

Supplement 1

Operationalizations Used in Studies Into the Associations of Active (ASMU) and Passive Social Media Use (PSMU) with Well-being and Ill-being

CROSS-SECTIONAL SURVEY STUDIES (n = 27)								
Authors (year) ¹	N	Age group	Design	SM platform	Outcome	Operationalization ASMU ²	Operationalization PSMU ²	Response options
Dibb and Foster (2021)¹	214	Largely British adult FB users	Survey	Facebook	Depression	8 items <i>publ</i> ASMU: How often do you... 1. post something (e.g., a status, photos, videos etc.)? 2. share your thoughts and feelings 3. share something you are interested in 4. react to what your friends post (e.g., like/love/ haha/wow/sad/angry)? 5. comment on what your friends post? 6. search for people to add? 7. send friendship requests? 8. add people suggested by FB?	4 items <i>publ</i> PSMU: How often do you... 1. look through the news feed? 2. click on the content shared by your friends? 3. browse the profiles of your friends? 4. browse through friends of your friends?	1. never 2. rarely 3. sometimes 4. often 5. almost always
Jarman et al. (2021)¹	1432	Largely Australian adolescents	Survey	Unspecified/ General	Life satisfaction	1 item <i>publ</i> ASMU: 1. How often do you post content/things on social media?	1 item <i>publ</i> PSMU: 1. How often do you look at content/things posted by others on social media?	1. never/hardly ever 2. once a week 3. a few times a week 4. once a day 5. 2-3 times a day 6. 4-6 times a day 7. more than 7 times a day
Lin et al. (2021)	328	Chinese adults	Survey	Unspecified/ General	Life satisfaction	N/A	5 items <i>publ</i> PSMU: 1. I am very active on SNSs (-) 2. I often comment on friends' posts or status (-) 3. I often browse SNSs but don't post status updates 4. I rarely interact with others on SNSs 5. I am relatively passive on SNSs	1. strongly agree 2. agree 3. neutral 4. disagree 5. strongly disagree
Marengo et al. (2021)	2349	Italian adult FB users	Survey + FB log data	Facebook	Happiness	<i>Publ</i> ASMU: Number of participants' logged FB status updates in the past 90 days	N/A	N/A
Masciantonio et al. (2021)	793	French-speaking adults	Survey	Facebook Instagram Twitter Tiktok	Life satisfaction NA PA	1 item <i>publ</i> ASMU: 1. How often do you use SNS actively? (defined as: posting and commenting on SNS, for example: post content on your profile, react to posts and comments from other user)	1 item <i>publ</i> PSMU: 1. How often do you use SNS passively? (defined as: browsing SNS, for example: scrolling through your news feed, looking at other user's profiles).	<i>ASMU</i> : 1. not actively at all 7. very actively <i>PSMU</i> : 1. not passively at all 7. very passively
Pang (2021)	318	Chinese university students	Survey	WeChat	Depressed mood	4 items <i>mixed</i> ASMU: How often do you... 1. post status updates? 2. reply and comment on friends' posts? 3. send private messages to your friends? 4. share links?	4 items <i>publ</i> PSMU: How often do you... 1. look at friends' status updates? 2. scroll through news feed? 3. look at friends' pages? 4. look at friends' pictures?	1. never 2, 3, 4 not provided 5. always
Sakurai et al. (2021)¹	8576	Japanese adults	Survey	LINE (messenger) Facebook Twitter Instagram	Subjective well-being	1 item <i>priv</i> ASMU: How often do you perform the following SNS activities? 1. Sending messages on LINE 3 items <i>publ</i> ASMU (no scale) How often do you perform the following SNS activities? 1. Posting on Facebook 2. Posting on Twitter 3. Posting photos on Instagram	1 item <i>priv</i> PSMU: How often do you perform the following SNS activities? 1. Receiving messages on LINE 3 items <i>priv</i> PSMU: How often do you perform the following SNS activities? 1. Checking what others post on Facebook 2. Checking what others post on Twitter 3. Checking photos on Instagram	1. no use 2. a few times a month 3. a few times a week 4. every day Dichotomized into: 0 = infrequent use 1 = frequent use

CROSS-SECTIONAL SURVEY STUDIES (Continued 1 of 4)								
Authors ¹ (year)	N	Age group	Design	SM platform	Outcome	Operationalization ASMU ²	Operationalization PSMU ²	Response options
Trifiro and Prena (2021)	359	American undergraduate students	Survey	Instagram	Life satisfaction	(see 5 items mixed social ASMU scale Gerson et al. 2017)	(see Gerson et al. 2017)	(see Gerson et al. 2017)
Lian et al. (2020)	742	Chinese middle school students (15-20)	Survey	Unspecified/General	Life satisfaction	5 items <i>mixed ASMU</i> : How often do you... 1. send someone a personal message on FB? 2. chat with someone on FB? 3. post on your own FB timeline? 4. post a photo on your own FB timeline? 5. post something else (e.g., a picture or video) on your own FB timeline?	N/A	1. never 2. more than once a month 3. 1-3 times a month 4. once a week 5. more than once a week 6. daily 7. several times a day
Macleane et al. (2020)	373	Australian adults	Survey	Instagram	Well-being	2 items <i>publ ASMU</i> : In the past week, how many times did you share... 1. photos of yourself? 2. photos that did not picture yourself?		Open question
Tosun and Kaşdarma (2020)¹	154 (items on close friends) 165 (items on acquaintances)	Turkish university students	Survey	Facebook	Depression	N/A	5 items <i>publ PSMU</i> : How often do you ... 1. look through content on the newsfeed shared by your close friends/acquaintances 2. click on the content on the newsfeed shared by your close friends/acquaintances 3. browse the profiles of your close friends /acquaintances 4. like the content on the newsfeed shared by your close friends/acquaintances 5. follow the posts sent by your close friends/acquaintances.	1. almost never 2. not often 3. sometimes 4. often 5. almost everyday
Yang (2020)	516	South-Korean adult SMU'ers	Survey	Facebook, Insta, Twitter, KakaoStory	Subjective happiness	4 items <i>publ ASMU</i> : How much time do you spend writing on... 1. FB 2. Instagram 3. Twitter 4. KakaoStory	4 items <i>publ PSMU</i> : How much time do you spend reading on... 1. FB 2. Instagram 3. Twitter 4. KakaoStory	Self-reported daily spent hours and minutes on each platform
Brailovskaia and Margraf (2019)	382	German Facebook users (16-67)	Survey	Facebook	Subjective happiness Depression symptoms	4 items <i>mixed ASMU</i> : How often do you... 1. write status updates 2. comment on status updates 3. write online messages 4. write in discussion groups And 4 items based on objective Facebook data: 1. number of Facebook-friends 2. number of "Likes" on different official Facebook pages 3. uploaded photos 4. uploaded albums	N/A	1. once a month or less than once a month 2. once every two weeks 3. once a week 4. several times a week 5. once a day 6. more than once a day
Burnell et al. (2019)	744	American university students	Survey	Facebook, Instagram, Twitter, Snapchat	Depressive symptoms	N/A	1 item <i>publ PSMU</i> : How many minutes per day do you spend viewing other's profiles?	1. Self-reported number of minutes per day.

