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Supplementary materials

Supplementary Table 1. Means, Standard Deviations, and Correlations for all Variables

		Correlations										
Variable	<i>M</i> (SD)	2	3	4	5	6	7	8	9	10	11	12
<i>Time 1</i>												
1. Problem Phone Use T1	2.38 (0.88)	-.24***	-.10**	.15***	.39***	-.15***	.70***	-.29***	-.15***	.11*	.38***	-.17***
2. Academic Engagement T1	3.11 (0.88)	-	.27***	-.13***	-.37***	.39***	-.29***	.71***	.18***	-.13**	-.30***	.29***
3. School Belongingness T1	2.90 (0.56)		-	-.41***	-.46***	.39***	-.10*	.13**	.67***	-.31***	-.40***	.30***
4. Bullying T1	1.47 (0.58)			-	.37***	-.19***	.09	-.05	-.40***	.63***	.30***	-.19***
5. Psychological Distress T1	23.5 (8.65)				-	-.48***	.41***	-.28***	-.46***	.26***	.76***	-.43***
6. Life Satisfaction T1	2.87 (0.72)					-	-.17***	.32***	.34***	-.19***	-.44***	.64***
<i>Time 2</i>												
7. Problem Phone Use T2	2.23 (0.85)						-	-.25***	-.24***	.23***	.44***	-.17***
8. Academic Engagement T2	3.17 (0.85)							-	.28***	-.11***	-.33***	.35***
9. School Belongingness T2	2.93 (0.56)								-	-.39***	-.51***	.41***
10. Bullying T2	1.33 (0.54)									-	.33***	-.17***
11. Psychological Distress T2	22.3 (8.67)										-	-.45***
12. Life Satisfaction T2	2.92 (0.73)											-

Notes. * $p < .05$, ** $p < .01$, *** $p < .001$. Means and standard deviations are unweighted.

Supplementary Table 2. Baseline Ban Means, Standard Deviations, and Correlations for all Variables

		Correlations										
Variable	M (SD)	2	3	4	5	6	7	8	9	10	11	12
<i>Time 1</i>												
1. Problem Phone Use T1	2.39 (0.89)	-.26***	-.10*	.15***	.39***	-.16***	.73***	-.28***	-.16**	.14*	.37***	-.17**
2. Academic Engagement T1	3.03 (0.87)	-	.20***	-.07	-.31***	.41***	-.26***	.70***	.14*	-.14*	-.24***	.25***
3. School Belonging T1	2.87 (0.57)		-	-.47***	-.50***	.40***	-.08	.04	.66***	-.33***	-.36***	.27***
4. Bullying T1	1.51 (0.61)			-	.41***	-.25***	.12*	-.02	-.47***	.61***	.30***	-.24***
5. Psychological Distress T1	23.2 (8.55)				-	-.48***	.41***	-.20***	-.50***	.28***	.76***	-.40***
6. Life Satisfaction T1	2.86 (0.71)					-	-.18**	.31***	.35***	-.25***	-.42***	.60***
<i>Time 2</i>												
7. Problem Phone Use T2	2.24 (0.86)						-	-.17***	-.18***	.23***	.41***	-.12**
8. Academic Engagement T2	3.11 (0.83)							-	.25***	-.08*	-.26***	.33***
9. School Belonging T2	2.91 (0.55)								-	-.45***	-.49***	.41***
10. Bullying T2	1.34 (0.54)									-	.32***	-.21***
11. Psychological Distress T2	22.4 (8.39)										-	-.43***
12. Life Satisfaction T2	2.90 (0.72)											-

Notes. *p < .05, **p < .01, ***p < .001. Means and standard deviations are unweighted.

Supplementary Table 3. No Baseline Ban Means, Standard Deviations, and Correlations for all Variables

		Correlations										
Variable	<i>M</i> (SD)	2	3	4	5	6	7	8	9	10	11	12
<i>Time 1</i>												
1. Problem Phone Use T1	2.38 (0.86)	-.22***	-.10*	.14**	.39***	-.14**	.66***	-.25***	-.14	.02	.42***	-.16*
2. Academic Engagement T1	3.21 (0.88)	-	.35***	-.18***	-.46***	.37***	-.38***	.74***	.23**	-.07	-.41***	.35***
3. School Belongingness T1	2.93 (0.54)		-	-.31***	-.41***	.36***	-.11	.29***	.72***	-.25***	-.46***	.34***
4. Bullying T1	1.42 (0.54)			-	.33***	-.12**	-.01	-.07	-.26***	.68***	.28***	-.07
5. Psychological Distress T1	23.8 (8.74)				-	-.48***	.40***	-.42***	-.37***	.22***	.78***	-.48***
6. Life Satisfaction T1	2.88 (0.75)					-	-.14	.32***	.30***	-.08	-.47***	.71***
<i>Time 2</i>												
7. Problem Phone Use T2	2.22 (0.84)						-	-.34***	-.30***	.24***	.48***	-.22***
8. Academic Engagement T2	3.23 (0.86)							-	.30***	-.13***	-.42***	.37***
9. School Belongingness T2	2.94 (0.58)								-	-.30***	-.53***	.41***
10. Bullying T2	1.32 (0.55)									-	.33***	-.12**
11. Psychological Distress T2	22.2 (8.98)										-	-.47***
12. Life Satisfaction T2	2.93 (0.74)											-

