

Supplementary Table 1 Time of last usage, by Problematic Smartphone Usage (PSU)

	No PSU (N=53)	PSU (N=9)	Missing (N=7)	Total (N=69)
Instagram				
Before 9pm	24 (45.3)	6 (66.7)	1 (14.3)	31 (44.9)
9-11pm	14 (26.4)	0 (0.0)	1 (14.3)	15 (21.7)
After 11pm	6 (11.3)	2 (22.2)	0 (0.0)	8 (11.6)
Missing	9 (17.0)	1 (11.1)	5 (71.4)	15 (21.7)
TikTok				
Before 9pm	15 (28.3)	1 (11.1)	0 (0.0)	16 (23.2)
9-11pm	13 (24.5)	4 (44.4)	1 (14.3)	18 (26.1)
After 11pm	10 (18.9)	4 (44.4)	3 (42.9)	17 (24.6)
Missing	15 (28.3)	0 (0.0)	3 (42.9)	18 (26.1)
Snapchat				
Before 9pm	22 (41.5)	1 (11.1)	0 (0.0)	23 (33.3)
9-11pm	19 (35.8)	3 (33.3)	2 (28.6)	24 (34.8)
After 11pm	8 (15.1)	5 (55.6)	4 (57.1)	17 (24.6)
Missing	4 (7.5)	0 (0.0)	1 (14.3)	5 (7.2)
WhatsApp/Messaging				
Before 9pm	26 (49.1)	7 (77.8)	2 (28.6)	35 (50.7)
9-11pm	17 (32.1)	1 (11.1)	0 (0.0)	18 (26.1)
After 11pm	8 (15.1)	0 (0.0)	2 (28.6)	10 (14.5)
Missing	2 (3.8)	1 (11.1)	3 (42.9)	6 (8.7)
YouTube/Netflix				
Before 9pm	13 (24.5)	4 (44.4)	1 (14.3)	18 (26.1)
9-11pm	20 (37.7)	5 (55.6)	2 (28.6)	27 (39.1)
After 11pm	18 (34.0)	0 (0.0)	3 (42.9)	21 (30.4)
Missing	2 (3.8)	0 (0.0)	1 (14.3)	3 (4.3)
Games				
Before 9pm	32 (60.4)	7 (77.8)	4 (57.1)	43 (62.3)
9-11pm	10 (18.9)	2 (22.2)	0 (0.0)	12 (17.4)
After 11pm	3 (5.7)	0 (0.0)	0 (0.0)	3 (4.3)
Missing	8 (15.1)	0 (0.0)	3 (42.9)	11 (15.9)
Internet				
Before 9pm	28 (52.8)	7 (77.8)	2 (28.6)	37 (53.6)
9-11pm	17 (32.1)	2 (22.2)	1 (14.3)	20 (29.0)
After 11pm	6 (11.3)	0 (0.0)	1 (14.3)	7 (10.1)
Missing	2 (3.8)	0 (0.0)	3 (42.9)	5 (7.2)
Facebook				
Before 9pm	32 (60.4)	7 (77.8)	0 (0.0)	39 (56.5)
9-11pm	2 (3.8)	0 (0.0)	0 (0.0)	2 (2.9)
After 11pm	1 (1.9)	0 (0.0)	0 (0.0)	1 (1.4)
Missing	18 ()	2 (22.2)	7 (100.0)	27 (39.1)

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Supplementary Table 2. Use of reduction strategies and their effectiveness, by PSU

