

ONLINE APPENDIX

#SortingOutSocialMedia: Does social media really pose a threat to young people’s well-being?

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All of the results presented in this appendix were estimated using OLS linear regression on Stata or R:

$$y_i = \beta_0 + x_i^T \theta + \varepsilon_i$$

where x_i are the independent variables we estimate for each individual, and θ are their respective coefficients. y_i is the dependent variable, and typically an indicator of subjective or social well-being. β_0 represents the constant, while ε_i indicates the individual uncertainty in our regression model.

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INTRODUCTION

Table 1: Summary statistics and control variables for independent study

VARIABLES	N	Mean	SD	Min	Max
Happy ¹	1,630	3.202	1.110	1	5
Connected ¹	1,623	3.427	1.157	1	5
Interested ¹	1,609	3.257	1.128	1	5
Proud ¹	1,609	2.828	1.246	1	5
Anxious ¹	1,631	2.649	1.287	1	5
Lonely ¹	1,630	2.351	1.312	1	5
Bored ¹	1,627	2.478	1.316	1	5
Ashamed ¹	1,616	1.908	1.151	1	5
<i>Positive affect</i> ²	1,564	12.76	3.687	4	20
<i>Negative affect</i> ³	1,588	9.341	3.841	4	20
Just on Facebook ⁴	1,641	0.717	0.451	0	1
Minutes ⁵	1,171	14.44	34.10	1	480
Posting status updates ⁶	1,168	0.068	0.323	0	4
Sharing links ⁶	1,171	0.173	0.506	0	4
Commenting on posts ⁶	1,168	0.258	0.576	0	4
Sending messages ⁶	1,170	0.879	1.134	0	4
Browsing the newsfeed ⁶	1,174	2.616	1.180	0	4
Looking at friends' pages ⁶	1,164	0.384	0.696	0	4
Reading status updates ⁶	1,168	0.994	1.061	0	4
Searching for events ⁶	1,164	0.348	0.686	0	4
<i>Passive use score</i> ⁷	1,160	3.984	1.988	0	12
<i>Active use score</i> ⁸	1,164	1.362	1.667	0	10
Life satisfaction ⁹	1,640	6.116	2.514	0	10
Friend life satisfaction ¹⁰	1,636	6.353	2.198	0	10
<i>Social comparison</i> ¹¹	1,635	-0.235	2.843	-10	10
Trust ¹²	1,639	5.729	2.822	0	10
Social activity ¹³	1,639	3.971	1.584	0	6
Cultural events ¹⁴	1,641	2.110	1.061	1	4
Volunteer ¹⁵	1,630	0.328	0.470	0	1
Facebook ¹⁶	1,639	3.291	1.559	0	6
Twitter ¹⁶	1,636	0.743	1.253	0	6
YouTube ¹⁶	1,636	2.503	1.411	0	6
Instagram ¹⁶	1,637	3.363	1.685	0	6
Snapchat ¹⁶	1,631	2.645	2.141	0	6
Tinder ¹⁶	1,637	0.243	0.766	0	5
LinkedIn ¹⁶	1,638	0.715	1.136	0	6
<i>Overall use</i> ¹⁷	1,623	13.51	4.424	1	30
<i>Use quintile: 0% to 25%</i>	1,623	0.189	0.392	0	1
<i>Use quintile: 26% to 41%</i>	1,623	0.217	0.412	0	1
<i>Use quintile: 42% to 60%</i>	1,623	0.203	0.402	0	1
<i>Use quintile: 61% to 82%</i>	1,623	0.216	0.412	0	1
<i>Use quintile: 83% to 100%</i>	1,623	0.175	0.380	0	1
Passive use general ¹⁸	1,632	4.028	0.949	0	5
Active use general ¹⁹	1,639	3.561	1.189	0	5
<i>Use ratio = passive / active</i>	1,620	0.956	0.552	0	5
<i>Active user = Use ratio > 1</i>	1,149	0.343	0.475	0	1
<i>Passive user = Use ratio < 1</i>	1,149	0.657	0.475	0	1
Social relationships ²⁰	1,638	3.063	1.548	0	6
Educ – Less than primary school	1,636	0.032	0.175	0	1
Educ – Primary school	1,636	0.253	0.435	0	1
Educ – Secondary school	1,636	0.306	0.461	0	1
Educ – Bachelors or equivalent	1,636	0.241	0.428	0	1
Educ – Masters or equivalent	1,636	0.155	0.362	0	1
Educ – Doctorate	1,636	0.013	0.115	0	1
Employment – Student	1,639	0.574	0.495	0	1
Employment – Full time	1,639	0.208	0.406	0	1

