S5 Table. Spiral Effects: results from two serial mediation models.

Model 1 (age \rightarrow t₁ strain \rightarrow t₂ diseng \rightarrow t₃ strain)

	t ₁ strain	t ₂ diseng	t ₃ strain
	$R^2 = .05***$	$R^2 = .25***$	$R^2 = .54***$
	β [95 % CI]	β [95 % CI]	β [95 % CI]
age	01 [02; .00]	01 [01; .00]	01 [02; .00]
t ₁ dep (control)	.26 [.16; .35]	01 [06; .03]	.10 [02; .00]
t ₁ strain (M1)		.22 [.19; .25]	.65 [.03; .17]
t ₂ diseng (M2)			.34 [.19; .48]
direct effect			
$age \rightarrow strain t_3$			01 [01;00]
indirect effects			
$age \rightarrow t_1 strain \rightarrow t_3$ strain	3		01 [01; .00]
age \rightarrow t ₁ strain \rightarrow t ₂ diseng \rightarrow t ₃ strain			00 [00; .00]
age \rightarrow t ₂ diseng \rightarrow 1	t ₂ strain		00 5 04 003
age / t ₂ discing /	is strain		00 [01; .00]
age 7 t ₂ diseng 7	, stam		00 [01; .00]
	$\frac{\text{diseng} \rightarrow t_2 \text{ strain} \rightarrow t_2}{\text{diseng}} \rightarrow t_2 + t_2 + t_3 + t_4 + t_4 + t_5 + t_5 + t_6 + t_6$	t ₃ diseng)	00 [01; .00]
	$\begin{array}{c} \text{diseng} \rightarrow t_2 \text{ strain} \rightarrow t_1 \text{ diseng} \end{array}$	t ₂ strain	t ₃ diseng
	$diseng \rightarrow t_2 \ strain \rightarrow$	•	
	$\begin{array}{c} \text{diseng} \rightarrow t_2 \text{ strain} \rightarrow t_1 \text{ diseng} \end{array}$	t ₂ strain	t ₃ diseng
	$\frac{\text{diseng} \rightarrow t_2 \text{ strain} \rightarrow t_1 \text{ diseng}}{R^2 = .02^{***}}$	t_2 strain $R^2 = .22***$	t3 diseng R ² = .37***
Model 2 (age → t ₁	diseng \rightarrow t ₂ strain \rightarrow t ₁ diseng $R^{2} = .02^{***}$ β [95 % CI]	t ₂ strain $R^2 = .22***$ β [95 % CI]	t3 diseng R ² = .37*** β [95 % CI]
$\begin{array}{c} \textbf{Model 2 (age} \rightarrow t_1 \\ \\ \textbf{age} \end{array}$	diseng → t ₂ strain → t ₁ diseng $R^{2} = .02***$ β [95 % CI] $01 [01;00]$	t ₂ strain R ² = .22*** β [95 % CI] 01 [02;00]	t3 diseng $R^2 = .37***$ $\beta [95 \% CI]$ $00 [01; .00]$
Model 2 (age \rightarrow t ₁ age t ₁ dep (control)	diseng → t ₂ strain → t ₁ diseng $R^{2} = .02***$ β [95 % CI] $01 [01;00]$	t ₂ strain $R^{2} = .22^{***}$ $\beta [95 \% CI]$ 01 [02;00] .23 [.14; .32]	t3 diseng R ² = .37*** β [95 % CI] 00 [01; .00] 01 [05; .03]
Model 2 (age \rightarrow t ₁ age t ₁ dep (control) t ₁ diseng (M1)	diseng → t ₂ strain → t ₁ diseng $R^{2} = .02***$ β [95 % CI] $01 [01;00]$	t ₂ strain $R^{2} = .22^{***}$ $\beta [95 \% CI]$ 01 [02;00] .23 [.14; .32]	t3 diseng R ² = .37*** β [95 % CI] 00 [01; .00] 01 [05; .03] .43 [.36; .50]
age t_1 dep (control) t_1 diseng (M1) t_2 strain (M2)	diseng → t ₂ strain → t ₁ diseng $R^{2} = .02***$ β [95 % CI] $01 [01;00]$	t ₂ strain $R^{2} = .22^{***}$ $\beta [95 \% CI]$ 01 [02;00] .23 [.14; .32]	t3 diseng R ² = .37*** β [95 % CI] 00 [01; .00] 01 [05; .03] .43 [.36; .50]
age t_1 dep (control) t_1 diseng (M1) t_2 strain (M2) direct effect age \rightarrow diseng t_3	diseng → t ₂ strain → t ₁ diseng $R^{2} = .02***$ β [95 % CI] $01 [01;00]$	t ₂ strain $R^{2} = .22^{***}$ $\beta [95 \% CI]$ 01 [02;00] .23 [.14; .32]	t3 diseng R ² = .37*** β [95 % CI] 00 [01; .00] 01 [05; .03] .43 [.36; .50] .13 [.10; .17]
age t_1 dep (control) t_1 diseng (M1) t_2 strain (M2) direct effect age \rightarrow diseng t_3 indirect effects age $\rightarrow t_1$ disng $\rightarrow t_3$	diseng → t ₂ strain → t ₁ diseng R ² = .02*** β [95 % CI]01 [01;00] .06 [.01; .11]	t ₂ strain $R^{2} = .22^{***}$ $\beta [95 \% CI]$ 01 [02;00] .23 [.14; .32]	t3 diseng R ² = .37*** β [95 % CI] 00 [01; .00] 01 [05; .03] .43 [.36; .50] .13 [.10; .17]
age t_1 dep (control) t_1 diseng (M1) t_2 strain (M2) direct effect age \rightarrow diseng t_3 indirect effects age $\rightarrow t_1$ disng $\rightarrow t_3$ diseng	diseng → t ₂ strain → t ₁ diseng $R^{2} = .02***$ β [95 % CI] $01 [01;00]$ $.06 [.01; .11]$	t ₂ strain $R^{2} = .22^{***}$ $\beta [95 \% CI]$ 01 [02;00] .23 [.14; .32]	t3 diseng R ² = .37*** β [95 % CI]00 [01; .00]01 [05; .03] .43 [.36; .50] .13 [.10; .17] 00 [01;00]
age t_1 dep (control) t_1 diseng (M1) t_2 strain (M2) direct effect age \rightarrow diseng t_3 indirect effects age \rightarrow t_1 disng \rightarrow t_3	diseng → t ₂ strain → t ₁ diseng $R^{2} = .02^{***}$ β [95 % CI] $01 [01;00]$ $.06 [.01; .11]$ $t_{2} strain → t_{3} diseng$	t ₂ strain $R^{2} = .22^{***}$ $\beta [95 \% CI]$ 01 [02;00] .23 [.14; .32]	t3 diseng R ² = .37*** β [95 % CI] 00 [01; .00] 01 [05; .03] .43 [.36; .50] .13 [.10; .17]

Note. SE = standard error, * = p-value < .05, ** = p-value < .01, *** = p-value < .001, dep = IT-dependency, diseng = behavioral disengagement, strain = technology-related strain, CI = 95% confidence intervals based on bias corrected bootstrap analyses with 1,000 repetitions