

**S3 Table. Results from MLM with techno-stressors and social coping as mediators.**

<b>Within Level</b>							
<b>Outcome: social coping</b>							
	Estimate	SE	<i>p</i>	LL	UL	<i>R</i> <sup>2</sup>	<i>p</i>
tstr	.116	.032	.000	.064	.168	.021	.016
dep	.061	.028	.029	.015	.107		
<b>Outcome: technology-related strain</b>							
	Estimate	SE	<i>p</i>	LL	UL	<i>R</i> <sup>2</sup>	<i>p</i>
tstr	.290	.034	.000	.235	.290	.093	.000
social	.081	.027	.002	.037	.124		
dep	-.024	.035	.488	-.081	.033		
<b>Between Level</b>							
<b>Outcome: techno-stressors</b>							
	Estimate	SE	<i>p</i>	LL	UL	<i>R</i> <sup>2</sup>	<i>p</i>
age	-.038	.031	.221	-.088	.013	.125	.000
dep	.348	.029	.000	.300	.397		
<b>Outcome: social coping</b>							
	Estimate	SE	<i>p</i>	LL	UL	<i>R</i> <sup>2</sup>	<i>p</i>
age	-.087	.030	.003	-.137	-.038	.284	.000
tstr	.168	.035	.000	.110	.225		
dep	.433	.035	.000	.376	.490		
<b>Outcome: technology-related strain</b>							
	Estimate	SE	<i>p</i>	LL	UL	<i>R</i> <sup>2</sup>	<i>p</i>
age	-.065	.024	.006	-.104	-.026	.618	.000
tstr	.785	.021	.000	.750	.820		
social	.030	.033	.372	-.025	.084		
dep	-.049	.029	.097	-.097	.000		
<b>Total, Direct and Indirect Effects</b>							
<b>age to strain</b>							
	Estimate	SE	<i>p</i>	LL	UL		
total	-.122	.033	.000	-.176	-.068		
total indirect	-.057	.025	.022	-.097	.016		
via tstr	-.029	.024	.222	-.069	.010		
via social	-.003	.003	.394	-.008	.002		
via tstr and social	.000	.000	.447	-.001	.000		
direct	-.065	.024	.006	-.104	-.026		

*Note.* Model was fit using Mplus 7.1. *N* = 1,216, SE = standard error, *p* = two-tailed *p*-value, LL/ UL = 95% lower-level and upper-level confidence interval, social = social instrumental support, tstr = techno-stressors