Employment – Part time	1,639	0.087	0.277	0	1
Employment – Unemployed	1,639	0.038	0.192	0	1
Employment – Out of the labor market	1,639	0.030	0.170	0	1
Employment – Other	1,639	0.066	0.248	0	1
Civil status – Single	1,637	0.520	0.500	0	1
Civil status – In a relationship	1,637	0.310	0.463	0	1
Civil status – Married	1,637	0.142	0.349	0	1
Civil status – Other	1,637	0.028	0.164	0	1
Age – 14-19	1,641	0.425	0.494	0	1
Age – 20-24	1,641	0.205	0.404	0	1
Age – 25-29	1,641	0.142	0.349	0	1
Age – 30+	1,641	0.229	0.420	0	1
Country – Canada	1,641	0.027	0.162	0	1
Country – Denmark	1,641	0.356	0.479	0	1
Country – Finland	1,641	0.104	0.305	0	1
Country – Iceland	1,641	0.050	0.218	0	1
Country – Norway	1,641	0.150	0.357	0	1
Country – Sweden	1,641	0.183	0.387	0	1
Country – United Kingdom	1,641	0.059	0.236	0	1
Country – United States	1,641	0.071	0.256	0	1
Gender – Male	1,641	0.149	0.356	0	1
Gender – Female	1,641	0.830	0.376	0	1
Gender – Non-binary	1,641	0.021	0.142	0	1
Area – Urban	1,638	0.558	0.497	0	1
Area – Suburban	1,638	0.255	0.436	0	1
Area – Rural	1,638	0.187	0.390	0	1

¹ “Please indicate to what extent you feel this way right now:”
[1 = Not at all | 5 = Completely]

Adapted from the Positive and Negative Affect Schedule

Correlation Matrix:

	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
(1) Happy	1.000							
(2) Connected	0.522	1.000						
(3) Interested	0.569	0.378	1.000					
(4) Proud	0.592	0.434	0.542	1.000				
(5) Anxious	-0.372	-0.271	-0.218	-0.274	1.000			
(6) Lonely	-0.469	-0.444	-0.330	-0.364	0.483	1.000		
(7) Bored	-0.381	-0.296	-0.401	-0.342	0.385	0.490	1.000	
(8) Ashamed	-0.382	-0.258	-0.284	-0.347	0.465	0.442	0.366	1.000

Average interitem covariance: 0.5828487

Scale reliability coefficient (Cronbach’s alpha): 0. 8387

² Imputed sum of *Happy, Connected, Interested, and Proud*

³ Imputed sum of *Anxious, Lonely, Bored, and Ashamed*

⁴ “Were you on Facebook immediately before taking this survey?”
[0 = No | 1 = Yes]

⁵ “How much time did you spend on Facebook immediately before completing this survey?”
[Minutes / Hours]

⁶ “Thinking of the time you just spent on Facebook, how much time did you spend doing the following activities:”
[0 = None of the time | 1 = Some of the time | 2 = Half of the time | 3 = Most of the time | 4 = All of the time]

⁷ Imputed sum of *Looking at friends’ pages, Reading status updates, and Searching for events*

⁸ Imputed sum of *Posting status updates, Sharing links, Commenting on posts, and Sending messages*
⁹ “All things considered, how satisfied are you with your life as a whole nowadays?”

[0 = Extremely dissatisfied / 10 = Extremely satisfied]

Sourced from the European Social Survey

10 *“Overall, how satisfied do you think your friends are with their lives nowadays?”*
[0 = Extremely dissatisfied / 10 = Extremely satisfied]

Adapted from the European Social Survey

11 Imputed sum = Life satisfaction – Friends life satisfaction

12 *“Generally speaking, would you say that most people can be trusted, or that you can’t be too careful in dealing with people?”*
[0 = You can’t be too careful / 10 = Most people can be trusted]

Sourced from the European Social Survey

13 *“How often do you meet socially with friends, relatives or work colleagues?”*
[0 = Never | 1 = Less than once a month | 2 = Once a month | 3 = Several times a month | 4 = Once a week | 5 = Several times a week | 6 = Every day]

Sourced from the European Social Survey

14 *“How often do you participate in cultural events? (Going to the cinema, visiting a museum or gallery, attending a performance or concert, etc.)”*
[1 = Less than once per month | 2 = Once per month | 3 = Twice per month | 4 = More than twice per month]

Sourced from the European Social Survey

15 *In the past four weeks, have you performed any voluntary work?* [0 = No / 1 = Yes]

Sourced from the European Social Survey

16 *“Generally speaking, how often do you use the following social media platforms?”*
[0 = I don’t use this platform | 1 = Rarely | 2 = Weekly | 3 = Once per day | 4 = Multiple times per day | 5 = Once per hour | 6 = Multiple times per hour]