CROSS-SECTIONAL SURVEY STUDIES (Continued 2 of 4)								
Authors ¹ (year)	N	Age group	Design	SM platform	Outcome	Operationalization ASMU ²	Operationalization PSMU ²	Response options
Chen et al. (2019)¹	295 (study 2)	Chinese adult WeChat users	Survey	WeChat	Depressed mood	N/A	3 items <i>publ social PSMU</i> : 1. Browsing moments passively (without liking or commenting on anything). 2. Checking to see what someone is up to. 3. Looking through my friends' profiles. 2 items <i>publ non-social PSMU</i> : 1. Browsing official accounts passively (without liking or commenting). 2. Checking the official accounts updates.	1. never (0% of the time) 2. rarely (25%), 3. sometimes (50%) 4. somewhat frequently (75%) 5. very frequently (100%)
Faelens et al. (2019)¹	Survey 1: 207 Survey 2: 507	American adults recruited from website	2 Surveys	Facebook	Depression	2 items <i>priv ASMU</i> : How often do you... 1. send someone a personal message on FB? 2. chat with someone on FB? 3 items <i>publ ASMU</i> : How often do you... 1. post a message on your own FB timeline? 2. post a photo on your own FB timeline? 3. post something else (e.g., a picture or video) on your own FB timeline?	4 items <i>publ PSMU</i> : How often do you... 1. visit a FB profile of a FB friend? 2. visit a FB profile of a non-FB friend? 3. watch photos of a FB friend? 4. watch photos of a non-FB friend?	1. never 2. less than once a month 3. 1-3 times a month 4. once a week 5. several times a week 6. daily 7. several times per day
Hanley et al. (2019)¹	78	Australian, UK and US adults	Survey	Facebook and Instagram	Life satisfaction PA NA	7 items <i>mixed ASMU</i> : How often do you engage in these activities while you are on Facebook? 1. comment on people's posts 2. write status updates or post photos/videos of your own 3. create invitations or organise social gatherings with my friends 4. meet new people/make new friends How often on Instagram do you... 5. contact friends via DM 6. comment on friends/people's images 7. post my own photos	6 items <i>mixed PSMU</i> : How often do you engage in these activities while you are on Facebook? 1. scroll through your newsfeed 2. view other people's posts and status updates How often on Instagram do you... 3. scroll through your newsfeed 4. look at other people's images 5. like people's friends images 6. click on profiles that you don't follow and view their images Item: like people's/friend's images loads on an "active" and "passive" factor.	1. Never 2. Rarely 3. Sometimes 4. Frequently 5. Very frequently
Macrynika and Miranda (2019)¹	367	American university students	Survey	Facebook	Feel better/worse after Facebook use	4 items <i>mixed ASMU</i> : How often do you... 1. send someone a personal message on FB? 2. chat with someone on FB? 3. post a message on someone else's wall? 4. post a picture or video on someone else's wall? 3 items <i>publ ASMU</i> : How often do you... 1. post on your own FB timeline 2. post a photo on your own FB timeline? 3. post something else (e.g., a picture or video) on your own FB timeline?	4 items <i>publ PSMU</i> : How often do you ... 1. visit a FB profile of a FB friend? 2. visit a profile of a non-FB friend? 3. view photos of a FB friend? 4. view photos of someone who is not part of your FB friend list?	1. never 2. less than once a month 3. 1-3 times a month 4. once a week 5. several times a week 6. daily 7. several times a day

CROSS-SECTIONAL SURVEY STUDIES (Continued 3 of 4)								
Authors ¹ (year)	N	Age group	Design	SM platform	Outcome	Operationalization ASMU ²	Operationalization PSMU ²	Response options
Nisar et al. (2019)	399	British adult Facebook users	Survey	Facebook	Depressive symptoms	6 items <i>mixed</i> ASMU: In the past month, how often did you... 1. post status update 2. post photos 3. share other users' content 4. post Your own Original Content 5. use Facebook messenger Item: "comment on a friend's post" loaded on an "active" and "passive" factor	6 items <i>publ</i> PSMU: In the past month, how often did you... 1. log into Facebook 2. read your news feed 3. read a friend's status update 4. view a friend's photo 5. browse a friend's timeline	0. never 1. once a month 2. once every two weeks 3. once a week 4. 4-6 time a week 5. once a day 6. more than once a day
Thorisdottir et al. (2019)	10,563	Icelandic adolescents	Survey	Unspecified/General	Depressed mood	3 items <i>mixed</i> ASMU: How often do you... 1. send a private message, picture, video, or chat on social media? 2. send a private message, picture, video or chat that disappears after being seen? 3. post a picture or a video from your life?	3 items <i>publ</i> PSMU: How often do you ... 1. look at your friends' profiles or social media accounts? 2. browse social media profiles or accounts of people who you do not know? 3. post other than pictures on social media, such as links games, news, or web pages?	1. never 2. 1 x a month or less 3. 1 x a week 4. few times a week 5. 1 x a day 6. 2-5 x a day 7. several times a day
Escobar-Viera et al. (2018)¹	702	Largely American adult Reddit users	Survey	Unspecified/General	Depressive symptoms	3 items <i>publ</i> ASMU: How often do you engage in... 1. posting your own content (e.g., tweet, status update)? 2. commenting on, or responding to someone else's content? 3. sharing others' content (e.g., retweet, share posts or status updates)	3 items <i>publ</i> PSMU: How often do you engage in... 1. reading discussions? 2. reading comments/reviews? 3. watching videos or viewing pictures? Item: ..like/favor/vote/comment on or respond to someone else's content loaded on an "active" and "passive" factor	1. never 2. less than once a week 3. once a week 4. 2-6 times a week 5. once a day 6. several times a day
Fardouly et al. (2018)	528	Australian preadolescents (10-12 years)	Survey	Unspecified/General	Depressive symptoms Life satisfaction	N/A	2 items <i>publ</i> PSMU: How long do you spend browsing social media (e.g., Instagram, Facebook) on a normal... 1. weekday/school day (i.e., Monday-Friday)? 2. day of the weekend (i.e., Saturday or Sunday)	0. no time 1. less than 5 min 2. 5-15 min 3. 15-30 min 4. 30 min-1h 5. 1-2h 6. 2-4h 7. 4-6h 8. 6-8h 9. 8-10h 10. 10-12h or more
Giagkou et al. (2018)¹	196	Mostly British adult FB users	Survey	Facebook	Life satisfaction	N/A	3 items <i>publ</i> PSMU: On FB, how often do you... 1. look through the news feed? 2. look through the conversations your friends are having? 3. browse the profiles of others?	1. never (I do not use FB) 2. rarely (less than once per month) 3. less rarely (once per month) 4. sometimes (every 1-2 times per week) 5. frequently (every 3-5 times per week) 6. very frequently (every day) 7. always (several times a day) a day.