Notes. * $p < .05$, ** $p < .01$, *** $p < .001$. Means and standard deviations are unweighted.

Supplementary Table 4. Summary Statistics for Main Effects of Moderator and Three-Way Interactions Between Group by Time by Moderator

	Problem Phone Use		Academic Engagement		School Belonging		Bullying	
Moderator Variable	Main Effect	Group x Time	Main Effect	Group x Time	Main Effect	Group x Time	Main Effect	Group x Time
		x Moderator		x Moderator		x Moderator		x Moderator
Life Satisfaction	$F = 47.0$	$F = 0.42$	$F = 172.3$	$F = 2.60$	$F = 293.6$	$F = 0.01$	$F = 12.4$	$F = 0.01$
(Baseline)	$df(1, 1298)$	$df(4, 598)$	$df(1, 1315)$	$df(4, 600)$	$df(1, 1339)$	$df(4, 666)$	$df(1, 1296)$	$df(4, 588)$
	$p < .001$	$p = .518$	$p < .001$	$p = .108$	$p < .001$	$p = .927$	$p < .001$	$p = .918$
Psychological Distress	$F = 190.4$	$F = 0.04$	$F = 160.4$	$F = 3.37$	$F = 284.8$	$F = 1.06$	$F = 123.2$	$F = 0.01$
(Baseline)	$df(1, 1314)$	$df(4, 615)$	$df(1, 1349)$	$df(4, 618)$	$df(1, 1354)$	$df(4, 668)$	$df(1, 1310)$	$df(4, 618)$
	$p < .001$	$p = .844$	$p < .001$	$p = .067$	$p < .001$	$p = .304$	$p < .001$	$p = .933$
SES	$F = 0.05$	$F = 0.01$	$F = 1.63$	$F = 0.44$	$F = 0.19$	$F = 0.62$	$F = 0.78$	$F = 0.17$
(Baseline)	$df(1, 1378)$	$df(4, 717)$	$df(1, 1332)$	$df(4, 691)$	$df(1, 1329)$	$df(4, 719)$	$df(1, 1458)$	$df(4, 684)$
	$p = .821$	$p = .937$	$p = .203$	$p = .506$	$p = .666$	$p = .432$	$p = .379$	$p = .677$

Note. Significant main effects are bolded. All 3-way interactions were non-significant.

Supplementary Table 5. Estimated marginal means and standard errors for main effects and interactions (Grades 7-9)

Dependent Variable	Baseline		Follow-Up		Condition	Time	Condition × Time
	Baseline Ban <i>M (SE)</i>	No Baseline Ban <i>M (SE)</i>	Baseline Ban <i>M (SE)</i>	No Baseline Ban <i>M (SE)</i>			
Problem Phone Use	2.35 (0.04)	2.36 (0.05)	2.18 (0.05)	2.20 (0.06)	$F(1, 944) = 0.09$ $p = .762$	$F(1, 511) = 20.6$ $p < .001$	$F(1, 511) = 0.02$ $p = .879$
Academic Engagement	3.05 (0.04)	3.23 (0.05)	3.16 (0.05)	3.17 (0.06)	$F(1, 947) = 2.10$ $p = .147$	$F(1, 473) = 0.75$ $p = .387$	$F(1, 473) = 6.20$ $p = .013$
School Belonging	2.86 (0.03)	2.93 (0.03)	2.90 (0.03)	2.94 (0.04)	$F(1, 968) = 1.98$ $p = .160$	$F(1, 515) = 0.88$ $p = .348$	$F(1, 515) = 0.14$ $p = .712$
Bullying	1.53 (0.03)	1.52 (0.03)	1.38 (0.03)	1.33 (0.05)	$F(1, 926) = 0.76$ $p = .384$	$F(1, 466) = 45.7$ $p < .001$	$F(1, 466) = 0.57$ $p = .452$

Note: Significant fixed effects are bolded.

