

Appendix 1: Students' opinions on the positive and negative aspects of social networks by gender

Components	Gender	Mean	SD	t	P-value
Negative aspects					
Negative impact on completing academic tasks.	Male	3.11	1.102	0.072	0.942
	Female	3.10	1.139		
Disruption of my sleep schedule.	Male	3.21	1.195	0.040	0.968
	Female	3.20	1.186		
Decrease in conversation and interactions with family members.	Male	2.64	1.057	1.168	0.244
	Female	2.49	1.110		
Preference for interactions on social networks instead of talking with family and friends.	Male	2.45	1.057	0.669	0.504
	Female	2.36	1.119		
Preference for being present on social media instead of studying and reading books.	Male	2.68	1.248	0.564	0.573
	Female	2.76	1.127		
Providing the opportunity to face, search, or follow unethical content.	Male	2.39	1.279	0.511	0.610
	Female	2.32	1.217		
Positive aspects					
Increased awareness of political events and current issues.	Male	2.96	1.566	0.122	0.903
	Female	2.94	1.388		
Increased awareness of new technologies and new approaches.	Male	2.99	1.569	0.282	0.778
	Female	3.04	1.364		
Increased empathy with people by sharing experiences and observing their lives.	Male	2.50	1.269	1.260	0.209
	Female	2.68	1.237		
Facilitation of acquaintance with specialists, current knowledge, and professional needs.	Male	3.01	1.391	0.402	0.688
	Female	3.07	1.298		

SD: Standard Deviation; Male (N=107); Female (N=205).

Appendix 2: Students' opinions on the positive and negative aspects of social networks by age

Components	Age (Year)	Mean	SD	t	P-value
Negative aspects					
Negative impact on completing academic tasks.	19 to 25	3.11	1.091	0.055	0.956
	≥ 26	3.10	1.176		
Disruption of my sleep schedule.	19 to 25	3.22	1.148	0.276	0.783
	≥ 26	3.18	1.245		
Decrease in conversation and interactions with family members.	19 to 25	2.48	1.071	1.186	0.236
	≥ 26	2.63	1.122		
Preference for interactions on social networks instead of talking with family and friends.	19 to 25	2.36	1.093	0.519	0.604
	≥ 26	2.43	1.106		
Preference for being present on social media instead of studying and reading books.	19 to 25	2.67	1.147	1.187	0.236
	≥ 26	2.83	1.198		
Providing the opportunity to face, search, or follow unethical content.	19 to 25	2.23	1.203	1.877	0.061
	≥ 26	2.50	1.274		
Positive aspects					
Increased awareness of political events and current issues.	19 to 25	2.84	1.434	1.557	0.120
	≥ 26	3.10	1.463		
Increased awareness of new technologies and new approaches.	19 to 25	2.92	1.425	1.537	0.125
	≥ 26	3.17	1.442		
Increased empathy with people by sharing experiences and observing their lives.	19 to 25	2.60	1.277	0.351	0.726
	≥ 26	2.65	1.214		
Facilitation of acquaintance with specialists, current knowledge, and professional needs.	19 to 25	2.97	1.328	1.251	0.212
	≥ 26	3.16	1.327		

SD: Standard Deviation; 19 to 25 year (N=184) ≥ 26 year (N=128).

Appendix 3: Students' opinions on the positive and negative aspects of social networks by educational level

Components	Degree	Mean	SD	t	P-value
Negative aspects					
Negative impact on completing academic tasks.	Bachelor's	3.14	1.169	0.135	0.874
	Professional Doctorate	3.09	1.046		
	MSc and Ph.D.	3.06	1.170		
	Total Score	3.11	1.125		
Disruption of my sleep schedule.	Bachelor's	3.24	1.208	0.493	0.611
	Professional Doctorate	3.11	1.187		
	MSc and Ph.D.	3.27	1.163		
	Total Score	3.20	1.187		
Decrease in conversation and interactions with family members.	Bachelor's	2.46	1.133	5.445	0.005
	Professional Doctorate	2.39	0.965		
	MSc and Ph.D.	2.89	1.132		
	Total Score	2.54	1.093		
Preference for interactions on social networks instead of talking with family and friends.	Bachelor's	2.41	1.093	2.687	0.070
	Professional Doctorate	2.22	0.989		
	MSc and Ph.D.	2.59	1.214		
	Total Score	2.39	1.097		
Preference for being present on social media instead of studying and reading books.	Bachelor's	2.71	1.120	0.815	0.444
	Professional Doctorate	2.66	1.169		
	MSc and Ph.D.	2.87	1.244		
	Total Score	2.73	1.169		
Providing the opportunity to face, search, or follow unethical content.	Bachelor's	2.38	1.281	4.785	0.009
	Professional Doctorate	2.56	1.210		
	MSc and Ph.D.	2.00	1.144		
	Total Score	2.34	1.238		
Positive aspects					
Increased awareness of political events and current issues.	Bachelor's	2.86	1.472	6.400	0.002
	Professional Doctorate	3.31	1.399		
	MSc and Ph.D.	2.58	1.383		
	Total Score	2.95	1.449		
Increased awareness of new technologies and new approaches.	Bachelor's	2.80	1.465	6.463	0.002
	Professional Doctorate	3.42	1.375		
	MSc and Ph.D.	2.84	1.372		
	Total Score	3.02	1.435		
Increased empathy with people by sharing experiences and observing their lives.	Bachelor's	2.50	1.280	1.763	0.173
	Professional Doctorate	2.80	1.174		
	MSc and Ph.D.	2.57	1.288		
	Total Score	2.62	1.250		
Facilitation of acquaintance with specialists, current knowledge, and professional needs.	Bachelor's	2.81	1.366	4.187	0.016
	Professional Doctorate	3.31	1.279		
	MSc and Ph.D.	3.09	1.283		
	Total Score	3.05	1.329		

SD: Standard Deviation; Bachelor's (N=125); Professional Doctorate (N=108); Master's and Ph.D. (N=79).