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Table A1: Log-odds from Multinomial Regression Models Predicting Time Diary Mode Choice; person-level analysis

Paper (ref)	Log-odds	CI (95%)
	0	0
Web		
Season (ref: Autumn)	0	[0.00,0.00]
Winter	-0.28	[-0.85,0.29]
Spring	-0.48*	[-0.96,-0.01]
Summer	-0.62*	[-1.13,-0.12]
Country (ref: England)	0	[0.00,0.00]
Wales	-0.48*	[-0.88,-0.08]
Scotland	0.50	[-0.11,1.12]
NI	-0.30	[-0.81,0.20]
Sex (ref: Male)	0	[0.00,0.00]
Female	-0.23	[-0.52,0.06]
Ethnicity (ref: White)	0	[0.00,0.00]
Mixed	0.12	[-0.60,0.84]
Indian	0.54	[-0.43,1.51]
Pakistani/Bangladeshi	-0.13	[-0.76,0.49]
Black	-0.45	[-1.19,0.30]
Health (ref: Excellent/Very good)	0	[0.00,0.00]
Good	-0.035	[-0.35,0.28]
Fair/Poor	-0.068	[-0.56,0.43]
Family Structure (ref: Two-parent household)	0	[0.00,0.00]
Lone-parent household	-0.13	[-0.51,0.26]
Parental Education (ref: No qualifications)	0	[0.00,0.00]
NVQ 1 (Level 1/CSE)	0.92	[-0.11,1.94]
NVQ2 (O levels)	0.65	[-0.15,1.44]
NVQ3 (A Levels)	0.56	[-0.26,1.38]
Degree or higher	1.13**	[0.36,1.91]
Workless household (ref: No)	0	[0.00,0.00]
Workless household	-0.48	[-0.97,0.01]
PC ownership (ref: Yes)	0	[0.00,0.00]
No	-0.72***	[-1.07,-0.36]
Word Activity Score (Standardised)	0.14	[-0.01,0.29]
Constant	1.37**	[0.45,2.28]
App		
Season (ref: Autumn)	0	[0.00,0.00]
Winter	-0.31	[-0.85,0.23]
Spring	-0.60**	[-1.05,-0.15]
Summer	-0.45	[-0.93,0.03]
Country (ref: England)	0	[0.00,0.00]
Wales	-0.33	[-0.69,0.04]
Scotland	0.60*	[0.01,1.19]
NI	-0.097	[-0.57,0.37]

Sex (ref: Male)	0	[0.00,0.00]
Female	0.27	[-0.00,0.55]
Ethnicity (ref: White)	0	[0.00,0.00]
Mixed	-0.12	[-0.80,0.56]
Indian	0.12	[-0.82,1.06]
Pakistani/Bangladeshi	-0.61*	[-1.19,-0.03]
Black	-1.00**	[-1.70,-0.30]
Health (ref: Excellent/Very good)	0	[0.00,0.00]
Good	0.045	[-0.25,0.34]
Fair/Poor	0.072	[-0.39,0.53]
Family Structure (ref: Two-parent household)	0	[0.00,0.00]
Lone-parent household	0.037	[-0.32,0.39]
Parental Education (ref: No qualifications)	0	[0.00,0.00]
NVQ 1 (Level 1/CSE)	0.46	[-0.45,1.36]
NVQ2 (O levels)	0.37	[-0.30,1.05]
NVQ3 (A Levels)	0.37	[-0.33,1.06]
Degree or higher	0.72*	[0.06,1.38]
Workless household (ref: No)	0	[0.00,0.00]
Workless household	-0.68**	[-1.12,-0.23]
PC ownership (ref: Yes)	0	[0.00,0.00]
No	-0.74***	[-1.07,-0.41]
Word Activity Score (Standardised)	-0.072	[-0.21,0.07]
Constant	2.45***	[1.64,3.25]
Pseudo R²	0.034	

Source: Millennium Cohort Study

Note: $N = 3,982$. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$

Table A2: Poisson Regression Estimates for Number of Episode Changes

	School day		Non-school day	
	Poisson coef.	CI (95%)	Poisson coef.	CI (95%)
Mode (ref: Paper)	0	[0.00,0.00]	0	[0.00,0.00]
Web	0.25***	[0.17,0.33]	0.20***	[0.14,0.27]
App	0.11**	[0.03,0.18]	-0.019	[-0.08,0.04]
Season (ref: Autumn)	0	[0.00,0.00]	0	[0.00,0.00]
Winter	0.035	[-0.01,0.08]	0.020	[-0.03,0.07]
Spring	0.036	[-0.01,0.08]	0.026	[-0.02,0.07]
Summer	0.018	[-0.03,0.07]	0.044	[-0.00,0.09]
Country (ref: England)	0	[0.00,0.00]	0	[0.00,0.00]
Wales	-0.036	[-0.08,0.01]	-0.021	[-0.06,0.02]
Scotland	-0.019	[-0.06,0.03]	-0.022	[-0.07,0.03]
NI	-0.042	[-0.09,0.01]	-0.024	[-0.07,0.03]
Sex (ref: Male)	0	[0.00,0.00]	0	[0.00,0.00]
Female	0.17***	[0.14,0.20]	0.22***	[0.19,0.25]
Ethnicity (ref: White)	0	[0.00,0.00]	0	[0.00,0.00]
Mixed	-0.12**	[-0.20,-0.04]	-0.14**	[-0.22,-0.05]
Indian	-0.022	[-0.13,0.09]	0.011	[-0.07,0.09]
Pakistani/Bangladeshi	0.011	[-0.08,0.10]	0.030	[-0.05,0.11]
Black	-0.032	[-0.14,0.08]	-0.066	[-0.19,0.06]
Health (ref: Excellent/Very good)	0	[0.00,0.00]	0	[0.00,0.00]
Good	-0.032	[-0.06,0.00]	-0.019	[-0.05,0.01]
Fair/Poor	-0.095**	[-0.15,-0.04]	-0.099***	[-0.15,-0.04]
Family Structure (ref: Two-parent household)	0	[0.00,0.00]	0	[0.00,0.00]
Lone-parent household	-0.066**	[-0.11,-0.02]	-0.073***	[-0.11,-0.03]
Parental Education (ref: No qual.)	0	[0.00,0.00]	0	[0.00,0.00]
NVQ 1 (Level 1/CSE)	0.028	[-0.15,0.21]	0.20**	[0.05,0.34]
NVQ2 (O levels)	0.098	[-0.05,0.25]	0.16**	[0.05,0.27]
NVQ3 (A Levels)	0.11	[-0.04,0.26]	0.14*	[0.03,0.25]
Degree or higher	0.18*	[0.03,0.33]	0.28***	[0.17,0.38]
Workless household (ref: No)	0	[0.00,0.00]	0	[0.00,0.00]
Workless household	-0.039	[-0.11,0.04]	-0.055	[-0.12,0.01]
PC ownership (ref: Yes)	0	[0.00,0.00]	0	[0.00,0.00]
No	0.033	[-0.01,0.07]	0.023	[-0.02,0.06]
Word Activity Score (Standardised)	0.052***	[0.04,0.07]	0.066***	[0.05,0.08]
Constant	2.48***	[2.29,2.67]	2.19***	[2.06,2.32]

Source: Millennium Cohort Study

Notes: $N= 2,502$ (school days); $N= 4,914$ (non-school days). * $p<0.05$, ** $p<0.01$, *** $p<0.001$. Robust cluster standard errors adjust for multiple observations per person.