17 Imputed sum of *Facebook, Twitter, YouTube, Instagram, Snapchat, Tinder, and LinkedIn*

18 *“Generally speaking, when you are using these social media platforms, how often do you browse content?”*
[0 = Never | 1 = Very rarely | 2 = Rarely | 3 = Occasionally | 4 = Frequently | 5 = Very frequently]

Adapted from Verduyn et al. (2015)

19 *“Generally speaking, when you are using these social media platforms, how often do you communicate directly with others?”*
[0 = Never | 1 = Very rarely | 2 = Rarely | 3 = Occasionally | 4 = Frequently | 5 = Very frequently]

Adapted from Verduyn et al. (2015)

20 *“How many people, if any, are there with whom you can discuss intimate and personal matters?”*
[0 = None | 1 = 1 | 2 = 2 | 3 = 3 | 4 = 4 to 6 | 5 = 7 to 9 | 6 = 10 or more]

Sourced from the European Social Survey

Table 2: Summary statistics and control variables for PISA analysis

VARIABLES	N	Mean	SD	Min	Max
Life satisfaction ¹	9,038	7.848	1.984	0	10
Social media use ²	19,354	4.131	1.234	1	5
Sense of belonging at school ³	78,362	0.095	1.056	-3.690	2.630
Parental support ⁴	26,348	0.0781	1.005	-3.079	1.099
<i>Parental support quintile: 0% - 28%</i>	26,348	0.288	0.453	0	1
<i>Parental support quintile: 29% - 40%</i>	26,348	0.112	0.316	0	1
<i>Parental support quintile: 40% - 63%</i>	26,348	0.233	0.423	0	1
<i>Parental support quintile: 64% - 100%</i>	26,348	0.367	0.482	0	1
Socializing before school ⁵	24,510	0.472	0.499	0	1
Socializing after school ⁶	24,273	0.803	0.398	0	1
Feeling bad without internet ⁷	18,842	2.679	0.906	1	4
Forget time when using digital devices ⁸	18,947	2.602	0.843	1	4
Use digital devices as desired ⁹	18,607	3.130	0.687	1	4
Wealth ¹⁰	113,656	0.455	0.836	-7.082	4.443
Year	137,135	2,009	4.809	2000	2015
Gender	137,047	1.500	0.500	0	1
Age	136,991	15.74	0.286	15.17	16.33
Country - Denmark	137,135	0.231	0.422	0	1
Country - Finland	137,135	0.246	0.431	0	1
Country - Iceland	137,135	0.143	0.350	0	1
Country - Norway	137,135	0.189	0.391	0	1
Country - Sweden	137,135	0.192	0.394	0	1

¹ *"Overall, how satisfied are you with your life as a whole nowadays?"*
[0 = Extremely dissatisfied / 10 = Extremely satisfied]

² *How often do you use digital devices for participating in social networks (e.g. Facebook, Myspace)?*
[1 = Never or hardly ever | 2 = Once or twice a month | 3 = Once or twice a week | 4 = Almost every day | 5 = Every day]

³ Imputed and scaled sum of the following four questions. For details regarding scaling see: <https://biturl.top/yaqAve>

"My parents are interested in my school activities."
[1 = Strongly disagree | 2 = Disagree | 3 = Agree | 4 = Strongly agree]

"My parents support my educational efforts and achievements."
[1 = Strongly disagree | 2 = Disagree | 3 = Agree | 4 = Strongly agree]

"My parents support me when I am facing difficulties at school."
[1 = Strongly disagree | 2 = Disagree | 3 = Agree | 4 = Strongly agree]

"My parents encourage me to be confident."
[1 = Strongly disagree | 2 = Disagree | 3 = Agree | 4 = Strongly agree]

⁴ Imputed and scaled sum of the following six questions. For details regarding scaling see: <https://biturl.top/yaqAve>

"I feel like an outsider (or left out of things) at school."
[1 = Strongly disagree | 2 = Disagree | 3 = Agree | 4 = Strongly agree]

"I make friends easily at school."
[1 = Strongly disagree | 2 = Disagree | 3 = Agree | 4 = Strongly agree]

"I feel like I belong at school."
[1 = Strongly disagree | 2 = Disagree | 3 = Agree | 4 = Strongly agree]

"I feel awkward and out of place in my school."
[1 = Strongly disagree | 2 = Disagree | 3 = Agree | 4 = Strongly agree]

"Other students seem to like me."
[1 = Strongly disagree | 2 = Disagree | 3 = Agree | 4 = Strongly agree]

"I feel lonely at school."
[1 = Strongly disagree | 2 = Disagree | 3 = Agree | 4 = Strongly agree]