CROSS-SECTIONAL SURVEY STUDIES (Continued 4 of 4)								
Authors ¹ (year)	N	Age group	Design	SM platform	Outcome	Operationalization ASMU ²	Operationalization PSMU ²	Response options
Ding et al. (2017)	707	Chinese university students	Survey	Unspecified/ General	Subjective well-being	N/A	5 items publ PSMU 1. I am very active on social network sites 2. I often comment on friends' posts or status 3. I often browse social network sites but don't post status updates 4. I rarely interact with others on social network sites 5. I am relatively passive in social network sites	1. strongly disagree 5. strongly agree
Gerson et al. (2017)	1: 234 2 w1: 276 2 w2: 245	American and UK adults	Survey	Facebook	Life satisfaction PA NA	5 items mixed social ASMU How frequently do you engage in... 1. posting status updates 2. commenting (on statuses, wall posts, pictures, etc) 3. chatting on FB chat 4. posting photos 5. browsing the newsfeed actively (liking and commenting on posts, pictures, and updates) 4 items publ non-social ASMU 1. creating or RSVPing to events 2. tagging photos 3. posting videos 4. tagging videos	4 items publ PSMU How frequently do you engage in... 1. checking to see what someone is up to 2. viewing photos 3. browsing the newsfeed passively (without liking or commenting on anything) 4. looking through my friends' profiles	1. never (0%) 2. rarely (25%) 3. sometimes (50%) 4. somewhat frequently (75%) 5. very frequently (close to 100%)
Hanna et al. (2017) ¹	1104	American undergraduates (17-24 years)	Survey	Facebook	Depression	8 items publ ASMU How frequently do you... 1. post pictures? 2. tag people in pictures you post? 3. update your status? 4. change your profile picture? 5. edit your profile? 6. make a public comment in response to someone's status update? 7. make a public comment on someone's profile? How frequently... 8. do people tag you in pictures?	6 items publ PSMU On an average visit to Facebook... 1. how many distinct stories/status updates in your feed do you read? 2. how many distinct updates do you click on to read all the responses? 3. how many photos posted by contacts do you click on? 4. how many distinct profiles do you look at? 5. how many times do you "like" what someone has posted? 6. how many distinct conversations between other people do you read?	ASMU 0. never 1. rarely 2. few times a year 3. few times a month 4. almost every day 5. several times a day PSMU 1. 0 2. 1-2 3. 3-6 4. 7-10 5. 11-15 6. 15+
Wang et al. (2017)	696	Chinese undergraduates (17-24 years)	Survey	WeChat, Qzone	Subjective well-being	N/A	3 items publ PSMU How frequently do you view... 1. other's photos when login on SNSs? 2. other's updates when logging on SNSs? 3. comments on your friends' wall?	1. never 2. rarely (once a month or less) 3. sometimes (once a week or less) 4. often (several times a week) 5. almost every time I log on

¹Author(s) provided additional information that may not be available in their articles.

²N/A = not measured.

LONGITUDINAL SURVEY STUDIES (n = 6)								
Authors ¹ (year)	N	Age group	Design	SM platform	Outcome	Operationalization ASMU ²	Operationalization PSMU ²	Response options
Frison and Eggermont (2020) ¹	1612	Belgian adolescents	2-wave survey (one year lag)	Facebook	Depressed mood	2 items <i>private ASMU</i> : How often do you... 1. send someone a personal message on FB? 2. chat with someone on FB? 3 items <i>public ASMU</i> : How often do you... 1. post on your own FB timeline? 2. post a photo on your own FB timeline? 3. post something else (e.g., a picture or video) on your own FB timeline?	4 items <i>publ PSMU</i> : How often do you... 1. visit a profile of a FB friend? 2. visit a profile of a non-FB friend? 3. watch photos of a FB friend? 4. watch photos of a non-FB friend?	1. never 2. more than once a month 3. 1-3 times a month 4. once a week 5. more than once a week 6. daily 7. several times a day
Puukko et al. (2020) ¹	2891	Finnish adolescents	5-wave survey (yearly lags)	Unspecified/general	Depressive symptoms	4 items <i>mixed ASMU</i> : 1. I follow my friends' profiles, pictures, and updates 2. I update my status and share content with others 3. I chat (e.g., WhatsApp, FB, e-mail) 4. I share pictures and picture updates of my doings taken with my phone (e.g., Instagram)	N/A	1. never 2. couple of times a year 3. monthly 4. weekly 5. daily 6. many times a day 7. all the time
Zhang et al. (2020) ¹	266	Chinese university students	2-wave survey (one-year lag)	Unspecified/General	Negative emotions	3 items <i>publ ASMU</i> : On average, how often do you... 1. update your status? 2. upload pictures? 3. comment on a friend's post?	6 items <i>publ PSMU</i> : On average, how... 1. many times do you read/check other people's status updates? 2. much time each day do you read/check other people's status updates? 3. often do you visit a friend's profile? 4. often do you visit a person's profile that you have lost touch with/no longer have physical contact with? 5. often do you visit someone's profile that you do not know (e.g., a friend of a friend)? 6. often do you view photos your friends have posted?	1. never 2. rarely (once a month or less) 3. sometimes (once a week or less) 4. often (several times a week) 5. very frequently (once a day or more)
Scherr et al. (2019)	841	German adult FB users	2-wave survey (one year lag)	Facebook	Depression	N/A	2 items <i>publ PSMU</i> : How often do you... 1. look through others' FB profiles? 2. look through others' conversations?	1. never 7. very frequently.
Wang et al. (2019) ¹	266	Chinese university students	2-wave survey (one year lag)	Qzone	Life satisfaction Depression	(see 3 items <i>publ ASMU</i> , Zhang et al. 2020).	(see 6 items <i>publ PSMU</i> , Zhang et al. 2020).	(see Zhang et al. 2020).
Wang et al. (2018) ¹	265	Chinese university students	2-wave survey (one-year lag)	Unspecified/General	Subjective well-being	(see 3 items <i>publ ASMU</i> , Zhang et al. 2020).	(see 6 items <i>publ PSMU</i> , Zhang et al. 2020).	(see Zhang et al. 2020).

¹Author(s) provided additional information that may not be available in their articles.

²N/A = not measured.

EXPERIENCE SAMPLING STUDIES (n = 7)								
Authors ¹ (year)	N	Age group	Design	SM platform	Outcome	Operationalization ASMU ²	Operationalization PSMU ²	Response options ¹
Beyens et al. (2021)	387	Dutch adolescents	ESM	Summed use of Instagram, Snapchat WhatsApp	Affective well-being	3 items <i>priv ASMU</i> : How much time in the past hour have you spent sending... 1. direct messages on Instagram? 2. snaps on Snapchat? 3. messages on WhatsApp?	3 items <i>priv PSMU</i> : How much time in the past hour have you spent... 1. reading direct messages on Instagram? 2. viewing snaps of others on Snapchat? 3. reading messages on WhatsApp? 2 items <i>publ PSMU</i> : How much time in the past hour have you spent... 1. viewing posts/stories of others on Instagram? 2. viewing stories of others on Snapchat?	Slider scale ranging from 0 to 60 min with 1-min. intervals.
Sun et al. (2021)	110	British adults recruited via FB	ESM	Unspecified/General	Well-being	1 item <i>publ ASMU</i> : Which of the following activities did you do today? 1. using social media actively (e.g., liking, up-/downvoting, sharing, commenting, posting)	1 item <i>publ PSMU</i> : Which of the following activities did you do today? 1. Using social media passively (e.g., scrolling/browsing social media feeds/pages, reading/watching content)	Half-hour increments from 0 to 10+ hours.
Beyens et al. (2020)	63	Dutch adolescents	ESM	Summed use of Instagram, WhatsApp Snapchat	Affective well-being	4 items <i>mixed ASMU</i> : How much time in the past hour have you spent... 1. posting on your feed or sharing something in your story on Instagram? 2. sending direct messages /chatting on Instagram? 3. sending WhatsApp messages? 4. sending snaps/messages or sharing something in your story on Snapchat? 1 item <i>priv ASMU</i> : 1. sending WhatsApp messages?	3 items <i>mixed PSMU</i> : How much time in the past hour have you spent... 1. viewing posts/stories of others on Instagram 2. reading WhatsApp messages? 3. viewing snaps/stories/messages from others on Snapchat? 1 item <i>priv PSMU</i> : 1. reading WhatsApp messages?	Slider scale ranging from 0 to 60 min with 5-min. intervals.
Choi and Kim (2020)	1: 133 2: 117	South-Korean student Instagram users	ESM	Instagram	Life satisfaction PA NA	N/A	1 item <i>publ PSMU</i> : Daily estimated exposure (in %) to posts featuring: 1. positive versus neutral, or negative content	% positive content out of all content
Aalbers et al. (2019)	125	Dutch university Students	ESM	Unspecified/General	Depressive symptoms	1 item <i>mixed ASMU</i> : 1. How much time in the past 2 hours have you spent using social media (posting, commenting, and direct messaging)?	1 item <i>mixed PSMU</i> : 1. How much time in the past 2 hours have you spent using social media without commenting, posting, sharing, or chatting?	Slider scale ranging from 0 (not at all) to 100 (very much).
Wenninger et al. (2019)	162	German adolescent FB users	ESM	Facebook	Positive affect (joviality)	1 item <i>publ ASMU</i> : 1. How many photo posts/status update messages did you make today?	1 item <i>publ PSMU</i> : 1. How much time did you spend on browsing today?	Self-reported hours and minutes and frequencies.
Bayer et al. (2018)	154	American university students	ESM & FB log data	Facebook	Affective well-being	<i>Publ ASMU</i> : Sum of following FB activities, based on logging for two weeks: 1. status updates 2. wall posts 3. comments made by the participant	N/A	N/A