Table A3: Log-odds from Logistic Regression Models Predicting Good Quality Diaries

	School day		Non-school day	
	Log-Odds	CI (95%)	Log-odds	CI (95%)
Mode (ref: Paper)	0	[0.00,0.00]	0	[0.00,0.00]
Web	1.08***	[0.66,1.49]	0.72***	[0.42,1.01]
App	0.88***	[0.51,1.25]	0.57***	[0.31,0.84]
Season (ref: Autumn)	0	[0.00,0.00]	0	[0.00,0.00]
Winter	0.26	[-0.09,0.61]	0.026	[-0.23,0.28]
Spring	0.21	[-0.08,0.51]	0.0075	[-0.20,0.22]
Summer	0.041	[-0.28,0.36]	0.11	[-0.11,0.34]
Country (ref: England)	0	[0.00,0.00]	0	[0.00,0.00]
Wales	-0.14	[-0.45,0.16]	-0.13	[-0.33,0.06]
Scotland	0.26	[-0.10,0.62]	0.0011	[-0.24,0.24]
NI	0.19	[-0.19,0.56]	-0.058	[-0.30,0.18]
Sex (ref: Male)	0	[0.00,0.00]	0	[0.00,0.00]
Female	0.31**	[0.09,0.52]	0.38***	[0.24,0.52]
Ethnicity (ref: White)	0	[0.00,0.00]	0	[0.00,0.00]
Mixed	-0.64*	[-1.15,-0.13]	-0.47**	[-0.79,-0.14]
Indian	-0.40	[-1.03,0.23]	-0.059	[-0.50,0.38]
Pakistani/Bangladeshi	-0.66**	[-1.13,-0.19]	-0.19	[-0.54,0.17]
Black	-0.80*	[-1.46,-0.14]	-0.57*	[-1.02,-0.11]
Health (ref: Excellent/Very good)	0	[0.00,0.00]	0	[0.00,0.00]
Good	-0.24*	[-0.47,-0.01]	-0.024	[-0.17,0.13]
Fair/Poor	-0.42*	[-0.76,-0.08]	-0.39***	[-0.60,-0.17]
Family Structure (ref: Two-parent household)	0	[0.00,0.00]	0	[0.00,0.00]
Lone-parent household	-0.17	[-0.45,0.11]	-0.14	[-0.32,0.04]
Parental Education (ref: No qual.)	0	[0.00,0.00]	0	[0.00,0.00]
NVQ 1 (Level 1/CSE)	0.13	[-0.63,0.90]	0.16	[-0.34,0.66]
NVQ2 (O levels)	0.29	[-0.32,0.90]	0.37	[-0.03,0.77]
NVQ3 (A Levels)	0.47	[-0.17,1.10]	0.47*	[0.06,0.87]
Degree or higher	0.69*	[0.08,1.29]	0.78***	[0.39,1.17]
Workless household (ref: Not)	0	[0.00,0.00]	0	[0.00,0.00]
Workless household	-0.068	[-0.47,0.34]	-0.23	[-0.48,0.02]
PC ownership (ref: Yes)	0	[0.00,0.00]	0	[0.00,0.00]
No	0.21	[-0.09,0.52]	0.19	[-0.02,0.41]
Word Activity Score (Standardised)	0.24***	[0.12,0.36]	0.27***	[0.20,0.34]
Constant	0.059	[-0.68,0.80]	-0.037	[-0.54,0.47]

Source: Millennium Cohort Study

Notes: $N = 2,502$ (school days); $N = 4,914$ (non-school days). * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$. Good quality diaries report six activities or more, at least one episode of personal care (including sleep) and one episode of eating or drinking, and less than 90 minutes of missing data in the activity diary column. Robust cluster standard errors adjust for multiple observations per person.

Table A4: Poisson Regression Estimates for Number of Episode Changes (Sensitivity Analysis)

	School day		Non-school day	
	Poisson coef.	CI (95%)	Poisson coef.	CI (95%)
Mode (ref: Paper)	0	[0.00,0.00]	0	[0.00,0.00]
Web	0.25***	[0.17,0.33]	0.20***	[0.13,0.26]
App	0.094*	[0.02,0.17]	-0.040	[-0.10,0.02]
Season (ref: Autumn)	0	[0.00,0.00]	0	[0.00,0.00]
Winter	0.039	[-0.01,0.09]	0.019	[-0.04,0.07]
Spring	0.037	[-0.01,0.08]	0.021	[-0.02,0.07]
Summer	0.021	[-0.03,0.07]	0.041	[-0.01,0.09]
Country (ref: England)	0	[0.00,0.00]	0	[0.00,0.00]
Wales	-0.035	[-0.08,0.01]	-0.025	[-0.07,0.02]
Scotland	-0.022	[-0.07,0.02]	-0.024	[-0.07,0.02]
NI	-0.038	[-0.09,0.01]	-0.024	[-0.08,0.03]
Sex (ref: Male)	0	[0.00,0.00]	0	[0.00,0.00]
Female	0.17***	[0.14,0.20]	0.22***	[0.19,0.25]
Ethnicity (ref: White)	0	[0.00,0.00]	0	[0.00,0.00]
Mixed	-0.12**	[-0.20,-0.04]	-0.14**	[-0.23,-0.06]
Indian	-0.020	[-0.14,0.10]	0.019	[-0.06,0.10]
Pakistani/Bangladeshi	0.0081	[-0.08,0.10]	0.037	[-0.04,0.12]
Black	-0.027	[-0.14,0.08]	-0.061	[-0.19,0.07]
Health (ref: Excellent/Very good)	0	[0.00,0.00]	0	[0.00,0.00]
Good	-0.032	[-0.06,0.00]	-0.019	[-0.05,0.01]
Fair/Poor	-0.091**	[-0.15,-0.03]	-0.10***	[-0.15,-0.05]
Family Structure (ref: Two-parent household)	0	[0.00,0.00]	0	[0.00,0.00]
Lone-parent household	-0.069**	[-0.11,-0.02]	-0.077***	[-0.12,-0.03]
Parental Education (ref: No qualifications)	0	[0.00,0.00]	0	[0.00,0.00]
NVQ 1 (Level 1/CSE)	0.028	[-0.16,0.21]	0.22**	[0.07,0.36]
NVQ2 (O levels)	0.11	[-0.05,0.27]	0.19***	[0.08,0.30]
NVQ3 (A Levels)	0.12	[-0.04,0.28]	0.17**	[0.06,0.28]
Degree or higher	0.19*	[0.04,0.35]	0.31***	[0.20,0.42]
Workless household (ref: Not)	0	[0.00,0.00]	0	[0.00,0.00]
Workless household	-0.038	[-0.11,0.04]	-0.047	[-0.11,0.02]
PC ownership (ref: Yes)	0	[0.00,0.00]	0	[0.00,0.00]
No	0.036	[-0.01,0.08]	0.020	[-0.02,0.06]
Word Activity Score (Standardised)	0.053***	[0.04,0.07]	0.071***	[0.06,0.09]
Constant	2.46***	[2.26,2.66]	2.14***	[2.01,2.27]

Source: Millennium Cohort Study

Notes: $N= 2,502$ (school days); $N= 4,914$ (non-school days). * $p<0.05$, ** $p<0.01$, *** $p<0.001$. Episode changes measure excludes reports of “Any Other Activities”. Robust cluster standard errors adjust for multiple observations per person.

Table A5: Log Odds from Logistic Regression Predicting Good Quality Diaries (Sensitivity Analysis)

	School day		Non-school day	
	Log-Odds	CI (95%)	Log-odds	CI (95%)
Mode (ref: Paper)	0	[0.00,0.00]	0	[0.00,0.00]
Web	1.08***	[0.66,1.50]	0.74***	[0.45,1.03]
App	0.86***	[0.49,1.23]	0.55***	[0.28,0.81]
Season (ref: Autumn)	0	[0.00,0.00]	0	[0.00,0.00]
Winter	0.26	[-0.09,0.61]	0.019	[-0.23,0.27]
Spring	0.24	[-0.05,0.53]	0.013	[-0.19,0.22]
Summer	0.058	[-0.26,0.38]	0.081	[-0.14,0.30]
Country (ref: England)	0	[0.00,0.00]	0	[0.00,0.00]
Wales	-0.13	[-0.43,0.18]	-0.16	[-0.34,0.03]
Scotland	0.29	[-0.07,0.65]	-0.016	[-0.25,0.22]
NI	0.18	[-0.19,0.55]	-0.037	[-0.28,0.20]
Sex (ref: Male)	0	[0.00,0.00]	0	[0.00,0.00]
Female	0.33**	[0.11,0.54]	0.38***	[0.24,0.52]
Ethnicity (ref: White)	0	[0.00,0.00]	0	[0.00,0.00]
Mixed	-0.69**	[-1.20,-0.18]	-0.42*	[-0.74,-0.09]
Indian	-0.38	[-1.01,0.25]	-0.018	[-0.46,0.42]
Pakistani/Bangladeshi	-0.62**	[-1.09,-0.15]	-0.14	[-0.49,0.22]
Black	-0.78*	[-1.44,-0.12]	-0.57*	[-1.02,-0.12]
Health (ref: Excellent/Very good)	0	[0.00,0.00]	0	[0.00,0.00]
Good	-0.25*	[-0.48,-0.02]	-0.054	[-0.20,0.09]
Fair/Poor	-0.44*	[-0.77,-0.10]	-0.40***	[-0.62,-0.19]
Family Structure (ref: Two-parent household)	0	[0.00,0.00]	0	[0.00,0.00]
Lone-parent household	-0.16	[-0.44,0.12]	-0.13	[-0.31,0.04]
Parental Education (ref: No qualifications)	0	[0.00,0.00]	0	[0.00,0.00]
NVQ 1 (Level 1/CSE)	0.14	[-0.62,0.90]	0.17	[-0.32,0.67]
NVQ2 (O levels)	0.38	[-0.23,0.99]	0.35	[-0.05,0.75]
NVQ3 (A Levels)	0.55	[-0.09,1.19]	0.46*	[0.05,0.86]
Degree or higher	0.76*	[0.15,1.37]	0.77***	[0.39,1.16]
Workless household (ref: Not)	0	[0.00,0.00]	0	[0.00,0.00]
Workless household	-0.084	[-0.49,0.32]	-0.23	[-0.48,0.01]
PC ownership (ref: Yes)	0	[0.00,0.00]	0	[0.00,0.00]
No	0.23	[-0.08,0.53]	0.20	[-0.01,0.40]
Word Activity Score (Standardised)	0.25***	[0.13,0.36]	0.28***	[0.20,0.35]
Constant	-0.040	[-0.78,0.70]	-0.041	[-0.54,0.46]

