Model 1 (age $\rightarrow$ t <sub>1</sub> strain $\rightarrow$ t <sub>2</sub> diseng $\rightarrow$ t <sub>3</sub> strain)			
	t1 strain	t <sub>2</sub> diseng	t3 strain
	$R^2 = .05^{***}$	$R^2 = .25^{***}$	$R^2 = .54^{***}$
	β [95 % CI]	β [95 % CI]	β [95 % CI]
age	01 [02; .00]	01 [01; .00]	01 [02; .00]
t <sub>1</sub> dep (control)	.26 [.16; .35]	01 [06; .03]	.10 [02; .00]
t <sub>1</sub> strain (M1)		.22 [.19; .25]	.65 [.03; .17]
t <sub>2</sub> diseng (M2)			.34 [.19; .48]
direct effect			
age $\rightarrow$ strain t <sub>3</sub>			01 [01;00]
indirect effects			
age $\rightarrow$ t <sub>1</sub> strain $\rightarrow$ t <sub>3</sub>			01 [01; .00]
strain	licono te strain		
age $\rightarrow$ t <sub>1</sub> strain $\rightarrow$ t <sub>2</sub> d age $\rightarrow$ t <sub>2</sub> disens $\rightarrow$ t <sub>2</sub>	strain		00 [00, .00]
	Strum		00 [01; .00]
Model 2 (age $\rightarrow$ t <sub>1</sub> diseng $\rightarrow$ t <sub>2</sub> strain $\rightarrow$ t <sub>3</sub> diseng)			
	t <sub>1</sub> diseng	t <sub>2</sub> strain	t3 diseng
	$R^2 = .02^{***}$	$R^2 = .22^{***}$	$R^2 = .37^{***}$
	β [95 % CI]	β [95 % CI]	β [95 % CI]
age	01 [01;00]	01 [02;00]	00 [01; .00]
t <sub>1</sub> dep (control)	.06 [.01; .11]	.23 [.14; .32]	01 [05; .03]
t <sub>1</sub> diseng (M1)		.82 [.67; .96]	.43 [.36; .50]
t <sub>2</sub> strain (M2)			.13 [.10; .17]
direct effect			
age $\rightarrow$ diseng t <sub>3</sub>			00 [01;00]
indirect effects			
age $\rightarrow$ t <sub>1</sub> disng $\rightarrow$ t <sub>3</sub>			00 [01;00]
uiselig			

## S5 Table. Spiral Effects: results from two serial mediation models.

 $age \rightarrow t_2 \text{ strain} \rightarrow t_3 \text{ diseng}$ -.00 [-.00; -.00]Note. SE = standard error, \* = p-value < .05, \*\* = p-value < .01, \*\*\* = p-value < .001, dep =</td>IT-dependency, diseng = behavioral disengagement, strain = technology-related strain, CI =95% confidence intervals based on bias corrected bootstrap analyses with 1,000 repetitions

-.00 [-.00; -.00]

age  $\rightarrow$  t<sub>1</sub> diseng  $\rightarrow$  t<sub>2</sub> strain  $\rightarrow$  t<sub>3</sub> diseng