- 5 *"On the most recent day you attended school, did you meet friends or talk to friends on the phone before going to school?"*
[0 = No | 1 = Yes]
- 6 *"On the most recent day you attended school, did you meet friends or talk to friends on the phone after leaving school?"*
[0 = No | 1 = Yes]
- 7 *"I really feel bad if no internet connection is possible."*
[1 = Strongly disagree | 2 = Disagree | 3 = Agree | 4 = Strongly agree]
- 8 *"I forget about time when I'm using digital devices."*
[1 = Strongly disagree | 2 = Disagree | 3 = Agree | 4 = Strongly agree]
- 9 *"I use digital devices as I want to use them."*
[1 = Strongly disagree | 2 = Disagree | 3 = Agree | 4 = Strongly agree]
- 10 Scaled measure of family wealth incorporating the following parameters: private bedrooms and bathrooms in the home, a home internet connection, televisions, cars, computers, tablets, and e-readers. For details regarding items and scaling see: <https://biturl.top/yaqAve>

CHAPTER 2

Table 3: Affect depending on time spent using Facebook and type of use

VARIABLES	(1) Positive affect (regardless of time spent on Facebook)	(2) Negative affect (regardless of time spent on Facebook)	(3) Positive affect (after spending 5+ min on Facebook)	(4) Negative affect (after spending 5+ min on Facebook)
Minutes	-0.000 (0.000)	0.001** (0.000)	-0.000 (0.000)	0.000* (0.000)
<i>Passive use score</i>	-0.005 (0.004)	0.006 (0.004)	-0.006 (0.005)	0.009* (0.005)
<i>Active use score</i>	0.005 (0.004)	0.003 (0.005)	0.010* (0.005)	0.005 (0.005)
Social relationships	0.031*** (0.005)	-0.026*** (0.005)	0.036*** (0.007)	-0.035*** (0.007)
Social activity	0.042*** (0.005)	-0.035*** (0.005)	0.045*** (0.007)	-0.032*** (0.007)
Observations	819	839	527	540
R-squared	0.284	0.254	0.294	0.280

Dependent variables rescaled to 0-1. Standard errors in parentheses. Constant not shown.
 Controls included: age, country, residential area, education, civil status, employment, gender
 Denmark, Iceland, Finland, Norway, Sweden, Canada, United States, United Kingdom
 Sample limited to those between the ages of 14 and 29.
 *** p<0.01, ** p<0.05, * p<0.1

Table 4: Affect depending on time spent using Facebook and type of use (including 30+)

VARIABLES	(1) Positive affect (regardless of time spent on Facebook)	(2) Negative affect (regardless of time spent on Facebook)	(3) Positive affect (after spending 5+ min on Facebook)	(4) Negative affect (after spending 5+ min on Facebook)
Minutes	-0.000 (0.000)	0.001*** (0.000)	-0.000 (0.000)	0.001*** (0.000)
<i>Passive use score</i>	-0.008** (0.003)	0.010*** (0.003)	-0.009** (0.004)	0.014*** (0.004)
<i>Active use score</i>	0.006 (0.004)	0.003 (0.004)	0.010** (0.004)	0.005 (0.004)
Social relationships	0.033*** (0.004)	-0.026*** (0.004)	0.036*** (0.006)	-0.032*** (0.005)
Social activity	0.034*** (0.004)	-0.031*** (0.005)	0.037*** (0.006)	-0.029*** (0.006)
Observations	1,093	1,116	705	719
R-squared	0.270	0.285	0.305	0.321

Dependent variables rescaled to 0-1. Standard errors in parentheses. Constant not shown.
 Controls included: age, country, residential area, education, civil status, employment, gender
 Denmark, Iceland, Finland, Norway, Sweden, Canada, United States, United Kingdom
 Sample including those 30 years old and older.
 *** p<0.01, ** p<0.05, * p<0.1