Source: Millennium Cohort Study

Notes: $N= 2,502$ (school days); $N= 4,914$ (non-school days). * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$. Good quality diaries report six activities or more (excluding reports of “Any Other Activities”), at least one episode of personal care (including sleep) and one episode of eating or drinking, and less than 90 minutes of missing data in the activity diary column. Robust cluster standard errors adjust for multiple observations per person.

Table A6: Log Odds from Logistic Regression Models Predicting Good Quality Diaries (Sensitivity Analysis 2)

	School day		Non-school day	
	Log-Odds	CI (95%)	Log-odds	CI (95%)
Mode (ref: Paper)	0	[0.00,0.00]	0	[0.00,0.00]
Web	1.27***	[0.86,1.69]	0.84***	[0.56,1.12]
App	0.64***	[0.28,1.00]	0.14	[-0.12,0.40]
Season (ref: Autumn)	0	[0.00,0.00]	0	[0.00,0.00]
Winter	0.066	[-0.26,0.39]	0.040	[-0.18,0.26]
Spring	0.15	[-0.13,0.43]	0.080	[-0.10,0.26]
Summer	-0.0036	[-0.32,0.31]	0.12	[-0.08,0.31]
Country (ref: England)	0	[0.00,0.00]	0	[0.00,0.00]
Wales	-0.050	[-0.35,0.25]	-0.038	[-0.21,0.13]
Scotland	0.15	[-0.18,0.48]	-0.037	[-0.24,0.17]
NI	-0.18	[-0.52,0.15]	-0.033	[-0.24,0.17]
Sex (ref: Male)	0	[0.00,0.00]	0	[0.00,0.00]
Female	0.38***	[0.17,0.58]	0.62***	[0.50,0.74]
Ethnicity (ref: White)	0	[0.00,0.00]	0	[0.00,0.00]
Mixed	-0.45	[-0.95,0.05]	-0.38*	[-0.68,-0.08]
Indian	-0.61*	[-1.21,-0.01]	0.46*	[0.06,0.87]
Pakistani/Bangladeshi	-0.58*	[-1.05,-0.11]	0.19	[-0.14,0.51]
Black	-0.68*	[-1.35,-0.01]	-0.35	[-0.80,0.10]
Health (ref: Excellent/Very good)	0	[0.00,0.00]	0	[0.00,0.00]
Good	-0.13	[-0.35,0.09]	-0.081	[-0.21,0.05]
Fair/Poor	-0.33*	[-0.66,-0.00]	-0.28**	[-0.49,-0.08]
Family Structure (ref: Two-parent household)	0	[0.00,0.00]	0	[0.00,0.00]
Lone-parent household	-0.11	[-0.38,0.17]	-0.20*	[-0.36,-0.04]
Parental Education (ref: No qual.)	0	[0.00,0.00]	0	[0.00,0.00]
NVQ 1 (Level 1/CSE)	0.25	[-0.49,1.00]	0.28	[-0.22,0.79]
NVQ2 (O levels)	0.56	[-0.05,1.17]	0.47*	[0.07,0.88]
NVQ3 (A Levels)	0.66*	[0.03,1.30]	0.49*	[0.08,0.90]
Degree or higher	0.96**	[0.36,1.56]	0.97***	[0.58,1.37]
Workless household (ref: Not)	0	[0.00,0.00]	0	[0.00,0.00]
Workless household	-0.23	[-0.62,0.16]	-0.20	[-0.44,0.04]
PC ownership (ref: Yes)	0	[0.00,0.00]	0	[0.00,0.00]
No	0.41**	[0.11,0.70]	0.13	[-0.05,0.30]
Word Activity Score (Standardised)	0.34***	[0.23,0.45]	0.26***	[0.20,0.32]
Constant	-0.25	[-0.98,0.47]	-0.99***	[-1.49,-0.49]

Source: Millennium Cohort Study

Notes: $N= 2,502$ (school days); $N= 4,914$ (non-school days). Good quality diaries report at least 10 episode changes, and less than 90 minutes of missing data in the activity diary column. Robust cluster standard errors adjust for multiple observations per person.

Table A7: Ordinary Least Squares Estimates for Time Spent in Sleep and Personal Care
 Source: Millennium Cohort Study

	School day		Non-school day	
	β	CI (95%)	β	CI (95%)
Mode (ref: Paper)	0	[0.00,0.00]	0	[0.00,0.00]
Web	0.0019	[-21.68,21.68]	-16.4	[-37.68,4.97]
App	8.57	[-12.51,29.65]	2.02	[-18.71,22.74]
Season (ref: Autumn)	0	[0.00,0.00]	0	[0.00,0.00]
Winter	11.1	[-1.53,23.82]	-0.17	[-14.39,14.04]
Spring	6.05	[-4.92,17.02]	-2.95	[-14.81,8.90]
Summer	-1.75	[-14.62,11.12]	-13.9*	[-26.73,-1.02]
Country (ref: England)	0	[0.00,0.00]	0	[0.00,0.00]
Wales	-0.29	[-13.93,13.36]	4.73	[-7.37,16.83]
Scotland	-15.3**	[-26.43,-4.08]	6.33	[-6.71,19.38]
NI	-15.7*	[-28.66,-2.66]	21.1**	[7.12,34.99]
Sex (ref: Male)	0	[0.00,0.00]	0	[0.00,0.00]
Female	12.0**	[4.12,19.89]	21.9***	[13.72,30.11]
Ethnicity (ref: White)	0	[0.00,0.00]	0	[0.00,0.00]
Mixed	3.59	[-19.77,26.95]	9.85	[-15.67,35.36]
Indian	-3.27	[-28.46,21.91]	11.1	[-8.33,30.60]
Pakistani/Bangladeshi	21.3	[-1.99,44.51]	0.94	[-22.28,24.17]
Black	0.64	[-44.81,46.09]	-9.93	[-43.15,23.30]
Health (ref: Excellent/Very good)	0	[0.00,0.00]	0	[0.00,0.00]
Good	-5.51	[-13.78,2.75]	-4.90	[-13.50,3.69]
Fair/Poor	-2.50	[-20.04,15.05]	-11.2	[-27.25,4.85]
Family Structure (ref: Two-parent household)	0	[0.00,0.00]	0	[0.00,0.00]
Lone-parent household	-5.84	[-17.65,5.98]	2.65	[-8.64,13.94]
Parental Education (ref: No qualifications)	0	[0.00,0.00]	0	[0.00,0.00]
NVQ 1 (Level 1/CSE)	2.94	[-46.22,52.09]	-12.3	[-58.65,34.07]
NVQ2 (O levels)	8.71	[-33.49,50.92]	-16.1	[-53.51,21.22]
NVQ3 (A Levels)	20.9	[-21.90,63.66]	-16.0	[-53.39,21.32]
Degree or higher	14.9	[-27.02,56.75]	-21.1	[-57.51,15.21]
Workless household (ref: Not)	0	[0.00,0.00]	0	[0.00,0.00]
Workless household	-3.81	[-23.57,15.94]	-9.28	[-29.90,11.34]
PC ownership (ref: Yes)	0	[0.00,0.00]	0	[0.00,0.00]
No	8.86	[-1.22,18.94]	1.77	[-10.54,14.08]
Word Activity Score (Standardised)	-6.89***	[-10.81,-2.97]	-3.08	[-6.97,0.80]
Constant	555.3***	[508.44,602.22]	687.9***	[646.76,729.08]
R²	0.026		0.021	

Notes: $N= 2,055$ (school days); $N= 3,786$ (non-school days). * $p<0.05$, ** $p<0.01$, *** $p<0.001$. Good quality diaries report six activities or more, at least one episode of personal care (including sleep) and one episode of eating or drinking, and less than 90 minutes of missing data in the activity diary column. Robust cluster standard errors adjust for multiple observations per person.