	No PSU (N=53)	PSU (N=9)	Missing (N=7)	Total (N=69)
Leaving phone in another room				
No	21 (39.6)	4 (44.4)	1 (14.3)	26 (37.7)
Yes	32 (60.4)	5 (55.6)	0 (0)	37 (53.6)
Missing	0 (0)	0 (0)	6 (85.7)	6 (8.7)
Effectiveness	2.5 (1 - 3)	4 (4 - 4)	.	3 (1 - 4)
Parent taking away phone				
No	31 (58.5)	3 (33.3)	0 (0)	34 (49.3)
Yes	22 (41.5)	6 (66.7)	0 (0)	28 (40.6)
Missing	0 (0)	0 (0)	7 (100)	7 (10.1)
Effectiveness	2 (2 - 3)	2.5 (1 - 4)	.	2 (2 - 3)
Putting phone on do not disturb or airplane mode at night				
No	17 (32.1)	2 (22.2)	0 (0)	19 (27.5)
Yes	36 (67.9)	7 (77.8)	1 (14.3)	44 (63.8)
Missing	0 (0)	0 (0)	6 (85.7)	6 (8.7)
Effectiveness	3 (3 - 4)	3 (2 - 3)	3 (3 - 3)	3 (2 - 4)
Putting phone in a locked charge box during lectures or revision				
No	45 (84.9)	9 (100)	1 (14.3)	55 (79.7)
Yes	7 (13.2)	0 (0)	0 (0)	7 (10.1)
Missing	1 (1.9)	0 (0)	6 (85.7)	7 (10.1)
Effectiveness	3 (2 - 3)	.	.	3 (2 - 3)
Using an app that monitors time spent on your phone and apps				
No	22 (41.5)	2 (22.2)	0 (0)	24 (34.8)
Yes	31 (58.5)	7 (77.8)	1 (14.3)	39 (56.5)
Missing	0 (0)	0 (0)	6 (85.7)	6 (8.7)
Effectiveness	2 (1 - 3)	2 (1 - 2)	2 (2 - 2)	2 (1 - 3)
Using an app that limits time spent on specific apps				
No	27 (50.9)	4 (44.4)	1 (14.3)	32 (46.4)
Yes	26 (49.1)	5 (55.6)	0 (0)	31 (44.9)
Missing	0 (0)	0 (0)	6 (85.7)	6 (8.7)
Effectiveness	2 (2 - 3)	2 (1 - 2)	.	2 (1 - 3)
Turning off notifications				
No	15 (28.3)	2 (22.2)	0 (0)	17 (24.6)
Yes	38 (71.7)	7 (77.8)	1 (14.3)	46 (66.7)
Missing	0 (0)	0 (0)	6 (85.7)	6 (8.7)
Effectiveness	3 (2 - 3)	2 (1 - 4)	2 (2 - 2)	3 (2 - 3)

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Putting phone on silent				
No	8 (15.1)	0 (0)	1 (14.3)	9 (13)
Yes	44 (83)	9 (100)	0 (0)	53 (76.8)
Missing	1 (1.9)	0 (0)	6 (85.7)	7 (10.1)
Effectiveness	3 (1.5 - 3)	2 (2 - 3)	.	3 (2 - 3)
Making screen black and white				
No	43 (81.1)	8 (88.9)	1 (14.3)	52 (75.4)
Yes	9 (17)	1 (11.1)	0 (0)	10 (14.5)
Missing	1 (1.9)	0 (0)	6 (85.7)	7 (10.1)
Effectiveness	2.5 (2 - 4)	2 (2 - 2)	.	2 (2 - 4)
Using an app that provides rewards for limiting phone use				
No	51 (96.2)	9 (100)	1 (14.3)	61 (88.4)
Yes	2 (3.8)	0 (0)	0 (0)	2 (2.9)
Missing	0 (0)	0 (0)	6 (85.7)	6 (8.7)
Effectiveness
Phone stacking during revision/meal times				
No	49 (92.5)	7 (77.8)	1 (14.3)	57 (82.6)
Yes	4 (7.6)	2 (22.2)	0 (0)	6 (8.7)
Missing	0 (0)	0 (0)	6 (85.7)	6 (8.7)
Effectiveness	2 (1 - 4)	2 (1 - 3)	.	2 (1 - 3)

Effectiveness scale ranged from 1 (ineffective) to 4 (very effective). Effectiveness displayed as median (IQR). "." Indicates missing data.

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Supplementary Figure 1 – Qualitative data collection tool

Participant ID: _____

SECTION 6

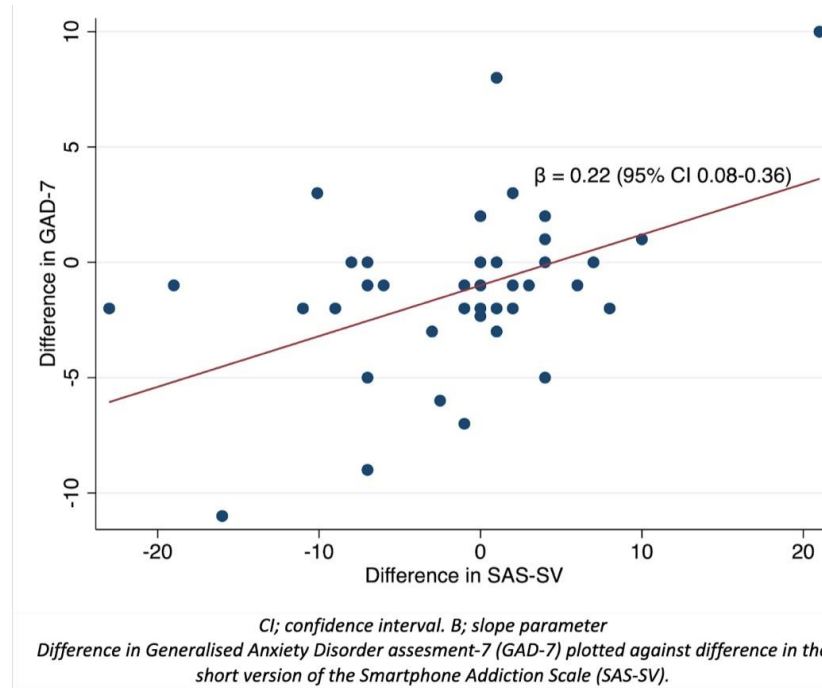
In this section we want you to be as open and honest as possible with your answers - write whatever you feel is relevant to the question.

