Table S2 Differ of PSQI scores with different mobile phone using risk cognitive of before and during COVID-19

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Factors** | **Number of cases（n）** | **Percentage (%)** | **Before COVID-19 period** | | |  | **During COVID-19 period** | | |
| **PSQI score (M ± SD)** | **x2** | **P** |  | **PSQI score (M ± SD)** | **x2** | **P** |
| **Pros and cons** | | |  |  |  |  |  |  |  |
| Pros ＞ cons | 770 | 63.95 | 3.83 ± 2.518 | 7.341 | **0.025** |  | 3.74 ± 2.779 | 15.723 | **＜0.001** |
| Pros ＜ cons | 223 | 18.52 | 4.28 ± 2.376 |  | 4.51 ± 2.785 |
| Pros = cons | 211 | 17.52 | 3.93 ± 2.744 |  | 3.99 ± 2.974 |
| **Will I take a break during using time?** | | |  |  |  |  |  |  |  |
| Never | 42 | 3.49 | 3.79 ± 3.51 | 25.007 | **＜0.001** |  | 4.79 ± 3.854 | 40.074 | **＜0.001** |
| Rarely | 293 | 24.34 | 4.42 ± 2.515 |  | 4.47 ± 2.818 |
| Sometimes | 519 | 43.11 | 3.95 ± 2.35 |  | 4.02 ± 2.725 |
| Often | 286 | 23.75 | 3.52 ± 2.629 |  | 3.28 ± 2.755 |
| Always | 64 | 5.32 | 3.45 ± 2.618 |  | 3.08 ± 2.503 |
| **Will subjectively increase the distance between the screen and the eyes?** | | | | | | | |  |  |
| Never | 107 | 8.89 | 4.01 ± 2.967 | 28.152 | **＜0.001** |  | 4.36 ± 3.435 | 37.464 | **＜0.001** |
| Rarely | 385 | 31.98 | 4.22 ± 2.429 |  | 4.26 ± 2.682 |
| Sometimes | 454 | 37.71 | 4.05 ± 2.501 |  | 4.03 ± 2.862 |
| Often | 208 | 17.28 | 3.37 ± 2.491 |  | 3.22 ± 2.572 |
| Always | 50 | 4.15 | 2.82 ± 2.318 |  | 2.56 ± 2.331 |

Note: PSQI – Pittsburgh Sleep Quality Index; M±SD – mean ± standard deviation;