Table A8: Ordinary Least Squares Estimates for Time Spent Eating and Drinking

	School day		Non-school day	
	β	CI (95%)	β	CI (95%)
Mode (ref: Paper)	0	[0.00,0.00]	0	[0.00,0.00]
Web	-2.87	[-11.60,5.87]	-0.50	[-8.92,7.91]
App	-3.84	[-12.48,4.79]	-1.59	[-9.91,6.73]
Season (ref: Autumn)	0	[0.00,0.00]	0	[0.00,0.00]
Winter	3.05	[-6.38,12.48]	3.54	[-2.86,9.95]
Spring	-3.96	[-10.44,2.52]	2.33	[-2.77,7.43]
Summer	-3.08	[-10.44,4.29]	3.01	[-2.65,8.68]
Country (ref: England)	0	[0.00,0.00]	0	[0.00,0.00]
Wales	5.67	[-4.53,15.88]	-4.43	[-9.73,0.88]
Scotland	-4.17	[-10.25,1.92]	-4.77	[-10.53,1.00]
NI	-2.01	[-9.03,5.01]	-4.72	[-10.76,1.31]
Sex (ref: Male)	0	[0.00,0.00]	0	[0.00,0.00]
Female	8.43***	[4.20,12.67]	5.85**	[2.12,9.57]
Ethnicity (ref: White)	0	[0.00,0.00]	0	[0.00,0.00]
Mixed	-8.39	[-17.41,0.63]	0.38	[-9.85,10.60]
Indian	14.8*	[2.09,27.42]	8.45	[-2.61,19.52]
Pakistani/Bangladeshi	10.7*	[0.78,20.68]	3.20	[-5.59,11.99]
Black	-0.44	[-13.65,12.76]	-7.92	[-20.76,4.91]
Health (ref: Excellent/Very good)	0	[0.00,0.00]	0	[0.00,0.00]
Good	-2.82	[-7.39,1.75]	-5.48**	[-9.36,-1.61]
Fair/Poor	-3.88	[-15.57,7.81]	-6.94*	[-13.66,-0.22]
Family Structure (ref: Two-parent household)	0	[0.00,0.00]	0	[0.00,0.00]
Lone-parent household	-4.55	[-9.80,0.70]	0.24	[-5.18,5.66]
Parental Education (ref: No qualifications)	0	[0.00,0.00]	0	[0.00,0.00]
NVQ 1 (Level 1/CSE)	-7.19	[-25.75,11.36]	6.36	[-8.90,21.62]
NVQ2 (O levels)	-2.90	[-18.55,12.76]	15.9*	[3.41,28.39]
NVQ3 (A Levels)	-1.02	[-16.95,14.92]	14.5*	[1.77,27.25]
Degree or higher	4.43	[-11.27,20.12]	19.7**	[7.72,31.71]
Workless household (ref: Not)	0	[0.00,0.00]	0	[0.00,0.00]
Workless household	1.54	[-6.28,9.36]	0.83	[-6.82,8.47]
PC ownership (ref: Yes)	0	[0.00,0.00]	0	[0.00,0.00]
No	-2.80	[-8.23,2.63]	-0.38	[-5.28,4.52]
Word Activity Score (Standardised)	0.17	[-2.21,2.55]	-1.40	[-3.18,0.39]
Constant	67.0***	[47.75,86.18]	71.4***	[56.42,86.29]
R²	0.021		0.012	

Source: Millennium Cohort Study

Notes: $N= 2,055$ (school days); $N= 3,786$ (non-school days). * $p<0.05$, ** $p<0.01$, *** $p<0.001$. Good quality diaries report six activities or more, at least one episode of personal care (including sleep) and one episode of eating or drinking, and less than 90 minutes of missing data in the activity diary column. Robust cluster standard errors adjust for multiple observations per person.

Table A9: Ordinary Least Squares Estimates for Time Spent in School Activities

	School day		Non-school day	
	β	CI (95%)	β	CI (95%)
Mode (ref: Paper)	0	[0.00,0.00]	0	[0.00,0.00]
Web	9.48	[-11.86,30.81]	-3.66	[-14.24,6.92]
App	17.4	[-2.91,37.65]	-4.24	[-13.96,5.49]
Season (ref: Autumn)	0	[0.00,0.00]	0	[0.00,0.00]
Winter	-7.05	[-20.84,6.75]	-9.81*	[-17.54,-2.08]
Spring	-9.46	[-21.53,2.62]	-8.51*	[-15.70,-1.32]
Summer	-32.2***	[-47.07,-17.39]	-28.3***	[-35.22,-21.32]
Country (ref: England)	0	[0.00,0.00]	0	[0.00,0.00]
Wales	-2.03	[-14.90,10.83]	6.39	[-0.31,13.10]
Scotland	-3.85	[-16.93,9.22]	-9.83**	[-16.20,-3.46]
NI	24.7**	[8.20,41.13]	2.91	[-4.53,10.34]
Sex (ref: Male)	0	[0.00,0.00]	0	[0.00,0.00]
Female	1.42	[-7.21,10.04]	7.51***	[3.22,11.80]
Ethnicity (ref: White)	0	[0.00,0.00]	0	[0.00,0.00]
Mixed	14.2	[-9.18,37.65]	5.34	[-6.24,16.91]
Indian	42.9**	[10.74,74.98]	29.9***	[14.20,45.67]
Pakistani/Bangladeshi	-4.13	[-28.23,19.98]	11.8*	[0.14,23.40]
Black	15.3	[-16.95,47.59]	0.12	[-16.58,16.83]
Health (ref: Excellent/Very good)	0	[0.00,0.00]	0	[0.00,0.00]
Good	-12.4**	[-21.52,-3.22]	-3.76	[-8.27,0.75]
Fair/Poor	-10.1	[-23.99,3.69]	-6.67	[-13.38,0.04]
Family Structure (ref: Two-parent household)	0	[0.00,0.00]	0	[0.00,0.00]
Lone-parent household	-2.26	[-13.41,8.89]	-0.35	[-5.64,4.94]
Parental Education (ref: No qualifications)	0	[0.00,0.00]	0	[0.00,0.00]
NVQ 1 (Level 1/CSE)	10.3	[-26.54,47.23]	-7.28	[-22.81,8.25]
NVQ2 (O levels)	18.9	[-13.85,51.56]	-0.61	[-13.95,12.73]
NVQ3 (A Levels)	15.8	[-17.53,49.05]	4.99	[-8.96,18.94]
Degree or higher	26.2	[-6.14,58.47]	10.4	[-2.96,23.69]
Workless household (ref: Not)	0	[0.00,0.00]	0	[0.00,0.00]
Workless household	8.76	[-8.42,25.94]	5.16	[-4.21,14.53]
PC ownership (ref: Yes)	0	[0.00,0.00]	0	[0.00,0.00]
No	-10.8	[-21.92,0.38]	-2.17	[-7.85,3.52]
Word Activity Score (Standardised)	0.91	[-3.60,5.42]	2.25*	[0.07,4.44]
Constant	377.9***	[338.43,417.29]	34.2***	[16.74,51.60]
R²	0.036		0.042	

Source: Millennium Cohort Study

Notes: $N = 2,055$ (school days); $N = 3,786$ (non-school days). * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$. Good quality diaries report six activities or more, at least one episode of personal care (including sleep) and one episode of eating or drinking, and less than 90 minutes of missing data in the activity diary column. Robust cluster standard errors adjust for multiple observations per person.

