

SUPPLEMENTARY MATERIALS

Table S1*Genre of games played by participants (N = 1208)*

| Genre of a game played | Frequencies | (%) |
|---|-------------|-----|
| FPS | 98 | 8.1 |
| FPS, Other ^a | 16 | 1.3 |
| FPS, Sports games | 4 | 0.3 |
| FPS, Sports games, Other | 1 | 0.1 |
| FPS, Sports games, Strategy games | 5 | 0.4 |
| FPS, Sports games, Strategy games, Other | 1 | 0.1 |
| FPS, Strategy games | 44 | 3.6 |
| FPS, Strategy games, Other | 15 | 1.2 |
| MMORPG | 80 | 6.6 |
| MMORPG, FPS | 35 | 2.9 |
| MMORPG, FPS, Other | 4 | 0.3 |
| MMORPG, FPS, Strategy games | 24 | 2.0 |
| MMORPG, FPS, Strategy games, Other | 2 | 0.2 |
| MMORPG, MOBA | 25 | 2.1 |
| MMORPG, MOBA, FPS | 22 | 1.8 |
| MMORPG, MOBA, FPS, Other | 3 | 0.2 |
| MMORPG, MOBA, FPS, Sports games, Other | 1 | 0.1 |
| MMORPG, MOBA, FPS, Strategy games | 8 | 0.7 |
| MMORPG, MOBA, Other | 2 | 0.2 |
| MMORPG, MOBA, RPG | 14 | 1.2 |
| MMORPG, MOBA, RPG, FPS | 14 | 1.2 |
| MMORPG, MOBA, RPG, FPS, Other | 2 | 0.2 |
| MMORPG, MOBA, RPG, FPS, Sports games, Strategy games | 3 | 0.2 |
| MMORPG, MOBA, RPG, FPS, Sports games, Strategy games, Other | 4 | 0.3 |
| MMORPG, MOBA, RPG, FPS, Strategy games | 19 | 1.6 |
| MMORPG, MOBA, RPG, FPS, Strategy games, Other | 7 | 0.6 |
| MMORPG, MOBA, RPG, Other | 1 | 0.1 |
| MMORPG, MOBA, RPG, Sports games, Strategy games, Other | 1 | 0.1 |
| MMORPG, MOBA, RPG, Strategy games | 8 | 0.7 |
| MMORPG, MOBA, RPG, Strategy games, Other | 5 | 0.4 |
| MMORPG, MOBA, Sports games, Strategy games | 2 | 0.2 |
| MMORPG, MOBA, Strategy games | 6 | 0.5 |
| MMORPG, Other | 2 | 0.2 |
| MMORPG, RPG | 31 | 2.6 |

Table S1 continues

Table S1*Table S1 continued*

| Genre of a game played | Frequencies | (%) |
|--|-------------|-----|
| MMORPG, RPG, FPS | 51 | 4.2 |
| MMORPG, RPG, FPS, Other | 5 | 0.4 |
| MMORPG, RPG, FPS, Sports games | 1 | 0.1 |
| MMORPG, RPG, FPS, Sports games, Strategy games | 1 | 0.1 |
| MMORPG, RPG, FPS, Strategy games | 21 | 1.7 |
| MMORPG, RPG, FPS, Strategy games, Other | 9 | 0.7 |
| MMORPG, RPG, Other | 17 | 1.4 |
| MMORPG, RPG, Sports games | 4 | 0.3 |
| MMORPG, RPG, Sports games, Strategy games | 2 | 0.2 |
| MMORPG, RPG, Strategy games | 29 | 2.4 |
| MMORPG, RPG, Strategy games, Other | 9 | 0.7 |
| MMORPG, Sports games, Other | 1 | 0.1 |
| MMORPG, Sports games, Strategy games | 2 | 0.2 |
| MMORPG, Strategy games | 10 | 0.8 |
| MMORPG, Strategy games, Other | 2 | 0.2 |
| MOBA | 26 | 2.2 |
| MOBA, FPS | 18 | 1.5 |
| MOBA, FPS, Other | 3 | 0.2 |
| MOBA, FPS, Sports games, Strategy games | 1 | 0.1 |
| MOBA, FPS, Strategy games | 17 | 1.4 |
| MOBA, FPS, Strategy games, Other | 2 | 0.2 |
| MOBA, Other | 2 | 0.2 |
| MOBA, RPG | 13 | 1.1 |
| MOBA, RPG, FPS | 11 | 0.9 |
| MOBA, RPG, FPS, Other | 1 | 0.1 |
| MOBA, RPG, FPS, Strategy games | 8 | 0.7 |
| MOBA, RPG, FPS, Strategy games, Other | 1 | 0.1 |
| MOBA, RPG, Other | 5 | 0.4 |
| MOBA, RPG, Strategy games | 12 | 1.0 |
| MOBA, RPG, Strategy games, Other | 3 | 0.2 |
| MOBA, Strategy games | 9 | 0.7 |
| MOBA, Strategy games, Other | 3 | 0.2 |
| Other | 42 | 3.5 |
| RPG | 71 | 5.9 |
| RPG, FPS | 46 | 3.8 |
| RPG, FPS, Other | 28 | 2.3 |