¹Author(s) provided additional information that may not be available in their articles.

²N/A = not measured.

Experiments (n = 6)					
Authors (year)	N	Age group	SM platform	Experimental design	Outcome
Burnell et al. (2020)	405	American university students	Instagram	Three experimental conditions: 1. Browsing an Instagram profile of an acquaintance 2. Browsing an Instagram profile of an influencer 3. 3. Browsing one's own Instagram profile	PA NA
Meier et al. (2020)	1: 270 2: 408	German Instagram users (largely university students)	Instagram	Study 1, two experimental conditions: 1. Weakly evocative nature and travel Insta posts 2. Strongly evocative nature and travel Insta posts Study 2, three experimental conditions: 1. Weakly evocative nature and travel Insta posts 2. Moderately evocative nature and travel Insta posts 3. Strongly evocative nature and travel Insta posts	PA NA Exp. 2: Life satisfaction
Alfasi (2019)	80	Israeli Facebook users	Facebook	Two conditions 1. Browsing Facebook news feed 2. Control condition	Depression
Hanley et al. (2019)	78	Australian, UK and US adults	Facebook and Instagram	Two conditions 1. No Facebook and Instagram use for one week (experimental) 2. Normal Facebook and Instagram use for one week (control)	PA NA Life satisfaction
Yuen et al. (2019)	312	American undergraduate Facebook users	Facebook	Four conditions 1. Browse the Internet, 2. Passively browse others' Facebook profiles, 3. Actively communicate with others on Facebook via messages/posts 4. Update their own personal profile on Facebook.	PA NA
Weinstein (2017)	588	American highschool students	Instagram	Three experimental conditions: 1. Positive Instagram feeds of attractive strangers 2. Positive Instagram feeds of attractive strangers preceded by a prime to remind participants of the highlight reel of Instagram 3. Mixed positive and negative Insta feeds of attractive strangers	PA NA

¹PA = positive affect, NA = negative affect

Supplement B

Means, Intercorrelations, and Associations of 45 Studies into Active (ASMU) and Passive Social Media Use (PSMU) with Well-Being and Ill-Being Indicators

CROSS-SECTIONAL SURVEY STUDIES (n = 26)							
Authors¹ (year)	ASMU → Well-Being		PSMU → Well-Being		Intercorrelation PSMU&ASMU²	Means (M) & Ratio PSMU:ASMU³⁻⁴	
Dibb and Foster (2021) ¹	Publ ASMU → depression:	r = .00 ns	Publ PSMU → depression:	r = .17*	r = .39	M publ PSMU: 3.19 ≈ sometimes M publ ASMU: 2.41 ≈ rarely Ratio: 1.32	
Jarman et al. (2021)	Publ ASMU → life satisfaction:	r = -.06*	Publ PSMU → life satisfaction:	r = -.05 ns	r = .12	PSMU/ASMU scales are dichotomized (0-1) M publ PSMU: 0.87 M publ ASMU: 0.11 Ratio: 7.90	
Lin et al. (2021)	N/A		Publ PSMU → life satisfaction:	r = -.16**	N/A	M publ PSMU: 3.05 Ratio: N/A	
Marengo et al. (2021)	Publ ASMU → happiness:	r = -.06**	N/A		N/A	M publ ASMU: 27.20 ≈ 1x per 3 days Ratio: N/A	
Masciantonio et al. (2021)	Publ ASMU → positive affect: Instagram Facebook Twitter TikTok Publ ASMU → negative affect: Instagram Facebook Twitter TikTok Publ ASMU → life satisfaction: Instagram Facebook Twitter TikTok	r = -.04 ns r = .06 ns r = -.03 ns r = .03 ns r = .13** r = .08* r = .08 ns r = -.06 ns r = -.02 ns r = .03 ns r = -.08 ns r = .04 ns	Publ PSMU → positive affect: Instagram Facebook Twitter TikTok Publ PSMU → negative affect: Instagram Facebook Twitter TikTok Publ PSMU → life satisfaction: Instagram Facebook Twitter TikTok	r = -.01 ns r = -.08* r = .00 ns r = .07 ns r = -.03 ns r = .05 ns r = -.03 ns r = .10 ns r = .00 ns r = -.01 ns r = .02 ns r = -.03 ns	Publ ASMU & PSMU Instagram Facebook Twitter TikTok	r = -.37 r = -.37 r = -.27 r = -.39	M publ PSMU Instagram: 4.36 M publ ASMU Instagram: 4.06 M publ PSMU Facebook: 5.01 M publ ASMU Facebook: 2.45 M publ PSMU Twitter: 4.78 M publ ASMU Twitter: 3.47 M publ PSMU TikTok: 5.43 M publ ASMU TikTok: 2.48 Ratio (overall): 1.67
Pang (2021)	Mixed ASMU → depressed mood:	r = -.02 ns	Publ PSMU → depressed mood:	r = .07**	N/A	M publ PSMU: 3.36 M mixed ASMU: 2.93 Ratio: N/A	