Table A10: Ordinary Least Squares Estimates for Time Spent Working

	School day		Non-school day	
	β	CI (95%)	β	CI (95%)
Mode (ref: Paper)	0	[0.00,0.00]	0	[0.00,0.00]
Web	4.18	[-2.79,11.15]	0.15	[-10.51,10.80]
App	4.88	[-1.71,11.48]	2.41	[-7.98,12.80]
Season (ref: Autumn)	0	[0.00,0.00]	0	[0.00,0.00]
Winter	-2.53	[-8.02,2.96]	-1.47	[-9.97,7.04]
Spring	-1.63	[-7.13,3.87]	-2.98	[-10.65,4.69]
Summer	-0.15	[-6.08,5.77]	4.62	[-4.17,13.40]
Country (ref: England)	0	[0.00,0.00]	0	[0.00,0.00]
Wales	5.20	[-1.42,11.82]	3.63	[-3.98,11.24]
Scotland	1.47	[-4.21,7.14]	1.79	[-6.81,10.38]
NI	-1.50	[-6.27,3.28]	4.81	[-4.15,13.78]
Sex (ref: Male)	0	[0.00,0.00]	0	[0.00,0.00]
Female	6.25***	[2.75,9.74]	10.9***	[5.86,15.87]
Ethnicity (ref: White)	0	[0.00,0.00]	0	[0.00,0.00]
Mixed	4.62	[-6.47,15.72]	1.56	[-9.66,12.77]
Indian	5.33	[-7.53,18.20]	14.2	[-4.30,32.78]
Pakistani/Bangladeshi	10.6	[-0.78,22.07]	34.9***	[18.56,51.18]
Black	-0.69	[-8.26,6.88]	27.7*	[4.13,51.36]
Health (ref: Excellent/Very good)	0	[0.00,0.00]	0	[0.00,0.00]
Good	-1.03	[-4.76,2.69]	0.90	[-4.46,6.25]
Fair/Poor	-2.60	[-8.88,3.68]	-0.070	[-8.65,8.51]
Family Structure (ref: Two-parent household)	0	[0.00,0.00]	0	[0.00,0.00]
Lone-parent household	-1.32	[-6.81,4.16]	-5.40	[-11.80,1.00]
Parental Education (ref: No qualifications)	0	[0.00,0.00]	0	[0.00,0.00]
NVQ 1 (Level 1/CSE)	0.21	[-17.22,17.65]	-4.40	[-28.13,19.34]
NVQ2 (O levels)	7.27	[-9.70,24.23]	13.0	[-7.55,33.58]
NVQ3 (A Levels)	5.15	[-12.00,22.30]	5.33	[-15.08,25.74]
Degree or higher	2.26	[-13.98,18.51]	9.38	[-10.53,29.29]
Workless household (ref: Not)	0	[0.00,0.00]	0	[0.00,0.00]
Workless household	-1.14	[-9.20,6.92]	5.44	[-7.33,18.21]
PC ownership (ref: Yes)	0	[0.00,0.00]	0	[0.00,0.00]
No	0.56	[-4.40,5.52]	0.98	[-6.01,7.98]
Word Activity Score (Standardised)	-0.73	[-2.29,0.83]	-2.43*	[-4.84,-0.03]
Constant	5.69	[-12.15,23.52]	23.8*	[0.17,47.41]
R²	0.015		0.019	

Source: Millennium Cohort Study

Notes: $N= 2,055$ (school days); $N= 3,786$ (non-school days). * $p<0.05$, ** $p<0.01$, *** $p<0.001$. Good quality diaries report six activities or more, at least one episode of personal care (including sleep) and one episode of eating or drinking, and less than 90 minutes of missing data in the activity diary column. Robust cluster standard errors adjust for multiple observations per person.

Table A11: Ordinary Least Squares Estimates for Time Spent in Physical Activity

	School day		Non-school day	
	β	CI (95%)	β	CI (95%)
Mode (ref: Paper)	0	[0.00,0.00]	0	[0.00,0.00]
Web	-3.45	[-18.52,11.62]	-23.2**	[-40.12,-6.26]
App	1.53	[-12.85,15.91]	-12.0	[-28.57,4.52]
Season (ref: Autumn)	0	[0.00,0.00]	0	[0.00,0.00]
Winter	0.37	[-8.02,8.77]	-5.47	[-15.40,4.46]
Spring	5.62	[-1.81,13.04]	15.9***	[6.75,24.99]
Summer	15.2**	[5.39,24.99]	23.4***	[13.12,33.68]
Country (ref: England)	0	[0.00,0.00]	0	[0.00,0.00]
Wales	-6.97	[-15.29,1.34]	-5.77	[-14.81,3.27]
Scotland	0.91	[-7.59,9.41]	6.08	[-4.80,16.97]
NI	3.72	[-6.33,13.76]	4.69	[-6.03,15.41]
Sex (ref: Male)	0	[0.00,0.00]	0	[0.00,0.00]
Female	-11.0***	[-16.86,-5.17]	-31.3***	[-38.03,-24.48]
Ethnicity (ref: White)	0	[0.00,0.00]	0	[0.00,0.00]
Mixed	-7.71	[-20.98,5.56]	-4.95	[-22.28,12.38]
Indian	-10.6	[-26.82,5.68]	-10.3	[-29.31,8.79]
Pakistani/Bangladeshi	-8.32	[-23.96,7.33]	-17.6**	[-30.00,-5.12]
Black	15.2	[-17.38,47.86]	-7.38	[-30.84,16.07]
Health (ref: Excellent/Very good)	0	[0.00,0.00]	0	[0.00,0.00]
Good	-12.0***	[-18.11,-5.85]	-10.1**	[-17.00,-3.13]
Fair/Poor	-18.7***	[-27.54,-9.89]	-27.5***	[-37.08,-17.89]
Family Structure (ref: Two-parent household)	0	[0.00,0.00]	0	[0.00,0.00]
Lone-parent household	-1.41	[-9.68,6.87]	0.012	[-8.83,8.86]
Parental Education (ref: No qualifications)	0	[0.00,0.00]	0	[0.00,0.00]
NVQ 1 (Level 1/CSE)	-10.4	[-35.33,14.49]	10.3	[-14.07,34.75]
NVQ2 (O levels)	1.00	[-22.24,24.24]	9.17	[-11.45,29.78]
NVQ3 (A Levels)	-0.18	[-23.19,22.83]	18.9	[-1.85,39.61]
Degree or higher	2.88	[-19.42,25.19]	20.5*	[1.10,39.90]
Workless household (ref: Not)	0	[0.00,0.00]	0	[0.00,0.00]
Workless household	-6.23	[-18.93,6.47]	-4.07	[-17.43,9.30]
PC ownership (ref: Yes)	0	[0.00,0.00]	0	[0.00,0.00]
No	9.96*	[1.67,18.26]	-0.52	[-9.87,8.84]
Word Activity Score (Standardised)	-2.25	[-5.61,1.12]	-5.43***	[-8.46,-2.39]
Constant	49.1***	[21.92,76.31]	74.4***	[48.23,100.59]
R²	0.037		0.051	

Source: Millennium Cohort Study

Notes: $N= 2,055$ (school days); $N= 3,786$ (non-school days). * $p<0.05$, ** $p<0.01$, *** $p<0.001$. Good quality diaries report six activities or more, at least one episode of personal care (including sleep) and one episode of eating or drinking, and less than 90 minutes of missing data in the activity diary column. Robust cluster standard errors adjust for multiple observations per person.

