**Supplementary tables:**

**Tables legend:**

**Table S1**. Distribution of the study sample according to gender

**Table S2.** Distribution of the study sample according to hands usage

**Table S3.** The average frequency for usage of desktop/laptop or tablet device (in days per week)

**Table S4.** The average time (in hours per day) spent using your desktop/laptop or tablet device and the time used for e-learning in hours.

**Table S5.** Crosstabulation for gender and most frequent position of the participant during desktop/laptop or tablet usage.

**Table S6.** The pain site.

**Tables:**

**Table S1.**

|  |  |  |
| --- | --- | --- |
| **Gender** | **Frequency** | **Percentage** |
| Male | 148 | 38.4 |
| Female | 237 | 61.6 |
| **Total** | 385 | 100.0 |

**Table S2.**

|  |  |  |
| --- | --- | --- |
| **Handedness** | **Frequency** | **Percentage** |
| Right Hand | 349 | 90.6 |
| Left Hand | 16 | 4.2 |
| both hands | 20 | 5.2 |
| **Total** | 385 | 100.0 |

**Table S3.**

|  |  |  |
| --- | --- | --- |
| **Desktop / Laptop use in days per week** | **Frequency** | **Percentage** |
| never use | 5 | 1.3 |
| Daily | 180 | 46.8 |
| 4-6 days | 188 | 48.8 |
| 1-3 days | 12 | 3.1 |
| **Total** | 385 | 100.0 |

**Table S4.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Descriptive Statistics** | | | | | |
|  | N | Minimum | Maximum | Mean | Std. Deviation |
| frequency of use | 376 | 0 | 7 | 6.18 | 1.585 |
| average use (hours) | 380 | 0 | 22 | 8.20 | 4.128 |
| hours used for e-learning | 381 | 0 | 20 | 5.87 | 3.465 |
| Valid N (listwise) | 368 |  |  |  |  |

**Table S5.**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | | | | |
|  | | Most frequent position during device usage | | | | | | Total |
| Sitting on the ground (The Spine sloping forward) | Sitting on the ground (The Spine is straight) | Sitting on the ground (The Spine sloping back ) | Sitting on the chair (The Spine slopping forward) | Sitting position on the chair (The spine is straight) | Supine position (Lying down) |
| gender | Male | 12 | 1 | 8 | 66 | 34 | 27 | 148 |
| Female | 37 | 8 | 6 | 126 | 32 | 28 | 237 |
| Total | | 49 | 9 | 14 | 192 | 66 | 55 | 385 |

**Table S6.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Frequency** | **Percentage** | **Chi2** | **df** | **Sig.** |
| Neck | 124 | 32.2 | 38.883a | 4 | 0.00\* |
| Right Shoulder | 59 | 15.3 |
| Left Shoulder | 77 | 20.0 |
| Back spine | 58 | 15.1 |
| I do not have pain | 67 | 17.4 |
| **Total** | 385 | 100.0 |