

Appendices to the manuscript

**Internet Behavior and Satisfaction with Sleep, Health, Quality of Life
and Physical Activity Self-Efficacy as Components of Subjective Well-
Being: Findings from an Online Survey**

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Table A1. *Independent samples t-test results: Comparing levels of quality of life among app users and non-users*

Variables	App users		Non-users		<i>t</i>	<i>df</i>	<i>p</i>	Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>				
Apps for movement/fitness	3.54	.932	3.63	.939	1.303	751	.193	.095
Apps for relaxation	3.48	.929	3.61	.936	1.537	751	.125	.141
Apps for nutrition	3.62	.943	3.58	.935	-.467	751	.641	-.041
Apps for weight loss	3.48	.956	3.62	.929	1.671	751	.095	.147
Apps for measuring sleeping habits	3.62	.911	3.58	.941	-.459	751	.646	-.046
Apps for smoking cessation	3.58	.996	3.59	.936	.009	751	.993	.003
Apps for blood pressure and heart frequency measurement	3.73	.997	3.57	.930	-1.224	751	.221	-.166
Apps for information for self-diagnosis	3.45	.974	3.61	.927	1.791	751	.074	.178
Apps for medication intake	3.83	.857	3.58	.937	-1.137	751	.256	-.271
Apps for contact with a doctor	3.63	.898	3.58	.940	-.455	751	.649	-.057

Note. *M* = Mean. *SD* = Standard deviation. *df* = Degrees of freedom

Table A2. Independent samples t-test results: Comparing levels of PA self-efficacy among app users and non-users

Variables	App users		Non-users		<i>t</i>	<i>df</i>	<i>p</i>	Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>				
Apps for relaxation	3.27	.875	3.34	.838	.903	745	.367	.083
Apps for weight loss	3.40	.795	3.31	.859	-1.194	745	.233	-.105
Apps for measuring sleeping habits	3.37	.842	3.32	.847	-.550	745	.583	-.055
Apps for blood pressure and heart frequency measurement	3.41	.812	3.32	.849	-.720	745	.472	-.098
Apps for smoking cessation	2.92	.996	3.34	.842	1.712	745	.087	.498
Apps for medication intake	3.18	.636	3.33	.850	1.002	17.358	.330	.187

Note. *M* = Mean. *SD* = Standard deviation. *df* = Degrees of freedom