Table A12: Ordinary Least Squares Estimates for Time Spent Travelling

	School day		Non-school day	
	β	CI (95%)	β	CI (95%)
Mode (ref: Paper)	0	[0.00,0.00]	0	[0.00,0.00]
Web	10.9	[-1.20,22.92]	-2.90	[-19.68,13.89]
App	5.72	[-5.87,17.32]	-7.78	[-24.29,8.73]
Season (ref: Autumn)	0	[0.00,0.00]	0	[0.00,0.00]
Winter	-0.40	[-7.84,7.05]	-3.89	[-13.59,5.81]
Spring	-1.54	[-7.91,4.83]	-2.58	[-10.51,5.34]
Summer	0.71	[-6.52,7.94]	8.85	[-0.18,17.89]
Country (ref: England)	0	[0.00,0.00]	0	[0.00,0.00]
Wales	-4.05	[-11.09,2.99]	-0.18	[-9.05,8.70]
Scotland	-2.19	[-9.42,5.04]	0.088	[-8.23,8.41]
NI	1.87	[-5.59,9.33]	-5.68	[-15.57,4.21]
Sex (ref: Male)	0	[0.00,0.00]	0	[0.00,0.00]
Female	7.29**	[2.30,12.27]	7.81**	[2.07,13.55]
Ethnicity (ref: White)	0	[0.00,0.00]	0	[0.00,0.00]
Mixed	1.30	[-11.42,14.02]	-4.21	[-18.13,9.71]
Indian	-6.28	[-18.83,6.27]	-23.1***	[-35.84,-10.39]
Pakistani/Bangladeshi	-20.4***	[-30.18,-10.57]	-36.6***	[-45.52,-27.58]
Black	-3.98	[-21.50,13.55]	12.7	[-9.23,34.64]
Health (ref: Excellent/Very good)	0	[0.00,0.00]	0	[0.00,0.00]
Good	-1.73	[-6.88,3.41]	-3.68	[-9.68,2.32]
Fair/Poor	-9.03*	[-16.55,-1.51]	-9.22*	[-18.41,-0.03]
Family Structure (ref: Two-parent household)	0	[0.00,0.00]	0	[0.00,0.00]
Lone-parent household	0.29	[-6.58,7.15]	1.74	[-6.79,10.26]
Parental Education (ref: No qualifications)	0	[0.00,0.00]	0	[0.00,0.00]
NVQ 1 (Level 1/CSE)	-3.87	[-25.39,17.65]	1.25	[-30.72,33.23]
NVQ2 (O levels)	1.42	[-15.42,18.27]	4.63	[-24.92,34.18]
NVQ3 (A Levels)	2.87	[-13.79,19.53]	0.44	[-28.80,29.68]
Degree or higher	5.29	[-10.70,21.27]	3.50	[-25.10,32.10]
Workless household (ref: Not)	0	[0.00,0.00]	0	[0.00,0.00]
Workless household	4.24	[-5.79,14.27]	-8.21	[-22.44,6.02]
PC ownership (ref: Yes)	0	[0.00,0.00]	0	[0.00,0.00]
No	0.00081	[-6.17,6.17]	1.26	[-6.52,9.03]
Word Activity Score (Standardised)	4.50**	[1.63,7.37]	3.73*	[0.84,6.62]
Constant	57.4***	[36.63,78.13]	58.8***	[27.78,89.88]
R²	0.024		0.018	

Source: Millennium Cohort Study

Notes: $N= 2,055$ (school days); $N= 3,786$ (non-school days). * $p<0.05$, ** $p<0.01$, *** $p<0.001$. Good quality diaries report six activities or more, at least one episode of personal care (including sleep) and one episode of eating or drinking, and less than 90 minutes of missing data in the activity diary column. Robust cluster standard errors adjust for multiple observations per person.

Table A13: Ordinary Least Squares Estimates for Time Spent Socializing

	School day		Non-school day	
	β	CI (95%)	β	CI (95%)
Mode (ref: Paper)	0	[0.00,0.00]	0	[0.00,0.00]
Web	-1.44	[-16.32,13.44]	5.58	[-14.62,25.79]
App	6.43	[-8.09,20.95]	19.2	[-0.49,38.81]
Season (ref: Autumn)	0	[0.00,0.00]	0	[0.00,0.00]
Winter	2.62	[-7.18,12.42]	-7.15	[-22.77,8.47]
Spring	3.91	[-4.52,12.34]	-6.27	[-19.64,7.10]
Summer	10.7*	[0.35,21.13]	-1.74	[-15.81,12.34]
Country (ref: England)	0	[0.00,0.00]	0	[0.00,0.00]
Wales	0.16	[-8.89,9.20]	-1.41	[-13.38,10.56]
Scotland	7.89	[-1.85,17.64]	7.87	[-7.90,23.64]
NI	5.37	[-5.53,16.27]	2.81	[-11.74,17.37]
Sex (ref: Male)	0	[0.00,0.00]	0	[0.00,0.00]
Female	8.87**	[2.60,15.14]	37.0***	[28.65,45.44]
Ethnicity (ref: White)	0	[0.00,0.00]	0	[0.00,0.00]
Mixed	-3.75	[-20.13,12.63]	-26.8**	[-44.71,-8.98]
Indian	-15.2*	[-29.14,-1.27]	-23.6	[-47.55,0.35]
Pakistani/Bangladeshi	-2.89	[-22.43,16.65]	1.15	[-21.33,23.63]
Black	23.6	[-6.88,54.07]	-13.4	[-40.00,13.17]
Health (ref: Excellent/Very good)	0	[0.00,0.00]	0	[0.00,0.00]
Good	3.23	[-3.63,10.09]	5.37	[-3.75,14.49]
Fair/Poor	-2.64	[-14.02,8.73]	-5.90	[-20.97,9.17]
Family Structure (ref: Two-parent household)	0	[0.00,0.00]	0	[0.00,0.00]
Lone-parent household	4.28	[-6.95,15.52]	-9.38	[-20.01,1.25]
Parental Education (ref: No qualifications)	0	[0.00,0.00]	0	[0.00,0.00]
NVQ 1 (Level 1/CSE)	29.5	[-11.80,70.85]	27.8	[-13.76,69.29]
NVQ2 (O levels)	1.29	[-28.97,31.55]	0.14	[-32.75,33.03]
NVQ3 (A Levels)	9.74	[-21.78,41.27]	8.77	[-24.52,42.06]
Degree or higher	7.05	[-23.45,37.54]	5.05	[-27.02,37.11]
Workless household (ref: Not)	0	[0.00,0.00]	0	[0.00,0.00]
Workless household	9.25	[-12.06,30.55]	-10.1	[-26.27,6.08]
PC ownership (ref: Yes)	0	[0.00,0.00]	0	[0.00,0.00]
No	-1.96	[-10.69,6.77]	0.21	[-11.68,12.09]
Word Activity Score (Standardised)	0.0045	[-2.84,2.85]	1.07	[-3.05,5.18]
Constant	21.1	[-17.10,59.27]	70.2***	[31.00,109.31]
R²	0.019		0.031	

Source: Millennium Cohort Study

Notes: $N= 2,055$ (school days); $N= 3,786$ (non-school days). * $p<0.05$, ** $p<0.01$, *** $p<0.001$. Good quality diaries report six activities or more, at least one episode of personal care (including sleep) and one episode of eating or drinking, and less than 90 minutes of missing data in the activity diary column. Robust cluster standard errors adjust for multiple observations per person.

Table A14: Ordinary Least Squares Estimates for Time Spent on TV, Internet, and Digital Media

	School day		Non-school day	
	β	CI (95%)	β	CI (95%)
Mode (ref: Paper)	0	[0.00,0.00]	0	[0.00,0.00]
Web	-3.19	[-31.42,25.05]	28.5	[-2.47,59.44]
App	-20.7	[-47.81,6.41]	-7.54	[-37.14,22.05]
Season (ref: Autumn)	0	[0.00,0.00]	0	[0.00,0.00]
Winter	0.26	[-15.86,16.38]	29.8**	[8.70,50.83]
Spring	-1.20	[-15.30,12.91]	5.47	[-12.45,23.39]
Summer	6.24	[-9.68,22.15]	0.77	[-18.81,20.36]
Country (ref: England)	0	[0.00,0.00]	0	[0.00,0.00]
Wales	0.33	[-15.08,15.74]	-14.7	[-32.06,2.57]
Scotland	9.98	[-5.57,25.54]	-3.46	[-22.75,15.82]
NI	-13.1	[-29.20,2.97]	-26.6**	[-45.13,-7.98]
Sex (ref: Male)	0	[0.00,0.00]	0	[0.00,0.00]
Female	-47.1***	[-57.46,-36.73]	-81.6***	[-93.92,-69.34]
Ethnicity (ref: White)	0	[0.00,0.00]	0	[0.00,0.00]
Mixed	-1.76	[-31.36,27.85]	2.13	[-30.47,34.73]
Indian	-44.0***	[-69.69,-18.36]	-14.2	[-47.10,18.68]
Pakistani/Bangladeshi	-35.5**	[-61.61,-9.35]	-4.01	[-34.52,26.49]
Black	-35.8	[-73.84,2.15]	-22.7	[-70.90,25.49]
Health (ref: Excellent/Very good)	0	[0.00,0.00]	0	[0.00,0.00]
Good	29.1***	[18.43,39.76]	26.8***	[14.19,39.39]
Fair/Poor	51.7***	[31.02,72.36]	61.6***	[39.24,83.95]
Family Structure (ref: Two-parent household)	0	[0.00,0.00]	0	[0.00,0.00]
Lone-parent household	17.6*	[2.18,33.03]	14.1	[-1.62,29.82]
Parental Education (ref: No qualifications)	0	[0.00,0.00]	0	[0.00,0.00]
NVQ 1 (Level 1/CSE)	35.0	[-20.03,90.11]	13.6	[-42.25,69.43]
NVQ2 (O levels)	14.0	[-28.90,56.91]	11.9	[-34.79,58.68]
NVQ3 (A Levels)	1.96	[-41.17,45.09]	11.3	[-35.31,57.94]
Degree or higher	-6.50	[-48.21,35.22]	-3.30	[-48.32,41.71]
Workless household (ref: Not)	0	[0.00,0.00]	0	[0.00,0.00]
Workless household	-8.00	[-32.72,16.72]	23.6	[-4.10,51.26]
PC ownership (ref: Yes)	0	[0.00,0.00]	0	[0.00,0.00]
No	2.73	[-11.86,17.32]	-14.1	[-31.80,3.53]
Word Activity Score (Standardised)	-1.40	[-6.57,3.77]	1.71	[-4.26,7.68]
Constant	185.8***	[133.84,237.79]	291.7***	[236.13,347.33]
R²	0.084		0.074	