Table 5: Emotions depending on Facebook activity

VARIABLES	(1) Happy	(2) Connected	(3) Interested	(4) Proud	(5) Anxious	(6) Lonely	(7) Bored	(8) Ashamed
Minutes	-0.000 (0.000)	-0.001* (0.000)	-0.000 (0.000)	-0.000 (0.000)	0.001* (0.000)	0.001** (0.000)	0.000 (0.000)	-0.000 (0.000)
Posting status updates	-0.038 (0.032)	0.014 (0.031)	-0.015 (0.033)	-0.031 (0.037)	-0.012 (0.039)	0.033 (0.037)	0.019 (0.038)	-0.000 (0.036)
Sharing links	0.052** (0.020)	-0.006 (0.020)	0.032 (0.021)	0.085*** (0.024)	-0.017 (0.025)	-0.039* (0.023)	-0.033 (0.024)	0.009 (0.023)
Commenting on posts	-0.028 (0.017)	0.011 (0.017)	-0.002 (0.018)	-0.002 (0.020)	-0.004 (0.021)	-0.007 (0.020)	0.019 (0.020)	-0.024 (0.020)
Sending messages	-0.008 (0.009)	0.008 (0.009)	0.004 (0.009)	-0.001 (0.010)	0.014 (0.011)	0.005 (0.010)	0.006 (0.010)	0.010 (0.010)
Browsing the newsfeed	-0.019** (0.008)	-0.003 (0.008)	-0.009 (0.009)	-0.013 (0.010)	0.005 (0.010)	-0.004 (0.010)	0.009 (0.010)	-0.004 (0.010)
Looking at friends' pages	0.002 (0.014)	-0.001 (0.014)	-0.033** (0.015)	-0.035** (0.017)	0.017 (0.018)	0.037** (0.017)	0.023 (0.017)	0.032** (0.016)
Reading status updates	-0.001 (0.009)	0.011 (0.009)	0.010 (0.009)	0.006 (0.010)	-0.002 (0.011)	0.005 (0.010)	0.003 (0.011)	0.005 (0.010)
Searching for events	0.004 (0.013)	-0.012 (0.013)	0.027** (0.014)	0.006 (0.015)	0.012 (0.016)	0.012 (0.015)	-0.015 (0.015)	-0.019 (0.015)
Observations	853	849	842	843	857	855	859	848
R-squared	0.222	0.302	0.149	0.190	0.143	0.266	0.204	0.116

Dependent variables rescaled to 0-1. Standard errors in parentheses. Constant not shown.

Controls included: social relationships, social activity, age, country, area, education, civil status, employment, gender
Denmark, Iceland, Finland, Norway, Sweden, Canada, United States, United Kingdom

Sample limited to those between the ages of 14 and 29.

*** p<0.01, ** p<0.05, * p<0.1

Table 6: Emotions depending on Facebook activity (including 30+)

VARIABLES	(1) Happy	(2) Connected	(3) Interested	(4) Proud	(5) Anxious	(6) Lonely	(7) Bored	(8) Ashamed
Minutes	-0.000 (0.000)	-0.000* (0.000)	-0.000 (0.000)	-0.000 (0.000)	0.001** (0.000)	0.001*** (0.000)	0.001** (0.000)	0.000 (0.000)
Posting status updates	-0.031 (0.025)	0.045* (0.025)	-0.015 (0.026)	-0.027 (0.029)	-0.032 (0.031)	0.032 (0.028)	-0.009 (0.029)	-0.011 (0.027)
Sharing links	0.041** (0.017)	-0.013 (0.017)	0.040** (0.018)	0.069*** (0.020)	0.005 (0.021)	-0.036* (0.019)	-0.013 (0.020)	0.007 (0.019)
Commenting on posts	-0.022 (0.014)	0.016 (0.014)	0.001 (0.015)	0.002 (0.016)	0.005 (0.017)	-0.015 (0.016)	0.012 (0.016)	-0.015 (0.015)
Sending messages	-0.003 (0.008)	0.008 (0.008)	0.001 (0.008)	0.001 (0.009)	0.013 (0.010)	0.004 (0.009)	0.009 (0.009)	0.012 (0.009)
Browsing the newsfeed	-0.015** (0.007)	-0.000 (0.007)	-0.013* (0.007)	-0.012 (0.008)	0.008 (0.008)	-0.003 (0.008)	0.011 (0.008)	0.006 (0.007)
Looking at friends' pages	-0.002 (0.012)	-0.006 (0.012)	-0.030** (0.012)	-0.019 (0.013)	0.019 (0.014)	0.032** (0.013)	0.015 (0.014)	0.022* (0.012)
Reading status updates	-0.010 (0.008)	0.003 (0.008)	-0.001 (0.008)	-0.004 (0.009)	0.014 (0.009)	0.014* (0.008)	0.014 (0.009)	0.010 (0.008)
Searching for events	0.009 (0.011)	-0.012 (0.011)	0.024** (0.012)	0.006 (0.013)	0.008 (0.014)	0.010 (0.013)	-0.004 (0.013)	-0.019 (0.012)
Observations	1,131	1,125	1,118	1,117	1,134	1,132	1,135	1,124
R-squared	0.189	0.297	0.145	0.188	0.144	0.276	0.223	0.138

Dependent variables rescaled to 0-1. Standard errors in parentheses. Constant not shown.

Controls included: social relationships, social activity, age, country, area, education, civil status, employment, gender
Denmark, Iceland, Finland, Norway, Sweden, Canada, United States, United Kingdom

Sample including those 30 years old and older.

