**Supplementary materials**


**Facebook Safety Behaviours Checklist**

**Please tick if this behaviour has occurred in the past 10 minutes of Facebook use**

| | |
|---|---|
| Repeatedly edited or retyped what you posted | |
| Carefully selected the words or content you added | |
| Made an effort to get what you said right | |
| Planned what to put on the site in advance | |
| Mentally stored something to add to Facebook at a later point | |
| Exaggerated something to appear better to others | |
| Increased your privacy settings | |
| Censored photographs (e.g. by untagging or 'hiding from timeline') | |
| Avoided posting a status update | |
| Compared your profile to others | |
| Tried not to attract attention | |
| Checked back over posts you added | |
| Made an effort to come across well | |
| Avoided adding anything to Facebook | |
| Tried to picture how you appear to others | |
| Tried not to add anything too personal | |
| Avoided going online to Facebook chat | |
| Checked that you were coming across well | |
| Tried to act normal | |
| Checked words or information you had used were accurate (e.g. Google or spell check) | |
| Used interesting photographs taken purposefully for Facebook | |
| Limited information about your likes and dislikes | |
| Went over something you had posted on Facebook in your mind afterwards | |
| Censored what you added to Facebook | |
| Made a special effort to appear witty, intelligent or interesting | |
| Monitored how others responded to your posts | |
| Thought of something to post or comment but deciding not to do so | |
| Turned off Facebook chat to all or some friends | |
| Filtered who could see some posts | |

**Facebook Cognitions Checklist**

**Please tick if the thought has crossed your mind in the past 10 minutes of Facebook use**

| | |
|---|---|
| I am unlikeable | |
| People can tell I am nervous | |
| I am foolish | |
| People will reject me | |
| I am inadequate | |
| I am equal to others | |
| I don't have as many friends as others | |
| I am unable to write properly | |
| People are not interested in me | |
| I'm coming across badly | |
| I will make a mistake | |
| I come across well | |
| People won't like me | |
| People are interested in me | |
| I am vulnerable | |
| People on Facebook are watching me | |
| I am weird or different | |
| People will judge me negatively | |
| I am acceptable to others | |
| When compared to other people I come off worse | |
| People think I am boring | |
| I write inappropriate things | |
| I write stupid things | |
| People enjoy what I add on Facebook | |
| My life is boring compared to others | |
| People like what I put on Facebook | |
| No one will like what I do/add | |
| People know I have been looking at their profile | |
| People will unfriend me | |
| Other: | |