Source: Millennium Cohort Study

Notes: $N= 2,055$ (school days); $N= 3,786$ (non-school days). * $p<0.05$, ** $p<0.01$, *** $p<0.001$. Good quality diaries report six activities or more, at least one episode of personal care (including sleep) and one episode of eating or drinking, and less than 90 minutes of missing data in the activity diary column. Robust cluster standard errors adjust for multiple observations per person.

Table A15: Ordinary Least Squares Estimates for Time Spent Volunteering

	School day		Non-school day	
	β	CI (95%)	β	CI (95%)
Mode (ref: Paper)	0	[0.00,0.00]	0	[0.00,0.00]
Web	1.51	[-1.41,4.43]	5.82	[-0.05,11.69]
App	1.31	[-1.56,4.18]	2.25	[-2.86,7.36]
Season (ref: Autumn)	0	[0.00,0.00]	0	[0.00,0.00]
Winter	1.54	[-0.88,3.96]	-2.64	[-6.79,1.51]
Spring	2.09	[-0.62,4.80]	-0.26	[-4.41,3.88]
Summer	0.66	[-1.37,2.68]	0.62	[-4.07,5.30]
Country (ref: England)	0	[0.00,0.00]	0	[0.00,0.00]
Wales	3.19	[-1.80,8.19]	0.28	[-2.80,3.36]
Scotland	0.62	[-1.16,2.41]	-0.21	[-3.59,3.16]
NI	0.54	[-1.23,2.31]	9.15***	[3.78,14.51]
Sex (ref: Male)	0	[0.00,0.00]	0	[0.00,0.00]
Female	0.85	[-1.27,2.96]	1.36	[-1.07,3.79]
Ethnicity (ref: White)	0	[0.00,0.00]	0	[0.00,0.00]
Mixed	5.31	[-1.96,12.58]	1.84	[-5.36,9.04]
Indian	10.5	[-0.28,21.30]	15.3*	[3.16,27.50]
Pakistani/Bangladeshi	25.9***	[13.42,38.32]	15.1***	[6.16,24.11]
Black	1.60	[-1.97,5.16]	21.9**	[5.33,38.55]
Health (ref: Excellent/Very good)	0	[0.00,0.00]	0	[0.00,0.00]
Good	-2.72*	[-5.00,-0.44]	-2.98*	[-5.58,-0.38]
Fair/Poor	-2.56	[-6.12,1.00]	0.88	[-4.62,6.38]
Family Structure (ref: Two-parent household)	0	[0.00,0.00]	0	[0.00,0.00]
Lone-parent household	-2.33	[-4.83,0.17]	-3.24	[-6.67,0.19]
Parental Education (ref: No qualifications)	0	[0.00,0.00]	0	[0.00,0.00]
NVQ 1 (Level 1/CSE)	-13.2	[-31.38,4.95]	-6.96	[-20.68,6.76]
NVQ2 (O levels)	-14.3	[-31.32,2.79]	-6.89	[-19.23,5.45]
NVQ3 (A Levels)	-12.1	[-29.78,5.55]	-4.29	[-17.26,8.68]
Degree or higher	-13.5	[-30.67,3.58]	-5.80	[-18.32,6.73]
Workless household (ref: Not)	0	[0.00,0.00]	0	[0.00,0.00]
Workless household	-1.65	[-3.81,0.52]	-0.72	[-5.35,3.91]
PC ownership (ref: Yes)	0	[0.00,0.00]	0	[0.00,0.00]
No	0.30	[-2.47,3.07]	4.62*	[0.32,8.91]
Word Activity Score (Standardised)	-0.44	[-2.00,1.11]	0.089	[-1.02,1.19]
Constant	13.4	[-4.05,30.78]	8.70	[-4.56,21.97]
R²	0.054		0.025	

Source: Millennium Cohort Study

Notes: $N= 2,055$ (school days); $N= 3,786$ (non-school days). * $p<0.05$, ** $p<0.01$, *** $p<0.001$. Good quality diaries report six activities or more, at least one episode of personal care (including sleep) and one episode of eating or drinking, and less than 90 minutes of missing data in the activity diary column. Robust cluster standard errors adjust for multiple observations per person.

Table A16: Ordinary Least Squares Estimates for Time Spent on Hobbies

	School day		Non-school day	
	β	CI (95%)	β	CI (95%)
Mode (ref: Paper)	0	[0.00,0.00]	0	[0.00,0.00]
Web	4.78	[-9.13,18.69]	8.85	[-5.13,22.84]
App	-6.55	[-19.49,6.39]	-1.63	[-14.67,11.41]
Season (ref: Autumn)	0	[0.00,0.00]	0	[0.00,0.00]
Winter	-0.30	[-9.05,8.44]	-2.05	[-12.55,8.45]
Spring	5.42	[-1.99,12.82]	-0.46	[-9.64,8.72]
Summer	5.77	[-2.78,14.32]	-0.29	[-10.05,9.47]
Country (ref: England)	0	[0.00,0.00]	0	[0.00,0.00]
Wales	1.76	[-6.22,9.73]	4.62	[-4.39,13.63]
Scotland	4.15	[-5.33,13.63]	-5.77	[-15.23,3.69]
NI	-3.67	[-11.29,3.95]	-6.50	[-15.87,2.87]
Sex (ref: Male)	0	[0.00,0.00]	0	[0.00,0.00]
Female	8.74**	[3.23,14.26]	16.3***	[10.24,22.29]
Ethnicity (ref: White)	0	[0.00,0.00]	0	[0.00,0.00]
Mixed	-6.39	[-20.03,7.25]	2.19	[-15.95,20.34]
Indian	11.0	[-5.74,27.80]	-5.14	[-22.43,12.15]
Pakistani/Bangladeshi	13.3	[-2.77,29.29]	-2.83	[-17.87,12.22]
Black	-8.94	[-22.07,4.20]	-11.1	[-28.07,5.86]
Health (ref: Excellent/Very good)	0	[0.00,0.00]	0	[0.00,0.00]
Good	7.43*	[1.17,13.68]	-0.47	[-6.95,6.02]
Fair/Poor	4.74	[-4.83,14.32]	2.45	[-7.90,12.79]
Family Structure (ref: Two-parent household)	0	[0.00,0.00]	0	[0.00,0.00]
Lone-parent household	-6.76*	[-13.46,-0.07]	-1.76	[-10.26,6.74]
Parental Education (ref: No qualifications)	0	[0.00,0.00]	0	[0.00,0.00]
NVQ 1 (Level 1/CSE)	-17.6	[-41.98,6.75]	-8.83	[-36.99,19.33]
NVQ2 (O levels)	2.91	[-21.04,26.86]	-8.12	[-31.09,14.85]
NVQ3 (A Levels)	-12.6	[-35.92,10.77]	-9.04	[-32.42,14.35]
Degree or higher	-7.43	[-30.43,15.56]	-8.93	[-31.35,13.48]
Workless household (ref: Not)	0	[0.00,0.00]	0	[0.00,0.00]
Workless household	-5.62	[-16.12,4.88]	15.4	[-1.29,32.18]
PC ownership (ref: Yes)	0	[0.00,0.00]	0	[0.00,0.00]
No	0.47	[-6.54,7.47]	3.81	[-4.59,12.21]
Word Activity Score (Standardised)	7.72***	[4.72,10.72]	10.3***	[7.10,13.59]
Constant	32.9*	[3.62,62.11]	54.8***	[27.92,81.58]
R²	0.041		0.025	

Source: Millennium Cohort Study

Notes: $N= 2,055$ (school days); $N= 3,786$ (non-school days). * $p<0.05$, ** $p<0.01$, *** $p<0.001$. Good quality diaries report six activities or more, at least one episode of personal care (including sleep) and one episode of eating or drinking, and less than 90 minutes of missing data in the activity diary column. Robust cluster standard errors adjust for multiple observations per person.