*** p<0.01, ** p<0.05, * p<0.1

CHAPTER 3

Table 7: Key drivers of feeling bad without internet access (PISA data)

VARIABLES	(1) Feeling bad w/o internet	(2) Feeling bad w/o internet <i>(Impact of social media use)</i>	(3) Feeling bad w/o internet <i>(Impact of sense of belonging)</i>	(4) Feeling bad w/o internet <i>(Impact of parental support)</i>
Gender – Female	0.097*** (0.013)	0.063*** (0.013)	0.093*** (0.013)	0.101*** (0.012)
Social media use		0.115*** (0.005)		
Sense of belonging at school			-0.032*** (0.006)	
Parental support				-0.064*** (0.006)
Country – Finland	-0.305*** (0.016)	-0.225*** (0.017)	-0.305*** (0.016)	-0.311*** (0.016)
Country – Iceland	-0.382*** (0.019)	-0.353*** (0.019)	-0.381*** (0.019)	-0.371*** (0.019)
Country – Sweden	0.337*** (0.017)	0.360*** (0.017)	0.337*** (0.017)	0.339*** (0.017)
Wealth	0.093*** (0.008)	0.078*** (0.009)	0.095*** (0.009)	0.102*** (0.009)
Observations	18,821	18,474	18,749	18,785
R-squared	0.105	0.129	0.108	0.110

Standard errors in parentheses. Constant not shown. Data from 2015.

Data is available at: <http://www.oecd.org/pisa/data/>

Denmark, Finland, Iceland, Sweden.

*** p<0.01, ** p<0.05, * p<0.1

Table 8:

Life satisfaction and overall social media use depending on gender (PISA data)

VARIABLES	(1) Life satisfaction (Boys)	(1) Life satisfaction (Girls)
Social media use	0.000 (0.002)	-0.004* (0.002)
Parental support	0.043*** (0.003)	0.061*** (0.003)
Sense of belonging at school	0.033*** (0.002)	0.064*** (0.003)
Wealth	0.016*** (0.004)	0.005 (0.004)
Country – Finland	0.014*** (0.005)	0.040*** (0.006)
Observations	4,220	4,330
R-squared	0.136	0.246

Standard errors in parentheses. Constant not shown. Data from 2015.

Data is available at: <http://www.oecd.org/pisa/data/>
Finland and Iceland.

*** p<0.01, ** p<0.05, * p<0.1

Table 9:

Girls' life satisfaction and overall social media use depending on parental support (PISA data)

VARIABLES	(1) Life satisfaction (Girls with lowest parental support) ¹	(1) Life satisfaction (Girls with highest parental support) ²
Social media use	-0.009** (0.005)	-0.004 (0.003)
Sense of belonging at school	0.101*** (0.007)	0.044*** (0.003)
Wealth	0.007 (0.009)	-0.003 (0.006)
Country – Finland	0.062*** (0.013)	0.021*** (0.008)
Observations	1,247	1,712
R-squared	0.168	0.097

¹ Bottom quartile. ² Top quartile.

Standard errors in parentheses. Constant not shown. Data from 2015.

Data is available at: <http://www.oecd.org/pisa/data/>
Finland and Iceland.

*** p<0.01, ** p<0.05, * p<0.1

Table 10:

Social media use and socializing offline (PISA data)

VARIABLES	(1) Socializing before school	(2) Socializing after school
Social media use	0.020*** (0.003)	0.045*** (0.003)
Sense of belonging at school	0.018*** (0.003)	0.030*** (0.003)
Parental support	-0.009** (0.004)	0.004 (0.003)
Gender - Female	0.033*** (0.007)	0.000 (0.006)
Wealth	0.050*** (0.005)	0.030*** (0.004)
Country - Finland	0.079*** (0.010)	0.090*** (0.008)
Country - Iceland	-0.064*** (0.011)	0.073*** (0.009)
Country - Sweden	0.040*** (0.010)	0.047*** (0.008)
Observations	18,138	17,989
R-squared	0.019	0.033

Standard errors in parentheses. Constant not shown. Data from 2015.

Data is available at: <http://www.oecd.org/pisa/data/>

Denmark, Finland, Iceland, Sweden.

