**Table S1** **Scale items for study analysis**

|  |  |  |
| --- | --- | --- |
| **Scale** | **Factor** | **Item** |
| **Internet Gaming Disorder-Short Form** |  | 1. Do you feel preoccupied with your gaming behavior?  2. Do you feel more irritability, anxiety or even sadness when you try to either reduce or stop your gaming activity?  3. Do you feel the need to spend increasing amount of time engaged gaming in order to achieve satisfaction or pleasure?  4. Do you systematically fail when trying to control or cease your gaming activity?  5. Have you lost interests in previous hobbies and other entertainment activities as a result of your engagement with the game?  6. Have you continued your gaming activity despite knowing it was causing problems between you and other people?  7. Have you deceived any of your family numbers, therapists or others because the amount of your gaming activity?  8. Do you play in order to temporarily escape or relieve a negative mood?  9. Have you jeopardized or lost an important relationship, job or an educational or career opportunity because of your gaming activity? |
| **Short FORM-36 Vitality Subscale of the short form health survey** |  | 1. In the past month, did you have insufficient energy for any work (including study)?  2. In the past month, do you often feel tired? |
| **Bergen Social Media Addiction Scale** |  | 1. You spend a lot of time thinking about social media or planning how to use it.  2. You feel an urge to use social media more and more.  3. You use social media to forget about personal problems.  4. You have tried to cut down on the use of social media without success.  5. You become restless or troubled if you are prohibited from using social media.  6. You use social media so much that it has had a negative impact on your job/studies. |
| **Connor-Davidson Resilience Scale** | Tenacity | 15. Prefer to take the lead in problem solving  12. When things look hopeless, I don’t give up  21. Strong sense of purpose  17. Think of self as strong person  22. In control of my life  23. I like challenge  11. One can achieve one’s goals  16. Not easily discouraged by failure  14. Under pressure, focus and think clearly  18. Make unpopular or difficult decisions  19. Can handle unpleasant feelings  13. Know where to get help  20. Have to act on a hunch |
| Strength | 9. Things happen for a reason  8. Tend to bounce back after illness or hardship.  10. Best effort no matter what.  1. Able to adapt to change.  7. Coping with stress strengthens  5. Past success gives confidence for new challenge  25. Pride in your achievements  24. One works to attain one’s goals |
| Optimism | 6. See the humorous side of things  3. Sometimes fate and God can help  2. Close and secure relationships.  4. Can deal with whatever comes |

**Note:** Scale Item Sources: Internet Gaming Disorder-Short Form [73], Short FORM-36 Vitality Subscale [77], Bergen Social Media Addiction Scale [75], Connor-Davidson Resilience Scale [10].