime	0.233	0.335	0.403	0.412	0.211	0.340	0.646																																												
9. T0 MFIS	0.247	0.195	0.195	0.179	0.210	0.151	0.123	0.069																																											
10. T1 MFIS	0.192	0.499	0.464	0.468	0.214	0.376	0.395	0.308	0.527																																										
11. T2 MFIS	0.185	0.474	0.530	0.450	0.112	0.317	0.360	0.246	0.478	0.779																																									
12. T3 MFIS	0.234	0.495	0.551	0.521	0.129	0.330	0.356	0.350	0.426	0.787	0.773																																								
13. T0 DASS-21	-0.109	0.038	-0.033	-0.002	0.077	0.068	0.043	-0.032	0.119	0.164	0.156	0.105																																							
14. T1 DASS-21	-0.090	0.155	0.083	0.080	0.114	0.139	0.132	0.066	0.126	0.291	0.256	0.181	0.661																																						
15. T2 DASS-21	-0.064	0.104	0.105	0.091	0.046	0.104	0.140	0.011	0.059	0.264	0.357	0.227	0.575	0.703																																					
16. T3 DASS-21	-0.025	0.106	0.088	0.126	0.014	0.067	0.075	0.054	-0.007	0.169	0.168	0.216	0.615	0.656	0.680																																				
17. T0 SCRS	0.123	0.017	0.012	-0.037	0.057	-0.049	-0.039	-0.054	0.058	0.040	0.027	0.033	-0.375	-0.264	-0.273	-0.329																																			
18. T1 SCRS	0.015	-0.026	-0.020	-0.040	0.033	-0.008	-0.002	-0.004	-0.043	-0.090	-0.111	-0.066	-0.339	-0.350	-0.312	-0.269	0.472																																		
19. T2 SCRS	0.030	-0.052	-0.067	-0.078	0.031	-0.050	-0.091	0.007	0.014	-0.097	-0.134	-0.098	-0.350	-0.340	-0.467	-0.415	0.556	0.594																																	
20. T3 SCRS	0.019	-0.040	-0.011	-0.030	0.079	0.015	-0.017	-0.016	0.036	-0.153	-0.186	-0.156	-0.333	-0.307	-0.451	-0.466	0.487	0.589	0.708																																
21. T0 FOMO	-0.046	0.041	-0.025	0.031	0.067	-0.006	0.037	0.020	0.367	0.222	0.182	0.155	0.342	0.258	0.237	0.175	-0.189	-0.157	-0.178	-0.124																															
22. T1 FOMO	-0.008	0.158	0.119	0.154	0.025	0.127	0.091	0.076	0.327	0.335	0.323	0.257	0.313	0.361	0.340	0.258	-0.086	-0.190	-0.225	-0.175	0.677																														
23. T2 FOMO	-0.023	0.127	0.132	0.101	-0.037	0.070	0.091	0.049	0.260	0.287	0.395	0.290	0.266	0.305	0.407	0.269	-0.118	-0.128	-0.261	-0.182	0.658	0.734																													
24. T3 FOMO	0.004	0.134	0.117	0.121	-0.063	0.065	0.028	0.071	0.220	0.214	0.275	0.295	0.258	0.299	0.294	0.399	-0.046	-0.046	-0.210	-0.244	0.598	0.668	0.720																												
25. T0 INCOM	0.029	0.116	0.151	0.096	0.025	0.072	0.079	0.059	0.328	0.190	0.237	0.257	0.205	0.102	0.097	0.094	-0.171	-0.123	-0.225	-0.100	0.450	0.322	0.366	0.365																											
26. T1 INCOM	-0.044	0.250	0.218	0.190	0.045	0.200	0.230	0.152	0.208	0.413	0.424	0.362	0.212	0.357	0.272	0.224	-0.106	-0.250	-0.272	-0.253	0.334	0.435	0.355	0.388	0.526																										