*** p<0.01, ** p<0.05, * p<0.1

Table 11:

Subjective and social well-being of most frequent social media users

VARIABLES	(1) Life satisfaction	(2) Social comparison	(3) Trust	(4) Social activity	(5) Cultural events	(6) Volunteer
<i>Overall use</i>	-0.006*** (0.002)	-0.005*** (0.001)	-0.005*** (0.002)	0.001 (0.002)	-0.007*** (0.002)	-0.008** (0.004)
Passive use general	0.005 (0.007)	-0.001 (0.004)	0.008 (0.008)	-0.008 (0.008)	-0.016 (0.010)	-0.004 (0.015)
Active use general	0.007 (0.006)	0.004 (0.004)	-0.001 (0.007)	0.035*** (0.007)	0.028*** (0.009)	0.043*** (0.013)
Social activity	0.032*** (0.005)	0.006** (0.003)	0.024*** (0.005)		0.036*** (0.007)	0.009 (0.010)
Number of close friends	0.047*** (0.005)	0.023*** (0.003)	0.052*** (0.005)	0.047*** (0.005)	0.034*** (0.007)	0.010 (0.010)
Observations	1,160	1,157	1,158	1,160	1,160	1,156
R-squared	0.292	0.141	0.239	0.185	0.186	0.047

Dependent variables rescaled to 0-1. Standard errors in parentheses. Constant not shown.

Controls included: age, country, area, education, civil status, employment, gender.

Denmark, Iceland, Finland, Norway, Sweden

Sample limited to those between the ages of 14 and 29.

*** p<0.01, ** p<0.05, * p<0.1

Table 12:

Subjective and social well-being of most frequent social media users

VARIABLES	(1) Life satisfaction	(2) Social comparison	(3) Trust	(4) Social activity	(5) Cultural events	(6) Volunteer
<i>Use quintile: 0% to 25%</i>	0.015 (0.025)	-0.010 (0.015)	0.004 (0.028)	-0.016 (0.027)	0.098*** (0.036)	0.018 (0.052)
<i>Use quintile: 26% to 41%</i>	0.039** (0.020)	0.022* (0.012)	0.014 (0.023)	0.024 (0.022)	0.036 (0.029)	0.052 (0.042)
<i>Use quintile: 61% to 82%</i>	-0.010 (0.019)	-0.022* (0.012)	-0.043* (0.022)	0.011 (0.021)	-0.007 (0.028)	0.002 (0.041)
<i>Use quintile: 83% to 100%</i>	-0.037* (0.020)	-0.047*** (0.013)	-0.037 (0.023)	0.025 (0.022)	0.008 (0.030)	-0.047 (0.043)
Active use general	0.007 (0.006)	0.004 (0.004)	-0.001 (0.007)	0.034*** (0.007)	0.028*** (0.009)	0.043*** (0.013)
Passive use general	0.004 (0.007)	-0.002 (0.004)	0.007 (0.008)	-0.008 (0.008)	-0.016 (0.010)	-0.004 (0.015)
Social activity	0.032*** (0.005)	0.006** (0.003)	0.024*** (0.005)		0.037*** (0.007)	0.009 (0.010)
Number of close friends	0.047*** (0.005)	0.023*** (0.003)	0.052*** (0.005)	0.048*** (0.005)	0.035*** (0.007)	0.011 (0.010)
Observations	1,160	1,157	1,158	1,160	1,160	1,156
R-squared	0.293	0.148	0.240	0.187	0.189	0.047

Dependent variables rescaled to 0-1. Standard errors in parentheses. Constant not shown.

Controls included: age, country, area, education, civil status, employment, gender.

Denmark, Iceland, Finland, Norway, Sweden

Sample limited to those between the ages of 14 and 29.

*** p<0.01, ** p<0.05, * p<0.1

Table 13:

Subjective and social well-being depending on social media platform use

VARIABLES	(1) Life satisfaction	(2) Social comparison	(3) Trust	(4) Social activity	(5) Cultural events	(6) Volunteer
Facebook	0.002 (0.005)	-0.004 (0.003)	0.011** (0.005)	-0.001 (0.005)	0.008 (0.007)	0.039*** (0.010)
Twitter	-0.004 (0.006)	-0.005 (0.003)	-0.001 (0.006)	-0.007 (0.006)	0.009 (0.008)	-0.024** (0.012)
YouTube	-0.007 (0.005)	-0.002 (0.003)	-0.005 (0.006)	-0.011* (0.006)	-0.013* (0.007)	-0.035*** (0.011)
Instagram	-0.010** (0.005)	-0.004 (0.003)	-0.015*** (0.005)	0.010* (0.005)	-0.005 (0.007)	-0.014 (0.010)
Snapchat	-0.010** (0.004)	-0.007*** (0.003)	-0.010** (0.005)	0.009** (0.004)	-0.028*** (0.006)	-0.028*** (0.008)
Tinder	-0.017** (0.008)	-0.011** (0.005)	-0.012 (0.010)	0.005 (0.009)	-0.002 (0.012)	0.010 (0.018)
LinkedIn	0.020** (0.008)	0.004 (0.005)	0.015 (0.010)	-0.005 (0.009)	0.016 (0.012)	0.052*** (0.017)
Social activity	0.034*** (0.005)	0.007*** (0.003)	0.025*** (0.005)		0.042*** (0.007)	0.015 (0.010)
Number of close friends	0.048*** (0.005)	0.023*** (0.003)	0.053*** (0.005)	0.050*** (0.005)	0.038*** (0.007)	0.014 (0.010)
Observations	1,162	1,159	1,160	1,162	1,162	1,158
R-squared	0.301	0.144	0.251	0.177	0.195	0.078

Dependent variables rescaled to 0-1. Standard errors in parentheses. Constant not shown.