Table S1 continues

Table S1

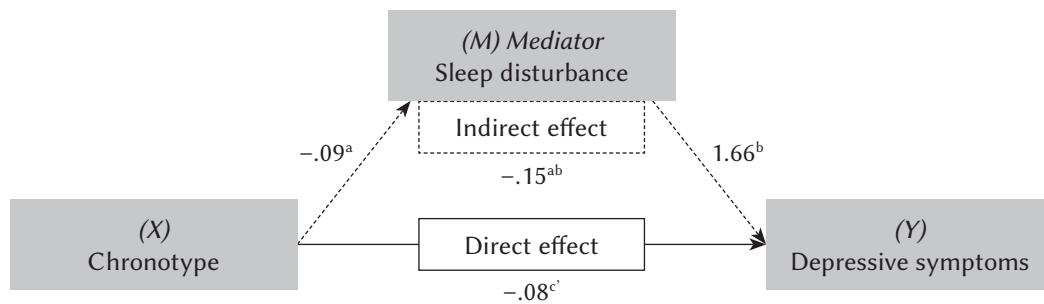
Table S1 continued

| Genre of a game played | Frequencies | (%) |
|---|-------------|-----|
| RPG, FPS, Sports games | 3 | 0.2 |
| RPG, FPS, Sports games, Other | 1 | 0.1 |
| RPG, FPS, Sports games, Strategy games | 3 | 0.2 |
| RPG, FPS, Sports games, Strategy games, Other | 1 | 0.1 |
| RPG, FPS, Strategy games | 56 | 4.6 |
| RPG, FPS, Strategy games, Other | 25 | 2.1 |
| RPG, Other | 15 | 1.2 |
| RPG, Sports games, Strategy games | 1 | 0.1 |
| RPG, Sports games, Strategy games, Other | 2 | 0.2 |
| RPG, Strategy games | 34 | 2.8 |
| RPG, Strategy games, Other | 18 | 1.5 |
| Sports games, Strategy games | 2 | 0.2 |
| Sports games, Strategy games, Other | 1 | 0.1 |
| Strategy games | 41 | 3.4 |
| Strategy games, Other | 10 | 0.8 |

Note. FPS – first-person shooter; MMORPG – massively multiplayer online role-playing game; MOBA – multiplayer online battle arena; RPG – role-playing game. ^aMultiple categories indicate the fact that participants were able to select as many genres of games as applied to them from the following options: MMORPG, MOBA, RPG, FPS, Sports games, Strategy games and Other.

Figure S1

A conceptual figure of the mediation analysis of chronotype and depressive symptoms through sleep disturbances



Note. Path values represent unstandardized regression coefficients and 95% CI and Bc 95% CI (for indirect effect) are denoted with a letter and are reported here: ^a 95% CI [-.11; -.07]; ^b 95% CI [1.53; 1.80]; ^{ab} 95% CI [-.19; -.11]; ^c 95% CI [-.13; -.03].