

## Appendix A

Variable label	Question	M	SD	Median	1Q	3Q
Internet for TV	How often do you use the Internet to watch TV programmes or videos? (e.g. YouTube, Zattoo...)	2.99	0.83	3.00	2.00	4.00
Internet for information seeking	How often do you use the Internet to search for information (e.g., Wikipedia, Google, Yahoo Answer, FocusJunior, ...)?	2.36	0.80	2.00	2.00	3.00
Internet for music	How often do you use the Internet to listen to music (e.g., Soundcloud, Youtube, iTube, ...)?	3.00	0.89	3.00	2.00	4.00
Internet for social network	How often do you use the Internet for social networking activities (e.g., Facebook, Twitter, Instagram, ...)?	2.42	1.14	2.00	1.00	3.00
Internet for school	How often do you use the Internet to do research for school?	2.17	0.79	2.00	2.00	3.00
Internet for messaging	How often do you use instant messaging applications?	3.01	0.93	3.00	2.00	4.00
Internet for news	How often do you search for news on the Internet?	1.89	0.77	2.00	1.00	2.00
Internet for gaming	How often do you use the Internet for online gaming (es: Final Fantasy, World of Warcraft, ...)?	1.95	1.00	2.00	1.00	3.00
Internet for health	How often do you search for health information on the Internet?	1.63	0.76	1.00	1.00	2.00
Internet for games information	How often do you search online gaming information on the Internet?	1.92	0.99	2.00	1.00	3.00
Internet (weekday)	During a typical weekday, out of school, how often do you use the Internet?	2.55	0.86	2.00	2.00	3.00
Internet (weekend)	During a typical weekend day, how often do you use the Internet?	3.01	0.85	3.00	2.00	4.00
Smartphone (weekday)	During a typical weekday, out of school, how often do you use the smartphone?	2.55	0.91	2.00	2.00	3.00
Smartphone (weekend)	During a typical weekend day, how often do you use the smartphone?	3.03	0.90	3.00	2.00	4.00
Reading books	During a typical weekday, out of school, how often do you read a book for fun?	2.07	0.77	2.00	2.00	2.00
Friends	During a typical weekday, out of school, how often do you spend time with friends?	3.06	0.97	3.00	2.00	4.00
Homework	During a typical weekday, out of school, how often do you do the homework	2.67	0.74	3.00	2.00	3.00
Sleep	Sleep duration calculated from: When did you go to sleep last night? and When did you get up this morning?	2.73	0.64	3.00	2.00	3.00

Note: Answer format for activities reported in the "Measures" section of the article; 1Q = 1st quartile, 3Q = 3rd quartile