Controls included: age, country, area, education, civil status, employment, gender.

Denmark, Iceland, Finland, Norway, Sweden

Sample limited to those between the ages of 14 and 29.

*** p<0.01, ** p<0.05, * p<0.1

Table 14:

Subjective and social well-being depending on social media platform use by age

VARIABLES	(1) Life satisfaction		(2) Social comparison		(3) Trust		(4) Social activity		(5) Cultural events		(6) Volunteer	
	<20	20-29	<20	20-29	<20	20-29	<20	20-29	<20	20-29	<20	20-29
Facebook	0.008 (0.006)	-0.013 (0.009)	-0.001 (0.004)	-0.012* (0.006)	0.011 (0.007)	0.013 (0.012)	0.001 (0.007)	0.006 (0.009)	0.006 (0.008)	0.004 (0.015)	0.026** (0.012)	0.055** (0.022)
Twitter	-0.008 (0.008)	-0.004 (0.008)	-0.003 (0.005)	-0.008 (0.005)	-0.001 (0.009)	-0.004 (0.010)	-0.002 (0.009)	-0.011 (0.008)	0.026** (0.010)	-0.007 (0.013)	-0.028* (0.015)	-0.008 (0.019)
YouTube	-0.009 (0.007)	-0.001 (0.007)	-0.002 (0.005)	0.000 (0.005)	-0.002 (0.008)	-0.007 (0.009)	-0.005 (0.008)	-0.022 *** (0.007)	-0.013 (0.010)	-0.009 (0.012)	-0.032 ** (0.015)	-0.046 *** (0.017)
Instagram	-0.020 *** (0.008)	-0.001 (0.006)	-0.008* (0.005)	-0.001 (0.004)	-0.008 (0.008)	-0.018** (0.007)	0.012 (0.008)	0.005 (0.006)	-0.006 (0.010)	-0.001 (0.010)	-0.012 (0.015)	-0.022 (0.014)
Snapchat	-0.013** (0.006)	-0.002 (0.006)	-0.005 (0.004)	-0.009 ** (0.004)	-0.023 *** (0.007)	0.003 (0.007)	0.017** (0.007)	-0.008 (0.006)	-0.024 *** (0.008)	-0.026 *** (0.010)	-0.023* (0.012)	-0.033** (0.014)
Tinder	-0.025* (0.014)	0.001 (0.010)	-0.017** (0.008)	0.000 (0.007)	-0.023 (0.015)	-0.005 (0.014)	0.012 (0.016)	0.002 (0.011)	-0.001 (0.018)	-0.005 (0.018)	-0.020 (0.027)	0.022 (0.026)
LinkedIn	0.012 (0.040)	0.020*** (0.008)	-0.016 (0.024)	0.006 (0.005)	0.054 (0.044)	0.013 (0.010)	-0.042 (0.045)	-0.001 (0.008)	0.023 (0.053)	0.021 (0.013)	0.133* (0.079)	0.042** (0.019)
Social activity	0.032*** (0.006)	0.043*** (0.007)	0.008** (0.004)	0.010* (0.005)	0.026*** (0.007)	0.024** (0.010)			0.026*** (0.008)	0.081*** (0.013)	0.017 (0.012)	0.003 (0.018)
Number of close friends	0.056*** (0.006)	0.034*** (0.007)	0.025*** (0.004)	0.022*** (0.005)	0.057*** (0.007)	0.040*** (0.009)	0.046*** (0.007)	0.063*** (0.007)	0.043*** (0.008)	0.021* (0.012)	0.013 (0.012)	0.021 (0.017)
Observations	649	487	648	485	649	485	649	487	649	487	648	484
R-squared	0.250	0.349	0.132	0.173	0.202	0.206	0.141	0.288	0.157	0.223	0.086	0.102

Dependent variables rescaled to 0-1. Standard errors in parentheses. Constant not shown.

Controls included: age, country, area, education, civil status, employment, gender.

Denmark, Iceland, Finland, Norway, Sweden

Sample limited to those between the ages of 14 and 29.

*** p<0.01, ** p<0.05, * p<0.1