CROSS-SECTIONAL SURVEY STUDIES (Continued 2 of 4)				
Authors ¹ (year)	ASMU → Well-Being	PSMU → Well-Being	Intercorrelation PSMU&ASMU ²	Means (M) & Ratio PSMU:ASMU ³⁻⁴
Sakurai et al. (2021) ¹	Priv ASMU: (Line) → subjective well-being: r = .04** Publ ASMU: (Facebook) → subjective well-being: r = .06** Publ ASMU: (Instagram) → subjective well-being: r = .05** Publ ASMU: (Twitter) → subjective well-being: r = -.01 ns	Priv PSMU: (Line) → subjective well-being: r = .06** Publ PSMU: (Facebook) → subjective well-being: r = .05** Publ PSMU: (Instagram) → subjective well-being: r = .06** Publ PSMU: (Twitter) → subjective well-being: r = -.00 ns	Priv PSMU & ASMU (Line) r = .75 Publ PSMU:ASMU Facebook r = .44 Instagram r = .48 Twitter r = .53	<i>PSMU/ASMU scales are dichotomized (0-1)</i> M priv PSMU (Line): 0.55 M priv ASMU (Line): 0.64 Ratio: 0.86 M publ PSMU (Facebook): 0.16 M publ ASMU (Facebook): 0.04 M publ PSMU (Instagram): 0.20 M publ ASMU (Instagram): 0.06 M publ PSMU (Twitter): 0.22 M publ ASMU (Twitter): 0.08 Ratio (overall): 3.35
Trifiro & Prena (2021)	Mixed ASMU → life satisfaction r = .15**	N/A	N/A	M mixed ASMU: 3.01 ≈ sometimes Ratio: N/A
Maclean et al. (2020)	Publ ASMU Instagram photo sharing of oneself in the past week → well-being: r = .13 Instagram photo sharing of non-self in the past week → well-being: r = .00	N/A	N/A	N/A
Lian et al. (2020)	Mixed ASMU → life satisfaction: r = .26	N/A	N/A	M mixed ASMU: 3.43 ≈ one a week Ratio: N/A
Tosun and Kaşdarma (2020)	N/A	Publ PSMU overall → depression: r = -.06 ns Publ PSMU with close friends → depression: r = .12 ns Publ PSMU with acquaintances → depression: r = -.07 ns	N/A	M publ PSMU overall: 2.81 ≈ sometimes M publ PSMU close friends: 2.91 ≈ sometimes M publ PSMU acquaintances: 2.73 ≈ sometimes Ratio: N/A
Yang (2020)	Publ ASMU → subjective happiness: r = .04 ns	Publ PSMU → subjective happiness: r = .01 ns	r = .55	M publ PSMU: 77.60 min per day M publ ASMU: 25.66 min per day Ratio: 3.02
Brailovskaia & Margraf (2019) ¹	Self-reports Mixed ASMU → subjective happiness: r = .09 ns Mixed ASMU → depression symptoms: r = -.05 ns Objective data # Albums → subjective happiness: r = .12* # Albums → depression symptoms: r = -.07 ns # Photos → subjective happiness: r = .06 ns # Photos → depression symptoms: r = -.04 ns	N/A	N/A	M publ ASMU: 3.62 M # albums: 5.4 M # photos: 110.1 Ratio: N/A
Burnell et al. (2019)	N/A	Publ PSMU → depressive symptoms: r = .11*	N/A	M publ PSMU: 58 min. per day Ratio: N/A

CROSS-SECTIONAL SURVEY STUDIES (Continued 3 of 4)						
Authors¹ (year)	ASMU → Well-Being		PSMU → Well-Being		Intercorrelation PSMU&ASMU²	Means (M) & Ratio PSMU:ASMU³⁻⁴
Chen et al. (2019)	N/A		Publ social PSMU → depressed mood: Publ non-social PSMU → depressed mood:	$b = .29^{***}$ $b = .09$ ns	N/A	<i>M</i> publ social PSMU: 3.59 ≈ sometimes <i>M</i> publ non-social PSMU: 3.41 ≈ sometimes Ratio: N/A
Faelens et al. (2019)	Survey 1: Publ ASMU → depression: Survey 2: Publ ASMU → depression: Survey 1: Priv ASMU → depression: Survey 2: Priv ASMU → depression:	$r = .00$ ns $r = -.03$ ns $r = .00$ ns $r = .03$ ns	Survey 1: Publ PSMU → depression: Survey 2: Publ PSMU → depression:	$r = .00$ ns $r = .00$ ns	Publ ASMU & PSMU Survey 1: $r = .32$ Survey 2: $r = .30$	<i>M</i> publ PSMU: 3.65 ≈ once a week <i>M</i> publ ASMU: 2.80 ≈ 1-3 times a month <i>M</i> priv ASMU: 4.80 ≈ several times a week Ratio: 1.30
Hanley et al. (2019)	Mixed ASMU → positive affect: Mixed ASMU → negative affect: Mixed ASMU → life satisfaction:	$r = .35^{**}$ $r = -.04$ ns $r = .21^*$	Mixed PSMU → positive affect: Mixed PSMU → negative affect: Mixed PSMU → life satisfaction:	$r = .18$ ns $r = .04$ ns $r = .19^*$	$r = .60$	<i>M</i> mixed ASMU: 2.25 ≈ less than once a month <i>M</i> mixed PSMU: 3.05 ≈ 1-3 times a month Ratio: 1.36
Macrynika and Miranda (2019)	Publ ASMU → feel better after Facebook use: Priv ASMU → feel better after Facebook use: Publ ASMU → feel worse after Facebook use: Priv ASMU → feel worse after Facebook use:	$r = .46^{**}$ $r = .24^{**}$ $r = .09$ ns $r = .20^{**}$	Publ PSMU → feel better after Facebook use: Publ PSMU → feel worse after Facebook use:	$r = .18^{**}$ $r = .24^{**}$	$r = .44$	<i>M</i> publ PSMU: 3.11 ≈ 1-3 times a month <i>M</i> publ ASMU: 2.01 ≈ less than once a month <i>M</i> priv ASMU: 4.18 ≈ once a week Ratio: 1.55
Thorisdottir et al. (2019) ¹	Mixed ASMU → depressed mood:	$r = .11^{***}$	Publ PSMU → depressed mood:	$r = .12^{***}$	N/A	<i>M</i> mixed ASMU: 4.74 ≈ once a day <i>M</i> publ PSMU: 2.53 ≈ once a week Ratio: N/A
Escobar-Viera et al. (2018) ¹	Publ ASMU → depressive symptoms:	$r = .02$ ns	Publ PSMU → depressive symptoms:	$r = .15^{**}$	$r = .43$	<i>M</i> publ PSMU: 4.85 ≈ once a day <i>M</i> publ ASMU: 3.64 ≈ 2-6 times a week Ratio: 1.33
Fardouly et al. (2018)	N/A		Publ PSMU → life satisfaction: Publ PSMU → depressive symptoms:	$r = -.15^*$ $r = -.06$ ns	N/A	<i>M</i> publ PSMU: 2.61 ≈ 30-60 min a day Ratio: N/A
Giagkou et al. (2018)	N/A		Publ PSMU → life satisfaction:	$r = -.05$ ns	N/A	<i>M</i> publ PSMU: 4.9 ≈ 3-5 times a week Ratio: N/A
Ding et al. (2017)	N/A		Publ PSMU → subjective well-being:	$r = -.15^{***}$	N/A	<i>M</i> publ PSMU: 2.93 Ratio: N/A

