

Table 2. Within-subject effects of the mixed ANOVA tests

Characteristic		Period factor				Period*Exposure group interaction			
		Main ANOVA	Post hoc			Main ANOVA	Post hoc		
			B & W	B & R1	B & R2		B & W	B & R1	B & R2
Mental	On-screen time (hours)	0.00***	0.00*** (↑)	1	1	0.00***	Low exposure: 0.003** (↑) Medium exposure: 0.00*** (↑) High exposure: 0.00*** (↑)	Low exposure: 1 Medium exposure: 0.736 High exposure: 1	Low exposure: 1 Medium exposure: 1 High exposure: 1
	Mood level	0.00***	0.00*** (↓)	0.08	0.47	0.00***	Low exposure: 0.133 Medium exposure: 0.00*** (↑) High exposure: 0.00*** (↑)	Low exposure: 0.242 Medium exposure: 0.237 High exposure: 1	Low exposure: 1 Medium exposure: 0.152 High exposure: 1
	Stress level	0.00***	0.00*** (↑)	1	1	0.00***	Low exposure: 0.26 Medium exposure: 0.00*** (↑) High exposure: 0.00*** (↑)	Low exposure: 1 Medium exposure: 1 High exposure: 1	Low exposure: 1 Medium exposure: 0.916 High exposure: 1
	Number of encounters	0.00***	0.007** (↓)	1	0.571	0.642	–	–	–
	Step count	0.00***	0.00*** (↓)	0.374	1	0.14	–	–	–
	Average heart rate (bpm)	0.002**	0.00*** (↓)	1	1	0.488	–	–	–
	% Still time	0.00***	0.00*** (↑)	1	1	0.476	–	–	–
	Sport time (minutes)	0.00***	0.00*** (↓)	0.195	0.684	0.003**	Low exposure: 0.627 Medium exposure: 0.00*** (↓) High exposure: 0.00*** (↓)	Low exposure: 1 Medium exposure: 1 High exposure: 0.426	Low exposure: 0.362 Medium exposure: 0.657 High exposure: 1
	Awake time (seconds)	0.00***	0.00*** (↑)	1	1	0.245	–	–	–
	Sleep start hour	0.003**	0.021* (↑)	0.396	1	0.495	–	–	–
Sleep	Sleep duration (hours)	0.004**	0.008** (↓)	1	0.624	0.021*	Low exposure: 1 Medium exposure: 0.00*** (↓) High exposure: 0.013* (↓)	Low exposure: 1 Medium exposure: 1 High exposure: 1	Low exposure: 1 Medium exposure: 1 High exposure: 0.781
	Sleep quality	0.00***	0.00*** (↓)	1	1	0.00***	Low exposure: 1 Medium exposure: 0.00*** (↓) High exposure: 0.00*** (↓)	Low exposure: 1 Medium exposure: 1 High exposure: 1	Low exposure: 1 Medium exposure: 1 High exposure: 0.771

Each row represents a mixed ANOVA test for a single well-being indicator. The two "Main ANOVA" columns represent the p value obtained by the mixed ANOVA test for the time period factor and time period * exposure group interaction. The other six columns present the p values obtained by Bonferroni post hoc tests for different pairs of time periods (applied only for significant "main ANOVA" effects), where B indicates the baseline period, W the war period, R1 the first "back to routine" period, and R2 the second "back to routine" period. Statistically significant effects are marked with stars and the direction of these effects is marked with corresponding arrows. A table detailing the mean values and the number of participants included in each test is available in Supplementary Table 1.

***P < 0.001; **P < 0.01; *P < 0.05.