

Table 1: Sample demographics of the online cross-sectional study that included 294 respondents. None of the participants reported severe internet use according to the Internet Addiction Test scores (>80).

Internet use (IAT score range)	normal use (0-30)	moderate use (31-49)	severe use (50-79)
	172 (58.5)	98 (33.3)	24 (8.2)
	F(2) =1.638, p=0.196		
Mean Age in years, n =264	23.56 (7.142), n =153	22.74 (4.824), n =87	21.25 (3.124), n =24
Gender	$\chi^2(4) =3.727, p =0.444$		
Male	67 (22.9)	31 (10.6)	6 (2.0)
Female	102 (34.8)	65 (22.2)	17 (5.8)
Other	2 (0.7)	2 (0.7)	1 (0.3)
Place of Residence	$\chi^2(10) =16.663, p =0.082$		
Capital City	10 (3.4)	17 (5.8)	5 (1.7)
City >1 million population	73 (42.9)	44 (44.9)	9 (37.5)
City 100.000-1 million population	37 (21.8)	17 (17.3)	6 (25.0)
City 20.000-100.000 population	19 (11.2)	9 (9.2)	1 (4.2)
City <20.000 population	15 (8.8)	5 (5.1)	3 (12.5)
Village/Countryside	16 (9.4)	6 (6.1)	0 (0.0)
Marital Status	$\chi^2(8) =11.618, p =0.169$		
Single	122 (71.8)	81 (82.7)	20 (83.3)
Married	11 (6.5)	2 (2.0)	0 (0.0)
Divorced	1 (0.6)	1 (1.0)	0 (0.0)
Lives with others	4 (2.4)	4 (4.1)	2 (8.3)
Other	32 (18.8)	10 (10.2)	2 (8.3)
No of Persons in the Same House	$\chi^2(8) =7.942, p =0.439$		
Living Alone	52 (30.6)	34 (34.7)	4 (16.7)
Two persons sharing	44 (25.9)	18 (18.4)	5 (20.8)
Three persons sharing	22 (12.9)	16 (16.3)	3 (12.5)
Four persons sharing	37 (21.8)	19 (19.4)	7 (29.2)
Five or More persons sharing	15 (8.8)	11 (11.2)	5 (20.8)
Children	$\chi^2(2) =3.415, p =0.181$		
Yes	10 (5.8)	2 (2.0)	0 (0.0)
No	161 (94.2)	96 (98.0)	24 (100.0)
Regular Exercise	$\chi^2(2) =0.819, p =0.664$		
Yes	101 (59.4)	53 (54.1)	13 (54.2)
No	69 (40.6)	45 (45.9)	11 (45.8)
Education	$\chi^2(6) =4.219, p =0.647$		
High School	27 (15.8)	20 (20.6)	7 (29.2)
University	129 (75.4)	67 (69.1)	16 (66.7)
Masters	12 (7.0)	7 (7.2)	1 (4.2)
PhD	3 (1.8)	3 (3.1)	0 (0.0)
Family History of Psychiatric Disorder	$\chi^2(2) =0.311, p =0.856$		
Yes	23 (17.4)	10 (14.9)	2 (13.3)
No	109 (82.6)	57 (85.1)	13 (86.7)
Contact with Mental Health Professional	$\chi^2(2) =0.819, p =0.664$		
Yes	38 (29.5)	19 (28.4)	6 (40.0)
No	91 (70.5)	48 (71.6)	9 (60.0)

Values are reported as number with percentage in brackets except for mean age reported with standard deviation in brackets, n: number.