

## Supplementary materials

**Table S1: CHERRIES Checklist**

<b>Item Category</b>	<b>Checklist item</b>	<b>Page no.</b>	<b>Description</b>
<b>Target Population</b>	Study Design	5	Study Population are adult above 18 of both genders
<b>Ethics</b>	Study Design	5	Ethics was obtained from the Abu Dhabi University Institutional Review Board on 16 May 2020 (CHS-20-05-00014).
	Consent Form	5	All participants were prompted to accept participation before starting the survey
	Data Protection	5	Privacy and confidentiality were affirmed in the first page of the survey
<b>Development and pre-testing</b>	Data collection	6	Questionnaire was developed and reviewed by research team and then piloted before distribution
<b>Recruitment Process and survey administration</b>	Data Collection	5 & 6	The link was distributed via email and social media platforms. Participants were prompted to share the link. Reminders were

			sent by researchers at different occasions
<b>Responses rate</b>	Results	7	Out of 999 questionnaires started only 6 surveys were not completed. Total completed surveys is 993
<b>Preventing multiple entries from same individual</b>	Data collection	6	To prevent multiple entries we have used the option available on survey monkey to not allow the same IP address to fill in the questionnaire,
<b>Analysis</b>	Statistical analysis and data handling	6&7	Only completed questionnaires were completed in the data set. The minimum completed survey was timed at approximately 7 minutes Sources of information and frequency of use, social media use and frequency as well as wellbeing scores were calculated Regression analysis was also applied

**Notes:** Adapted from: Eysenbach G. Improving the quality of Web surveys: the Checklist for Reporting Results of Internet E-Surveys (CHERRIES). *J Med Internet Res.* 2004;6(3):e34. doi: 10.2196/jmir.6.3.e34. PMID: 15471760. PMCID: PMC1550605. Available from: <https://www.jmir.org/2004/3/e34/>. © Gunther Eysenbach. Originally published in the Journal of Medical Internet Research (<http://www.jmir.org>), 29.9.2004. Creative Commons Attribution License (<http://www.creativecommons.org/licenses/by/2.0/>).

**Table S2. WHO (Five) Well-being Questionnaire Score - 5 questions**

	All of the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
I have felt cheerful and in good spirits	63 (6.4)	238 (24.3)	288 (29.4)	209 (21.3)	146 (14.9)	35 (3.6)
I have felt calm and relaxed	78 (7.9)	239 (24.4)	247 (25.2)	203 (20.7)	164 (16.7)	50 (5.1)
I have felt active and vigorous	46 (4.7)	159 (16.4)	218 (22.5)	260 (26.8)	211 (21.7)	77 (7.9)
I woke up feeling fresh and rested	76 (7.8)	184 (18.9)	203 (20.8)	221 (22.7)	194 (19.9)	96 (9.9)
My daily life has been filled with things that interest me	108 (11.0)	200 (20.4)	221 (22.5)	183 (18.7)	195 (19.9)	74 (7.5)

**Notes:** Adapted with permission from: WHO. Wellbeing Measures in Primary Health Care/The Depcare Project; 1998. Available from: [https://www.euro.who.int/\\_\\_data/assets/pdf\\_file/0016/130750/E60246.pdf](https://www.euro.who.int/__data/assets/pdf_file/0016/130750/E60246.pdf). © Copyright WHO 1998.

**Table S3. WHO-5 Well-being Index Score**

<b>Variable</b>	<b>All</b>	<b>Well-being score</b>	<b>Good well-being (<math>\geq 12.5</math>)</b>	<b>Poor well-being (<math>&lt; 12.5</math>)</b>
<b>Overall</b>	<b>993</b>	<b>12.6 <math>\pm</math> 5.6</b>	<b>511 (51.5)</b>	<b>481 (48.5)</b>