27. T2 INCOM	0.010	0.223	0.257	0.176	-0.008	0.176	0.171	0.112	0.218	0.414	0.514	0.438	0.165	0.273	0.368	0.222	-0.096	-0.211	-0.296	-0.239	0.301	0.379	0.448	0.368	0.524	0.673																									
28. T3 INCOM	0.050	0.281	0.267	0.228	-0.040	0.197	0.175	0.188	0.156	0.361	0.409	0.466	0.196	0.228	0.326	0.310	-0.081	-0.184	-0.306	-0.312	0.306	0.379	0.411	0.481	0.472	0.639	0.718																								
29. T0 Loneliness	-0.189	-0.075	-0.099	-0.037	0.077	0.042	-0.024	-0.056	0.049	-0.008	-0.075	-0.047	0.516	0.356	0.284	0.366	-0.483	-0.384	-0.425	-0.315	0.282	0.140	0.147	0.116	0.108	0.111	0.054	0.024																							
30. T1 Loneliness	-0.097	0.055	0.022	0.076	0.099	0.123	0.043	0.002	0.071	0.138	0.079	0.059	0.485	0.537	0.424	0.415	-0.400	-0.474	-0.460	-0.351	0.166	0.249	0.144	0.107	0.069	0.207	0.156	0.078	0.761																						
31. T2 Loneliness	-0.062	0.026	0.094	0.125	0.033	0.084	0.080	-0.033	-0.027	0.131	0.119	0.070	0.409	0.404	0.491	0.481	-0.343	-0.285	-0.522	-0.430	0.105	0.182	0.225	0.142	0.029	0.146	0.193	0.135	0.667	0.759																					
32. T3 Loneliness	-0.060	0.032	0.022	0.108	0.059	0.075	0.046	-0.008	0.002	0.163	0.136	0.133	0.384	0.376	0.455	0.558	-0.284	-0.248	-0.486	-0.507	0.118	0.124	0.177	0.257	0.025	0.122	0.107	0.179	0.628	0.669	0.771																				
33. T0 EDI-2	-0.025	-0.061	-0.036	-0.044	-0.046	-0.084	-0.099	-0.079	-0.178	-0.150	-0.141	-0.172	-0.263	-0.192	-0.187	-0.207	0.330	0.271	0.268	0.273	-0.250	-0.189	-0.144	-0.171	-0.190	-0.172	-0.090	-0.142	-0.230	-0.178	-0.094	-0.149																			
34. T1 EDI-2	-0.036	-0.093	-0.063	-0.072	-0.039	-0.071	-0.079	-0.093	-0.194	-0.197	-0.189	-0.171	-0.260	-0.283	-0.239	-0.193	0.291	0.321	0.291	0.302	-0.244	-0.242	-0.160	-0.159	-0.188	-0.223	-0.200	-0.159	-0.204	-0.254	-0.130	-0.174	0.860																		
35. T2 EDI-2	-0.045	-0.090	-0.065	-0.041	0.040	-0.029	-0.062	-0.069	-0.153	-0.165	-0.216	-0.194	-0.215	-0.225	-0.269	-0.223	0.294	0.325	0.349	0.327	-0.153	-0.172	-0.163	-0.129	-0.187	-0.162	-0.221	-0.190	-0.161	-0.208	-0.153	-0.172	0.819	0.866																	
36. T3 EDI-2	-0.028	-0.074	-0.014	-0.043	0.043	-0.004	-0.098	-0.099	-0.151	-0.177	-0.198	-0.216	-0.179	-0.166	-0.224	-0.226	0.240	0.214	0.289	0.350	-0.163	-0.112	-0.102	-0.197	-0.227	-0.212	-0.205	-0.261	-0.154	-0.158	-0.124	-0.212	0.803	0.821	0.864																
37. T0 PAUM - Active own page	0.052	0.126	0.101	0.063	0.151	0.078	0.170	0.097	0.403	0.312	0.237	0.256	0.001	0.071	0.023	-0.015	0.089	0.116	0.093	0.097	0.196	0.240	0.195	0.153	0.144	0.091	0.082	0.055	-0.134	-0.045	-0.067	-0.006	-0.100	-0.124	-0.095	-0.091															
38. T1 PAUM - Active own page	0.033	0.300	0.307	0.299	0.113	0.268	0.309	0.242	0.320	0.583	0.498	0.543	0.058	0.190	0.151	0.087	0.126	0.040	0.063	0.020	0.191	0.220																													