CROSS-SECTIONAL SURVEY STUDIES (Continued 4 of 4)				
Authors¹ (year)	ASMU → Well-Being	PSMU → Well-Being	Intercorrelation PSMU&ASMU²	Means (M) & Ratio PSMU:ASMU³⁻⁴
Gerson et al. (2017)	Study 1: Mixed social ASMU → life satisfaction: $r = .25^{***}$ Study 1: Non-social ASMU → life satisfaction: $r = .16^*$ Study 1: Mixed social ASMU → positive affect: $r = .37^{***}$ Study 1: Non-social ASMU → positive affect: $r = .33^{***}$ Study 1: Mixed social ASMU → negative affect: $r = .04$ ns Study 1: Non-social ASMU → negative affect: $r = .08$ ns Study 2 Sample 1: Mixed social ASMU → life satisfaction: $r = .15^{**}$ Sample 1: Non-social ASMU → life satisfaction: $r = .22^{***}$ Sample 1: Mixed social ASMU → positive affect: $r = .28^{***}$ Sample 1: Non-social ASMU → positive affect: $r = .28^{***}$ Sample 1: Mixed social ASMU → negative affect: $r = .07$ ns Sample 1: Non-social ASMU → negative affect: $r = .02$ ns Sample 2: Mixed social ASMU → life satisfaction: $r = .09$ ns Sample 2: Non-social ASMU → life satisfaction: $r = .08$ ns Sample 2: Mixed social ASMU → positive affect: $r = .29^{***}$ Sample 2: Non-social ASMU → positive affect: $r = .23^{***}$ Sample 2: Mixed social ASMU → negative affect: $r = .09$ ns Sample 2: Non-social ASMU → negative affect: $r = .20^{**}$	Study 1: Publ PSMU → life satisfaction: $r = .03$ ns Study 1: Publ PSMU → positive affect: $r = .27^{***}$ Study 1: Publ PSMU → negative affect: $r = .07$ ns Study 2 Sample 1: Publ PSMU → life satisfaction: $r = -.03$ ns Sample 1: Publ PSMU → positive affect: $r = .24^{***}$ Sample 1: Publ PSMU → negative affect: $r = .07$ ns Sample 2: Publ PSMU → life satisfaction: $r = .00$ ns Sample 2: Publ PSMU → positive affect: $r = .16^{**}$ Sample 2: Publ PSMU → negative affect: $r = .13^*$	N/A	Study 2, sample 1 <i>M</i> PSMU: 13.6 / 3.40 <i>M</i> mixed social ASMU: 13.8 / 2.76 <i>M</i> non-social ASMU: 7.3 / 1.82 Ratio: N/A Study 2, sample 2 <i>M</i> PSMU: 12.6 / 3.15 <i>M</i> mixed social ASMU: 13.0 / 2.60 <i>M</i> non-social ASMU: 7.1 / 1.76 Ratio: N/A
Hanna et al. (2017)	Publ ASMU → depression: $r = .03$ ns	Publ PSMU → depression: $r = .03$ ns	$r = .52$	<i>M</i> publ PSMU: 1.98 <i>M</i> publ ASMU: 2.01 Ratio: 0.99
Wang et al. (2017)	N/A	Publ PSMU → subjective well-being: (= summed life satisfaction and positive affect) $r = .00$ ns	N/A	<i>M</i> publ PSMU: 2.32 Ratio: N/A

Notes: Priv = private, Publ = public, Mixed ASMU or PSMU = Mixed public and private ASMU or PSMU, subj = subjective

¹ Author(s) provided additional information that may not be available in their articles.

² Correlations are only provided (and relevant) when both public ASMU and public PSMU and/or both private ASMU and private PSMU are investigated.

³ This ratio indicates how often PSMU occurs relative to ASMU. For example, a ratio of 1.50 means that the average score on PSMU is 50% higher than that on ASMU.

⁴ The value labels accompanying the means are listed only when interpretable: in frequency scales (e.g., never-once a day) scales but not in Likert scales (e.g., agree-disagree).

LONGITUDINAL SURVEY STUDIES (n = 6)						
Authors ¹ (year)	ASMU → Well-Being Between/Within ²		PSMU → Well-Being Between/Within ²		Intercorrelation PSMU&ASMU	Means (M) & Ratio PSMU:ASMU ³⁻⁴
Frison and Eggermont (2020) ¹	t1 t1→t2 t1→t2	Publ ASMU → depressed mood: r = .17** Priv ASMU → depressed mood: r = .15** Publ ASMU → depressed mood: β = .06* Priv ASMU → depressed mood: β = .01 ns	t1 t1→t2	Publ PSMU → depressed mood: r = .14** Publ PSMU → depressed mood: β = .04 ns	Publ ASMU & PSMU: r = .44	M publ PSMU: 3.74 ≈ once a week M publ ASMU: 2.83 ≈ 1-3 times a month M priv ASMU: 5.05 ≈ more than once a week Ratio: 1.32
Puukko et al. (2020)	t1 Within t1→t2	Mixed ASMU → depress symptoms: r = .07 ns Mixed ASMU → depress symptoms: βs ≈ .01 ns	N/A		N/A	M mixed ASMU: 4.02 ≈ weekly Ratio: N/A
Zhang et al. (2020)	t1 t1→t2	Publ ASMU → negative emotions: r = -.08 ns Publ ASMU → negative emotions: β = .03 ns	t1 t1→t2	Publ PSMU → negative emotions: r = .12 ns Publ PSMU → negative emotions: β = -.12 ns	r = .49	M publ PSMU: 2.35 ≈ rarely M publ ASMU: 2.66 ≈ sometimes Ratio: 0.88
Scherr et al. (2019)	N/A		t1 t1→t2	Publ PSMU → depression: r = .11* Publ PSMU → depression: β = .04 ns	N/A	M publ PSMU: 3.3 Ratio: N/A
Wang et al. (2019)	t1 t1→t2	Publ ASMU → life satisfaction: r = -.04 ns Publ ASMU → depression: r = -.02 ns Publ ASMU → depression: β = -.01 ns	t1 t1→t2	Publ PSMU → life satisfaction: r = -.01 ns Publ PSMU → depression: r = .12* Publ PSMU → depression: β = .05 ns	(r = .49, see Zhang et al. 2020)	M publ PSMU: 2.35 ≈ rarely M publ ASMU: 2.66 ≈ sometimes Ratio: 0.88
Wang et al. (2018)	t1 t1→t2	Publ ASMU → subj well-being: r = .07 ns Publ ASMU → subj well-being: β = .07 ns	t1 t1→t2	Publ PSMU → subj well-being: r = .00 ns Publ PSMU → subj well-being: β = -.11*	(r = .49, see Zhang et al. 2020)	M publ PSMU: 2.34 ≈ rarely M publ ASMU: 2.66 ≈ sometimes Ratio: 0.88

Notes: Priv = private, Publ = public, Mixed ASMU or PSMU = Mixed public and private ASMU or PSMU, subj = subjective

¹ Author(s) provided additional information that may not be available in their articles.

² All associations are between-person associations unless they are specifically marked as within-person.

³ This ratio indicates how often PSMU occurs relative to ASMU. For example, a ratio of 1.50 means that the average score on PSMU is 50% higher than that on ASMU.

⁴ The value labels accompanying the means are listed only when interpretable: in frequency scales (e.g., never-once a day) scales but not in Likert scales (e.g., agree-disagree).

