**Supplementary Material for:**

**How difficult is it for adolescents to maintain attention?**

**The differential effects of video games and sports**

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Table a1: Distribution of the experimental sample of participants (76) according to the time spent on sport activities and playing video games. N-ISP: non-intensive sport players; ISP: intensive sport players.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | N-ISP N-AVGP | N-ISP AVGP | ISP N-AVGP | ISP AVGP |
| Numerosity | 2410 M; 14 F | 1614 M; 2 F | 156 M; 9 F | 2121 M; 0 F |
|  |  |  |  |  |
| First video game experience: |  |  |  |  |
| Before 5 years | 8% | 6% | 7% | 5% |
| 5-10 years | 88% | 81% | 80% | 81% |
| After 10 years | 4% | 13% | 13% | 14% |
|  |  |  |  |  |
| Video game habits: |  |  |  |  |
| No video game | 42% | - | 73% | - |
| Only non-action games | 58% | - | 27% | - |
| Both action and non-action games | - | 50% | - | 48% |
| Only action video games | - | 50% | - | 52% |
|  |  |  |  |  |
| Video game playing frequency: |  |  |  |  |
| Never | 42% | - | 73% | - |
| < 1 hour/week | - | - | - | - |
| 1-6 hour/week | 42% | 69% | 20% | 90% |
| >6 hours/week | 17% | 31% | 7% | 10% |
|  |  |  |  |  |
| Time spent playing video games | 4.0 hours/week | 7.6 hours/week | 1.5 hours/week | 4.6 hours/week |
| Time spent in other activities | 13.5 hours/week | 11.3 hours/week | 13.8 hours/week | 14.3 hours/week |

Table a2: Distribution of the entire sample of participants (310) according to the time spent on sport activities and playing video games. N-ISP: non-intensive sport players; ISP: intensive sport players.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | N-ISP N-AVGP | N-ISP AVGP | ISP N-AVGP | ISP AVGP |
| Numerosity | 75 17 M; 58 F | 10476 M; 28 F | 3711 M; 26 F | 9478 M; 16 F |
|  |  |  |  |  |
| First video game experience: |  |  |  |  |
| Before 5 years | 7% | 19% | 3% | 12% |
| 5-10 years | 75% | 69% | 86% | 79% |
| After 10 years | 19% | 12% | 11% | 10% |
|  |  |  |  |  |
| Video game habits: |  |  |  |  |
| No video game | 16% | - | 30% | - |
| Only non-action games | 84% | - | 70% | - |
| Both action and non-action games | - | 87% | - | 79% |
| Only action video games | - | 13% | - | 21% |
|  |  |  |  |  |
| Video game playing frequency: |  |  |  |  |
| Never | 16% | - | 30% | - |
| < 1 hour/week | 43% | 21% | 46% | 20% |
| 1-6 hour/week | 31% | 58% | 22% | 69% |
| >6 hours/week | 11% | 21% | 3% | 11% |
|  |  |  |  |  |
| Time spent playing video games: | 2.9 hours/week | 5.2 hours/week | 1.6 hours/week | 3.9 hours/week |
| Time spent in other activities | 15.1 hours/week | 13 hours/week | 13.1 hours/week | 13.9 hours/week |