Table A17: Ordinary Least Squares Estimates for Time Spent on Other Activities on School and Non-School Days by Time Diary Mode

	School day		Non-school day	
	β	CI (95%)	β	CI (95%)
Mode (ref: Paper)	0	[0.00,0.00]	0	[0.00,0.00]
Web	-2.46	[-12.41,7.48]	6.46	[-7.01,19.94]
App	4.60	[-5.11,14.32]	19.6**	[6.49,32.63]
Season (ref: Autumn)	0	[0.00,0.00]	0	[0.00,0.00]
Winter	-8.10*	[-14.54,-1.66]	-1.15	[-12.33,10.03]
Spring	-4.92	[-11.10,1.25]	0.41	[-8.96,9.78]
Summer	-1.68	[-9.87,6.52]	2.76	[-7.49,13.01]
Country (ref: England)	0	[0.00,0.00]	0	[0.00,0.00]
Wales	-3.22	[-8.92,2.49]	6.37	[-3.17,15.92]
Scotland	0.51	[-5.74,6.76]	1.69	[-8.59,11.98]
NI	-0.71	[-10.50,9.08]	-2.01	[-11.93,7.91]
Sex (ref: Male)	0	[0.00,0.00]	0	[0.00,0.00]
Female	4.32	[-0.22,8.86]	4.19	[-2.03,10.40]
Ethnicity (ref: White)	0	[0.00,0.00]	0	[0.00,0.00]
Mixed	-1.45	[-12.59,9.68]	13.5	[-4.65,31.74]
Indian	-5.45	[-14.91,4.01]	-3.90	[-21.36,13.57]
Pakistani/Bangladeshi	-11.5	[-25.23,2.14]	-6.02	[-20.96,8.92]
Black	-9.55	[-21.71,2.61]	10.4	[-17.25,38.05]
Health (ref: Excellent/Very good)	0	[0.00,0.00]	0	[0.00,0.00]
Good	-1.73	[-6.61,3.14]	-1.53	[-8.26,5.19]
Fair/Poor	-5.16	[-12.67,2.36]	2.72	[-8.32,13.76]
Family Structure (ref: Two-parent household)	0	[0.00,0.00]	0	[0.00,0.00]
Lone-parent household	2.33	[-4.90,9.55]	1.37	[-7.66,10.41]
Parental Education (ref: No qualifications)	0	[0.00,0.00]	0	[0.00,0.00]
NVQ 1 (Level 1/CSE)	-25.6	[-82.94,31.83]	-18.9	[-52.20,14.45]
NVQ2 (O levels)	-38.6	[-92.44,15.15]	-22.7	[-51.38,5.89]
NVQ3 (A Levels)	-30.2	[-83.90,23.45]	-34.3*	[-62.69,-6.01]
Degree or higher	-36.0	[-89.53,17.54]	-28.5*	[-56.17,-0.82]
Workless household (ref: Not)	0	[0.00,0.00]	0	[0.00,0.00]
Workless household	3.14	[-11.49,17.76]	-17.7**	[-30.20,-5.15]
PC ownership (ref: Yes)	0	[0.00,0.00]	0	[0.00,0.00]
No	-6.99**	[-11.66,-2.32]	4.23	[-5.05,13.50]
Word Activity Score (Standardised)	-1.45	[-3.48,0.58]	-6.65***	[-9.57,-3.73]
Constant	55.3*	[2.77,107.75]	52.9***	[22.34,83.52]
R²	0.028		0.017	

Source: Millennium Cohort Study

Notes: $N= 2,055$ (school days); $N= 3,786$ (non-school days). * $p<0.05$, ** $p<0.01$, *** $p<0.001$. Good quality diaries report six activities or more, at least one episode of personal care (including sleep) and one episode of eating or drinking, and less than 90 minutes of missing data in the activity diary column. Robust cluster standard errors adjust for multiple observations per person.

Table A18: Ordinary Least Squares Estimates for Time Spent on Digital (Sensitivity Analysis)

	School day		Non-school day	
	β	CI (95%)	β	CI (95%)
Mode (ref: Paper)	0	[0.00,0.00]	0	[0.00,0.00]
Web	-2.19	[-29.56,25.19]	30.6*	[0.57,60.54]
App	-19.2	[-45.44,7.06]	-6.70	[-35.28,21.88]
Season (ref: Autumn)	0	[0.00,0.00]	0	[0.00,0.00]
Winter	2.40	[-13.24,18.05]	29.2**	[8.83,49.67]
Spring	-0.78	[-14.63,13.06]	6.49	[-11.10,24.07]
Summer	6.71	[-8.94,22.37]	4.19	[-14.82,23.20]
Country (ref: England)	0	[0.00,0.00]	0	[0.00,0.00]
Wales	0.76	[-14.44,15.97]	-17.0*	[-33.91,-0.09]
Scotland	11.6	[-3.57,26.87]	-3.66	[-22.58,15.26]
NI	-10.7	[-26.42,5.08]	-27.4**	[-45.46,-9.35]
Sex (ref: Male)	0	[0.00,0.00]	0	[0.00,0.00]
Female	-45.9***	[-56.14,-35.74]	-83.0***	[-95.05,-71.02]
Ethnicity (ref: White)	0	[0.00,0.00]	0	[0.00,0.00]
Mixed	-3.46	[-32.08,25.16]	0.31	[-31.11,31.74]
Indian	-46.1***	[-71.83,-20.45]	-18.6	[-51.10,13.90]
Pakistani/Bangladeshi	-35.4**	[-60.94,-9.78]	-7.42	[-37.57,22.73]
Black	-34.9	[-73.00,3.26]	-20.3	[-68.82,28.13]
Health (ref: Excellent/Very good)	0	[0.00,0.00]	0	[0.00,0.00]
Good	28.2***	[17.68,38.63]	27.5***	[15.10,39.85]
Fair/Poor	50.6***	[30.14,71.11]	60.6***	[38.62,82.52]
Family Structure (ref: Two-parent household)	0	[0.00,0.00]	0	[0.00,0.00]
Lone-parent household	15.8*	[0.62,31.01]	17.5*	[2.10,32.95]
Parental Education (ref: No qualifications)	0	[0.00,0.00]	0	[0.00,0.00]
NVQ 1 (Level 1/CSE)	31.0	[-22.92,84.95]	7.40	[-47.13,61.94]
NVQ2 (O levels)	13.1	[-28.82,55.06]	14.6	[-31.59,60.88]
NVQ3 (A Levels)	-0.42	[-42.47,41.64]	15.1	[-31.21,61.38]
Degree or higher	-7.67	[-48.37,33.02]	-2.15	[-46.72,42.43]
Workless household (ref: Not)	0	[0.00,0.00]	0	[0.00,0.00]
Workless household	-5.94	[-29.91,18.03]	21.3	[-5.67,48.24]
PC ownership (ref: Yes)	0	[0.00,0.00]	0	[0.00,0.00]
No	3.96	[-10.43,18.36]	-15.1	[-32.19,2.02]
Constant	184.2***	[133.50,234.87]	289.7***	[234.83,344.48]
R²	0.080		0.076	

Source: Millennium Cohort Study

Notes: $N= 2,118$ (school days); $N= 3,974$ (non-school days). * $p<0.05$, ** $p<0.01$, *** $p<0.001$. Good quality diaries report six activities or more, at least one episode of personal care (including sleep) and one episode of eating or drinking, and less than 90 minutes of missing data in the activity diary column. Robust cluster standard errors adjust for multiple observations per person.