EXPERIENCE SAMPLING AND DIARY STUDIES (n = 7)						
Authors ¹ (year)	ASMU → Well-Being Between/Within ²		PSMU → Well-Being Between/Within ²		Intercorrelation PSMU&ASMU	Means (M) & Ratio PSMU:ASMU ³⁻⁴
Beyens et al. (2021)	Priv ASMU → affective well-being: Within Priv ASMU → affective well-being:	r = -.11* β = -.01 ns	Priv PSMU → affective well-being: Publ PSMU → affective well-being: Within Priv PSMU → affective well-being: Publ PSMU → affective well-being:	r = -.12* r = -.11* β = -.01 ns β = -.01*	Priv ASMU & priv PSMU: r = .99	M publ PSMU: 6.71 min in past hr M priv PSMU: 8.43 min in past hr M priv ASMU: 7.61 min in past hr Ratio: 1.11
Sun et al. (2021)	Publ ASMU → well-being: Within Publ ASMU → well-being:	r = -.15 ns b = .04*	Publ PSMU → well-being: Within Publ PSMU → well-being:	r = -.13 ns b = -.04*	Publ ASMU & publ PSMU: r = .45	M publ PSMU: 1.26 hrs per day M publ ASMU: 0.68 hrs per day Ratio: 1.85
Beyens et al. (2020)	Mixed ASMU → affective well-being: Priv ASMU → affective well-being: Within Mixed ASMU → affective well-being: Priv ASMU → affective well-being:	r = .06 ns r = .08 ns β = .09* β = .04 ns	Mixed PSMU → affective well-being: Priv PSMU → affective well-being: Within Mixed PSMU → affective well-being: Priv PSMU → affective well-being:	r = .17 ns r = .01 ns β = .07* β = .09***	Mixed ASMU & PSMU: r = .69 Priv ASMU & PSMU (WhatsApp): r = .85	M mixed PSMU: 19.71 min in past hr M mixed ASMU: 12.47 min in past hr Ratio: 1.58 M priv PSMU: 7.34 min in past hr M priv ASMU: 5.34 min in past hr Ratio: 1.37
Choi & Kim (2020)	N/A		Publ PSMU positive content → positive affect: Publ PSMU positive content → negative affect: Publ PSMU positive content → life satisfaction: Within Publ PSMU positive content → positive affect: Publ PSMU positive content → negative affect:	r = .17** r = -.14** r = .08 ns r = .01** r = -.01*	N/A	M publ PSMU: 61.74 = Percentage positive posts seen during the last time they browsed Ratio: N/A
Aalbers et al. (2019)	Within Mixed ASMU → depressive symptoms:	β = .00 ns	Within Mixed PSMU → depressive symptoms:	β = .00 ns	r = .50	M mixed PSMU: 31.27 M mixed ASMU: 21.27 Ratio: 1.47
Wenninger et al. (2019)	Publ ASMU → positive affect: Within Publ ASMU → positive affect: (Controlled for multiple vars)	r = .04 ns b = .03 ns	Publ PSMU → positive affect: Within Publ PSMU → positive affect: (Controlled for multiple vars)	r = .02 ns b = .01 ns	r = .08	M publ PSMU: 26.8 min a day M publ ASMU: 0.2 times a day Ratio: N/A (due to different response scales)
Bayer et al. (2018)	Publ ASMU: Status updates → affective well-being: Wall posts → affective well-being: Comments → affective well-being: Within Posting within 10 min before survey → affective well-being: Posting within 30 min before survey → affective well-being:	r = .12 ns r = .05 ns r = .04 ns γ = .11* γ = .05 ns	N/A		N/A	M publ ASMU: 14.31 logged posts in 14 days Ratio: N/A

Notes: Priv = private, Publ = public, Mixed ASMU or PSMU = Mixed public and private ASMU or PSMU, subj = subjective

¹ Author(s) provided additional information that may not be available in their articles.

² All associations are between-person associations unless they are specifically marked as within-person.

³ This ratio indicates how often PSMU occurs relative to ASMU. For example, a ratio of 1.50 means that the average score on PSMU is 50% higher than that on ASMU.

⁴ The value labels accompanying the means are listed only when interpretable: in frequency scales (e.g., never-once a day) scales but not in Likert scales (e.g., agree-disagree).

EXPERIMENTS (n = 6)				
	Experimental design	Outcome(s)¹	Results	Conclusion
Burnell et al. (2020)	Three experimental conditions: 1. Browsing an Instagram profile of an acquaintance 2. Browsing an Instagram profile of an influencer 3. Browsing one's own Instagram profile	PA NA	Browsing one's own profile > PA than browsing posts of others NA: no significant differences between conditions	Browsing one's own profile leads to more PA than pre-test PA Browsing the profiles of others led to less PA compared to pretest PA No effects on NA
Meier et al. (2020)	Study 1, two experimental conditions: 1. Weakly evocative nature and travel Insta posts 2. Strongly evocative nature and travel Insta posts Study 2, three experimental conditions: 1. Weakly evocative nature and travel Insta posts 2. Moderately evocative nature and travel Insta posts 3. Strongly evocative nature and travel Insta posts	PA NA Life satisfaction	Study 1 Browsing evocative Insta post → more PA than weakly evocative Insta post Browsing evocative Insta post → not more NA than weakly evocative Insta post Study 2 Browsing evocative Insta posts → more PA Browsing evocative Insta posts → not more NA Browsing evocative Insta posts → not more life satisfaction	Browsing inspiring posts can lead to PA Browsing inspiring posts does not affect NA and life satisfaction
Alfasi (2019)	Two experimental conditions: 1. Browsing Facebook news feed 2. Control: Browsing Facebook page devoid of social content	Depression	Browsing Facebook news feed → more depression than control condition	Passive social content leads to higher depression than non-social content
Hanley et al. (2019)	Two experimental conditions: 1. One-week abstinence from SNS (using RescueTime software) 2. Control: No treatment	PA NA Life satisfaction	No significant main effect of experimental condition on any of the outcomes No significant main effects for more active users on any of the outcomes SNS abstinence decreased PA for more active users No interaction effects for NA and life satisfaction	
Yuen et al. (2019)	Four experimental conditions: 1. Posting on other's timeline and communicating 2. Browsing others' profiles 3. Update one's own profile 4. Control: browse the web	PA NA	Browsing others' profiles → less positive affect than control condition No significant effects of other experimental conditions.	Partial support for hypothesis that active and passive Facebook use differentially affect mood
Weinstein (2017)	Three experimental conditions: 1. Positive Instagram feeds of attractive strangers 2. Positive Instagram feeds of attractive strangers preceded by a prime to remind participants of the highlight reel of Instagram 3. Mixed positive and negative Insta feeds of attractive strangers	PA NA	No significant differences in PA and NA between the experimental conditions	Browsing the positive Instagram feeds of attractive strangers does not lead to less PA or more NA than browsing of more mixed feeds of the same strangers. A prime to remind participants of the positivity bias on Instagram was not effective.

¹ PA = Positive affect; NA = Negative affect

References

- Aalbers G, McNally RJ, Heeren A, et al. (2019) Social media and depression symptoms: A network perspective. *Journal of Experimental Psychology* 148(8): 1454-1462.
- Alfasi Y (2019) The grass is always greener on my friends' profiles: The effect of Facebook social comparison on state self-esteem and depression. *Personality and Individual Differences* 147: 111-117.
- Bayer JB, Ellison N, Schoenebeck S, et al. (2018) Facebook in context(s): Measuring emotional responses across time and space. *New Media & Society* 20(3): 1047-1067.
- Beyens I, Pouwels JL, van Driel II, et al. (2020) The effect of social media on well-being differs from adolescent to adolescent. *Scientific Reports* 10: 10763.
- Beyens I, Pouwels JL, van Driel II, et al. (2021) Social media use and adolescents' well-being: Developing a typology of person-specific effect patterns. *Communication Research*. DOI: 10.31234/osf.io/ftygp.
- Brailovskaia J and Margraf J (2019) I present myself and have a lot of Facebook-friends: Am I a happy narcissist!? *Personality and Individual Differences* 148: 11-16.
- Burnell K, George MJ and Underwood MK (2020) Browsing different Instagram profiles and associations with psychological well-being. *Frontiers in Human Dynamics* 2: 6.
- Burnell K, George MJ, Vollet JW, et al. (2019) Passive social networking site use and well-being: The mediating roles of social comparison and the fear of missing out. *Cyberpsychology-Journal of Psychosocial Research on Cyberspace* 13(3).
- Chen S, Shao B-J and Zhi K-Y (2019) Examining the effects of passive WeChat use in China. *International Journal of Human-Computer Interaction* 35(17): 1630-1644.