Do you think you spend too much time on your smartphone?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you wish you spent less time on your smartphone? If yes, why?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you feel you need support with this? <input type="checkbox"/> Yes <input type="checkbox"/> No	
If yes, please try and comment why? And what kind of support you think may help	

If you have any further comments to add, related to smartphone use and the positive or negative impacts on your daily life please add them below.

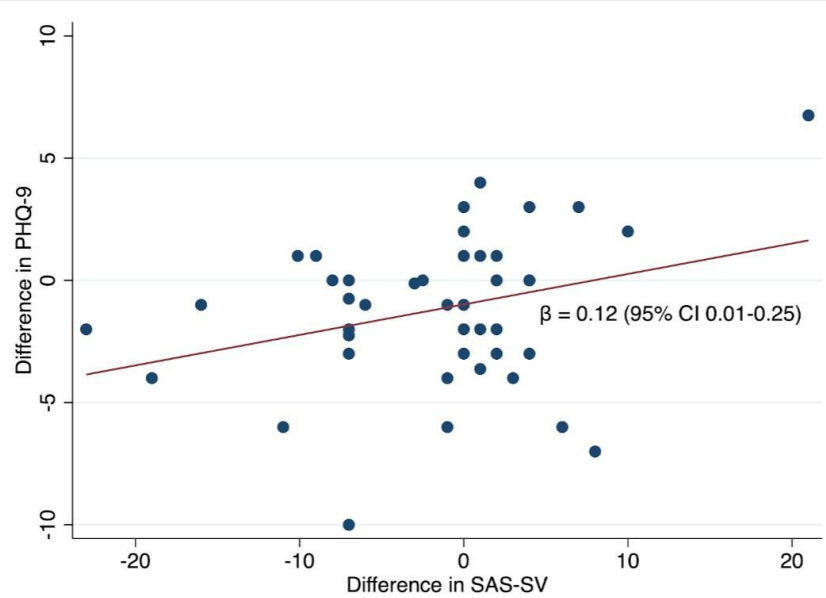
Thank you for completing this survey! We really appreciate your involvement.

Supplementary Figure 2. Association between symptoms of anxiety (using GAD-7) and problematic smartphone usage (using SAS-SV).



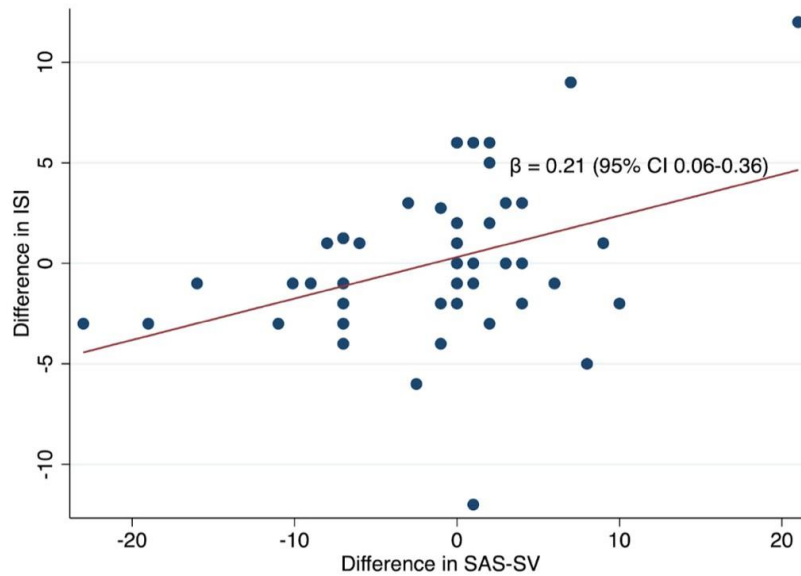
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3 **Supplementary Figure 3.** Association between symptoms of depression (using PHQ-9) and
4 problematic smartphone usage (using SAS-SV)
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7 **Figure 4:** Association between PHQ-9 and SAS-SV



29 *CI; confidence interval. B; slope parameter*
30 *Difference in Patient Health Questionnaire-9 (PHQ-9) plotted against difference in the short version*
31 *of the Smartphone Addiction Scale (SAS-SV).*
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3 **Supplementary Figure 4.** Association between Sleep (using InSI) and problematic
4 Smartphone usage (using the SAS-SV)
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27 *CI; confidence interval. B; slope parameter*
28 *Difference in Insomnia Severity Index (ISI) plotted against difference in the short version of the*
29 *Smartphone Addiction Scale (SAS-SV).*
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