

Appendix
Associations Between Media Exposure and Mental Distress
Among U.S. Adults at the Beginning of the COVID-19 Pandemic
Riehm et al.

Appendix Table 1. Adjusted Associations Between Media Exposure and Mental Distress Among U.S. Adults in the UAS230 Panel, March 10 to March 31, 2020 (n=6,329)

| Variable | Unadjusted OR (95% CI) | Adjusted OR (95% CI) |
|--|---------------------------|--------------------------|
| Average time spent on social media per day, hours | 1.28 (1.21, 1.36) | 1.14 (1.06, 1.23) |
| Number of traditional media sources consulted | 1.10 (1.05, 1.16) | 1.15 (1.09, 1.22) |
| Days since March 10, 2020 | – | 1.02 (1.01, 1.04) |
| Age, years | – | 0.99 (0.98, 0.99) |
| Sex | | |
| Male | – | ref |
| Female | – | 1.14 (0.96, 1.35) |
| Race/Ethnicity | | |
| White | – | ref |
| American Indian/Alaska Native | – | 0.19 (0.05, 0.71) |
| Asian | – | 0.76 (0.50, 1.17) |
| Black/African American | – | 0.56 (0.40, 0.77) |
| Hawaiian/Pacific Islander | – | 0.43 (0.11, 1.64) |
| Hispanic/Latinx | – | 0.84 (0.64, 1.11) |
| Multiracial | – | 0.97 (0.60, 1.58) |
| Marital status | | |
| Married | – | ref |
| Never married | – | 1.11 (0.90, 1.37) |
| Separated or divorced | – | 1.34 (1.05, 1.71) |
| Widowed | – | 0.99 (0.66, 1.49) |
| Education | | |
| Less than high school | – | ref |
| Some college/2-year degree | – | 0.88 (0.72, 1.08) |
| Bachelor's | – | 1.15 (0.91, 1.46) |
| Graduate | – | 1.09 (0.83, 1.43) |
| Household income | | |
| <\$20,000 | – | ref |
| \$20,000–\$39,999 | – | 0.88 (0.66, 1.17) |
| \$40,000–\$59,999 | – | 0.90 (0.67, 1.22) |
| \$60,000–\$99,999 | – | 0.79 (0.59, 1.06) |
| ≥\$100,000 | – | 0.85 (0.61, 1.17) |
| Currently have job | | |
| No | – | ref |
| Yes | – | 0.91 (0.75, 1.11) |
| Prior depressive symptoms | | |
| Any prior emotional, nervous, or psychiatric conditions | – | 1.34 (1.28, 1.39) |
| No | – | ref |
| Yes | – | 1.86 (1.55, 2.24) |
| Perceived chance of being infected with coronavirus in the next 3 months | – | 1.01 (1.01, 1.01) |

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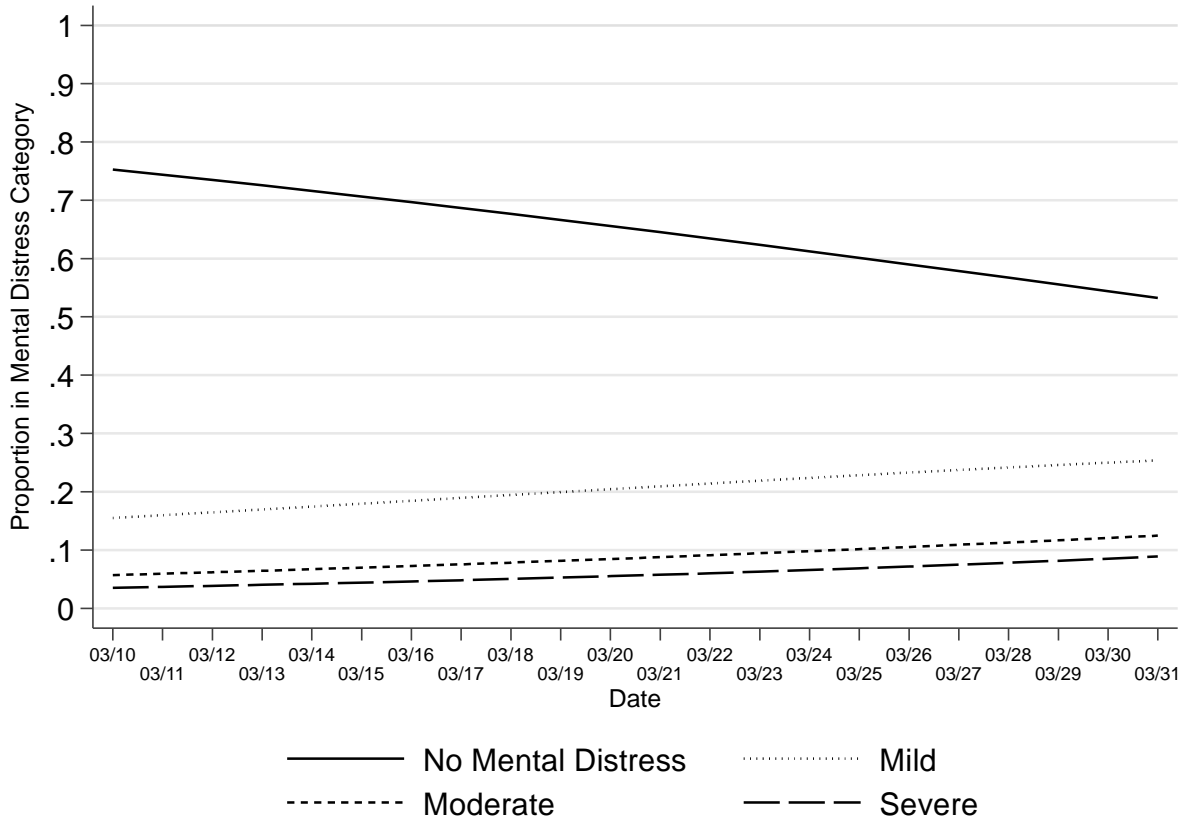
| | | |
|---|---|--------------------------|
| Perceived chance of having no money due to coronavirus in the next 3 months | – | 1.01 (1.01, 1.01) |
|---|---|--------------------------|