Supplementary Table 6. Estimated marginal means and standard errors for main effects and interactions (Grades 10-12)

Dependent Variable	Baseline		Follow-Up		Condition	Time	Condition $\times$ Time
	Baseline Ban <i>M (SE)</i>	No Baseline Ban <i>M (SE)</i>	Baseline Ban <i>M (SE)</i>	No Baseline Ban <i>M (SE)</i>			
Problem Phone Use	2.53 (0.07)	2.41 (0.06)	2.53 (0.10)	2.26 (0.08)	$F(1, 410) = 3.86$ $p = .050$	$F(1, 124) = 1.93$ $p = .167$	$F(1, 124) = 1.74$ $p = .190$
Academic Engagement	2.94 (0.07)	3.19 (0.06)	3.04 (0.10)	3.17 (0.08)	$F(1, 392) = 3.51$ $p = .062$	$F(1, 128) = 0.52$ $p = .474$	$F(1, 128) = 1.03$ $p = .312$
School Belonging	2.91 (0.05)	2.91 (0.04)	2.89 (0.07)	2.91 (0.05)	$F(1, 389) = 0.03$ $p = .874$	$F(1, 122) = 0.04$ $p = .837$	$F(1, 122) = 0.04$ $p = .843$
Bullying	1.43 (0.04)	1.28 (0.03)	1.23 (0.06)	1.21 (0.05)	$F(1, 388) = 2.09$ $p = .150$	$F(1, 128) = 13.1$ $p < .001$	$F(1, 128) = 2.87$ $p = .093$

Note: Significant fixed effect is bolded.

Supplementary Table 7. Estimated marginal means and standard errors for psychological distress and life satisfaction

Dependent Variable	Baseline		Follow-Up		Condition	Time	Condition × Time
	Baseline Ban <i>M (SE)</i>	No Baseline Ban <i>M (SE)</i>	Baseline Ban <i>M (SE)</i>	No Baseline Ban <i>M (SE)</i>			
Psychological Distress	23.3 (0.34)	23.9 (0.38)	22.7 (0.40)	22.8 (0.49)	$F(1, 1360) = 0.55$ $p = .457$	$F(1, 623) = 9.91$ $p = .002$	$F(1, 623) = 0.75$ $p = .388$
Life Satisfaction	2.86 (0.03)	2.88 (0.03)	2.88 (0.04)	2.86 (0.04)	$F(1, 1381) = 0.01$ $p = .950$	$F(1, 691) = 0.01$ $p = .977$	$F(1, 691) = 0.77$ $p = .379$

Note: Significant fixed effect is bolded.

Supplementary Table 8. Unstandardized coefficients for main effects and interactions.

	Problem Phone Use	Academic Engagement	School Belonging	Bullying
Parameter	<i>B (SE), p</i>	<i>B (SE), p</i>	<i>B (SE), p</i>	<i>B (SE), p</i>
Intercept	2.24 (0.04), < .001	3.06 (0.04), < .001	2.90 (0.03), < .001	1.36 (0.03), < .001
Condition	-0.01 (0.07), .855	-0.02 (0.06), .746	0.03 (0.04), .465	-0.08 (0.05), .092
Time	0.15 (0.04), < .001	-1.20 (0.03), < .001	-0.02 (0.02), .333	0.15 (0.03), < .001
Condition x Time	0.01 (0.06), .920	0.15 (0.05), .002	0.02 (0.04), .675	-0.01 (0.04), .851

Supplementary Table 9. Logistic regression of demographics, technology use, and psychological variables predicting phone ban compliance

	B	SE	Wald	<i>p</i>	Odds Ratio	95% CI	
						Lower	Upper
<i>Time 2 Mobile Phone Ban Adherence</i> $R^2 = .24$ (Cox-Snell), $.50$ (Nagelkerke). Model χ^2 (11) = 83.2, $p < .001$							
Mobile Phone Ban Adherence T1	2.88	0.59	23.7	< .001	17.8	5.58	56.6
Age T2	-0.46	0.21	4.89	.027	0.63	0.42	0.95
Gender (Male/Female) T2	-0.326	0.61	0.19	.665	0.77	0.23	2.54
Social Media Posting Frequency T2	-0.14	0.13	1.15	.284	0.87	0.68	1.12
Pre-Ban Mobile Phone Use at School (No/Yes) T2	-1.74	0.61	8.16	.004	0.18	0.05	0.58
Socio-Economic Status T2	0.01	0.01	0.96	.327	1.00	0.99	1.01
Psychological Distress T2	-0.03	0.04	0.51	.474	0.97	0.90	1.05
Life Satisfaction T2	0.79	0.41	3.71	.054	2.21	0.99	4.95
Problem Phone Use T2	0.30	0.38	0.62	.431	1.35	0.64	2.84
Academic Engagement T2	0.81	0.35	5.30	.021	2.25	1.12	4.47
School Belonging T2	-0.96	0.67	2.05	.152	0.38	0.10	1.42
Bullying T2	-01.49	0.49	9.37	.002	0.23	0.09	0.59