- Choi S and Kim E-M (2020) Between Instagram browsing and subjective well-being: Social comparison or emotional contagion? *Media Psychology*. DOI: 10.1080/15213269.2020.1824120.
- Dibb B and Foster M (2021) Loneliness and Facebook use: The role of social comparison and rumination. *Heliyon* 7(1): e05999.
- Ding Q, Zhang Y-X, Wei H, et al. (2017) Passive social network site use and subjective well-being among Chinese university students: A moderated mediation model of envy and gender. *Personality and Individual Differences* 113: 142-146.
- Escobar-Viera CG, Shensa A, Bowman ND, et al. (2018) Passive and active social media use and depressive symptoms among United States adults. *Cyberpsychology, Behavior, and Social Networking* 21(7): 437-443.
- Faelens L, Hoorelbeke K, Fried E, et al. (2019) Negative influences of Facebook use through the lens of network analysis. *Computers in Human Behavior*. DOI: 10.1016/j.chb.2019.02.002.
- Fardouly J, Magson NR, Johnco CJ, et al. (2018) Parental control of the time preadolescents spend on social media: Links with preadolescents' social media appearance comparisons and mental health. *Journal of Youth and Adolescence* 47(7): 1456-1468.
- Frison E and Eggermont S (2020) Toward an integrated and differential approach to the relationships between loneliness, different types of Facebook use, and adolescents' depressed mood. *Communication Research* 47(5): 701-728.
- Gerson J, Plagnol AC and Corr PJ (2017) Passive and active Facebook use measure (PAUM): Validation and relationship to the reinforcement sensitivity theory. *Personality and Individual Differences* 117: 81-90.
- Giagkou S, Hussain Z and Pontes HM (2018) Exploring the interplay between passive following on Facebook, fear of missing out, self-esteem, social comparison, age, and

life satisfaction in a community-based sample. *International Journal of Psychology & Behavior Analysis* 4(2).

Hanley SM, Watt SE and Coventry W (2019) Taking a break: The effect of taking a vacation from Facebook and Instagram on subjective well-being. *PloS One* 14(6).

Hanna E, Ward LM, Seabrook RC, et al. (2017) Contributions of social comparison and self-objectification in mediating associations between Facebook use and emergent adults' psychological well-being. *Cyberpsychology Behavior and Social Networking* 20(3): 172-179.

Jarman HK, Marques MD, McLean SA, et al. (2021) Motivations for social media use: Associations with social media engagement and body satisfaction and well-being among adolescents. *Journal of Youth and Adolescence*. DOI: 10.1007/s10964-020-01390-z.

Lian S-L, Sun X-J, Yang X-j, et al. (2020) The effect of adolescents' active social networking site use on life satisfaction: The sequential mediating roles of positive feedback and relational certainty. *Current Psychology* 39(6): 2087-2095.

Lin S, Liu D, Liu W, et al. (2021) Mediating effects of self-concept clarity on the relationship between passive social network sites use and subjective well-being. *Current Psychology* 40(3): 1348-1355.

Maclean J, Al-Saggaf Y and Hogg R (2020) Instagram photo sharing and its relationships with social rewards and well-being. *Human Behavior and Emerging Technologies* 2(3): 242-250.

Macrynika N and Miranda R (2019) Active Facebook use and mood: When digital interaction turns maladaptive. *Computers in Human Behavior*. DOI: 10.1016/j.chb.2019.02.012.

- Marengo D, Montag C, Sindermann C, et al. (2021) Examining the links between active Facebook use, received likes, self-esteem and happiness: A study using objective social media data. *Telematics and Informatics* 58: 101523.
- Masciantonio A, Bourguignon D, Bouchat P, et al. (2021) Don't put all social network sites in one basket: Facebook, Instagram, Twitter, TikTok, and their relations with well-being during the COVID-19 pandemic. *PloS One* 16(3).
- Meier A, Gilbert A, Börner S, et al. (2020) Instagram inspiration: How upward comparison on social network sites can contribute to well-being. *Journal of Communication* 70(5): 721-743.
- Nisar TM, Prabhakar G, Ilavarasan PV, et al. (2019) Facebook usage and mental health: An empirical study of role of non-directional social comparisons in the UK. *International Journal of Information Management* 48: 53-62.
- Pang H (2021) Unraveling the influence of passive and active WeChat interactions on upward social comparison and negative psychological consequences among university students. *Telematics and Informatics* 57: 101510.
- Puukko K, Hietajärvi L, Maksniemi E, et al. (2020) Social media use and depressive symptoms: A longitudinal study from early to late adolescence. *International journal of environmental research and public health* 17(16).
- Sakurai R, Nemoto Y, Mastunaga H, et al. (2021) Who is mentally healthy? Mental health profiles of Japanese social networking service users with a focus on LINE, Facebook, Twitter, and Instagram. *PloS One* 16(3).
- Scherr S, Toma CL and Schuster B (2019) Depression as a predictor of Facebook surveillance and envy. *Journal of Media Psychology* 31: 196-202.
- Sun R, Rieble C, Liu Y, et al. (2021) *Connected despite COVID-19: The role of social interactions and social media for wellbeing*. PsyArXiv.

- Thorisdottir IE, Sigurvinsdottir R, Asgeirsdottir BB, et al. (2019) Active and passive social media use and symptoms of anxiety and depressed mood among Icelandic adolescents. *Cyberpsychology, Behavior, and Social Networking* 22(8): 535-542.
- Tosun LP and Kaşdarma E (2020) Passive Facebook use and depression: A study of the roles of upward comparisons, emotions, and friendship type. Germany: Hogrefe Publishing, 165-175.
- Trifiro BM and Prena K (2021) Active Instagram use and Its association with self-esteem and well-being. *Technology, Mind, and Behavior* 2(3).
- Wang H-Z, Yang T-T, Gaskin J, et al. (2019) The longitudinal association between passive social networking site usage and depressive symptoms: The mediating role of envy and moderating role of life satisfaction. *Journal of Social and Clinical Psychology* 38(3): 181-199.
- Wang J-L, Gaskin J, Rost DH, et al. (2018) The reciprocal relationship between passive social networking site (SNS) usage and users' subjective well-being. *Social Science Computer Review* 36(5): 511-522.
- Wang J-L, Wang H-Z, Gaskin J, et al. (2017) The mediating roles of upward social comparison and self-esteem and the moderating role of social comparison orientation in the association between social networking site usage and subjective well-being. *Frontiers in Psychology* 8.
- Weinstein E (2017) Adolescents' differential responses to social media browsing: Exploring causes and consequences for intervention. *Computers in Human Behavior* 76: 396-405.
- Wenninger H, Krasnova H and Buxmann P (2019) Understanding the role of social networking sites in the subjective well-being of users: A diary study. *European Journal of Information Systems* 28(2): 126-148.

Yang H (2020) Do SNSs really make us happy? The effects of writing and reading via SNSs on subjective well-being. *Telematics and Informatics* 50: 101384.

Yuen EK, Koterba EA, Stasio MJ, et al. (2019) The effects of Facebook on mood in emerging adults. *Psychology of Popular Media Culture* 8(3): 198–206.

Zhang X-X, Rost DH, Wang J-L, et al. (2020) Active and passive social networking sites usage and negative emotions: A reciprocal relationship? *Journal of Social and Clinical Psychology* 39(3): 195-213.