Notes: Bold font indicates statistically significant association ($p < 0.05$).

UAS230, Understanding America Study.

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Appendix Figure 1. Proportions and 95% CIs of participants in each category of mental distress, by date of survey completion, among U.S. adults in the UAS230 Panel, March 10 to March 31, 2020 (n=6,329).



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Appendix Table 2. Predicted Proportion of Participants With Each Level of Mental Distress and 95% CIs for Different Values of Time Spent on Social Media and Number of Traditional Media Sources Consulted to Learn About COVID-19, Among U.S. Adults in the UAS230 Panel, March 10 to March 31, 2020 (n=6,329)

| Variable | Proportions (95% CI) | | | |
|--|----------------------|-------------------|-------------------|-------------------|
| | None | Mild | Moderate | Severe |
| Average time spent on social media per day, hours | | | | |
| 0 | 0.73 (0.71, 0.75) | 0.17 (0.15, 0.18) | 0.06 (0.05, 0.07) | 0.04 (0.03, 0.05) |
| 0.5 | 0.72 (0.71, 0.74) | 0.17 (0.16, 0.18) | 0.06 (0.06, 0.07) | 0.04 (0.03, 0.05) |
| 1 | 0.71 (0.70, 0.73) | 0.18 (0.16, 0.19) | 0.07 (0.06, 0.08) | 0.04 (0.04, 0.05) |
| 1.5 | 0.70 (0.69, 0.72) | 0.18 (0.17, 0.20) | 0.07 (0.06, 0.08) | 0.05 (0.04, 0.05) |
| 2 | 0.69 (0.67, 0.71) | 0.19 (0.17, 0.20) | 0.07 (0.06, 0.08) | 0.05 (0.04, 0.06) |
| 2.5 | 0.68 (0.65, 0.70) | 0.19 (0.17, 0.21) | 0.08 (0.07, 0.09) | 0.05 (0.04, 0.06) |
| 3 | 0.67 (0.64, 0.70) | 0.20 (0.18, 0.22) | 0.08 (0.07, 0.09) | 0.05 (0.04, 0.06) |
| 3.5 | 0.66 (0.62, 0.69) | 0.20 (0.18, 0.23) | 0.08 (0.07, 0.10) | 0.06 (0.05, 0.07) |
| 4 | 0.64 (0.60, 0.69) | 0.21 (0.18, 0.23) | 0.09 (0.07, 0.10) | 0.06 (0.05, 0.07) |
| Number of traditional media sources consulted | | | | |
| 0 | 0.77 (0.74, 0.79) | 0.15 (0.13, 0.16) | 0.05 (0.04, 0.06) | 0.03 (0.03, 0.04) |
| 1 | 0.75 (0.73, 0.77) | 0.16 (0.14, 0.17) | 0.06 (0.05, 0.07) | 0.04 (0.03, 0.04) |
| 2 | 0.73 (0.71, 0.74) | 0.17 (0.16, 0.18) | 0.06 (0.06, 0.07) | 0.04 (0.03, 0.05) |
| 3 | 0.70 (0.69, 0.72) | 0.18 (0.17, 0.19) | 0.07 (0.06, 0.08) | 0.05 (0.04, 0.05) |
| 4 | 0.68 (0.66, 0.70) | 0.19 (0.18, 0.21) | 0.08 (0.07, 0.09) | 0.05 (0.04, 0.06) |
| 5 | 0.65 (0.62, 0.68) | 0.20 (0.18, 0.22) | 0.08 (0.07, 0.10) | 0.06 (0.05, 0.07) |

Notes: Predictions are based on the adjusted model. Proportions sum to 1 in each row across columns. All other covariates are set to their observed values.

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