



Tables of data analysis

Table S1. Sample characteristics and gender differences in major variables (N = 1018)

Variables	Total		Male (n = 358)		Female (n = 660)		t	p
	M	SD	M	SD	M	SD		
Age <sup>a</sup>	72.86	8.74	72.46	8.84	73.10	8.69	−1.010	0.313
Numbers of devices	1.54	1.20	1.85	1.30	1.38	1.11	6.102	<0.001
Variables	%		%		%		χ2 (df)	p
Education level							52.977 (7)	<0.001
Never attend	7.6%		4.2%		9.4%			
Primary school	25.9%		17.3%		30.6%			
Secondary school	17.8%		17.9%		17.7%			
Associate degree	24.1%		27.4%		22.3%			
Bachelor's degree	7.7%		12.8%		4.8%			
Master's degree or above	8.9%		11.7%		7.4%			
Self-perceived class status							12.178 (5)	0.032
Upper class	0.7%		1.6%		.2%			
Upper middle class	3.5%		3.4%		3.5%			
Middle class	26.9%		27.1%		26.8%			
Lower middle class	20.8%		24.6%		18.7%			
Grassroot	34.4%		31.5%		35.9%			
Refuse to answer	13.8%		11.8%		14.8%			

Notes

<sup>a</sup> N = 305 and 517, respectively, for male and female participants; <sup>b</sup> N = 257 and 391, respectively, for male and female participants

Table S2. Material access to ICT, frequency of access and gender differences

			Total		Male (n = 358)		Female (n = 660)				
Variables			M	SD	M	SD	M	SD	t	p	
Internet usage <sup>b</sup>			11.37	2.21	10.98	2.17	11.62	2.21	−3.636	<0.001	
Digital skills <sup>b</sup>			81.03	28.28	86.90	27.06	77.17	28.44	4.345	<0.001	
Variables			%		%		%		χ <sup>2</sup> (df)	p	
Living alone			24.7%		21.8%		26.2%		2.850 (2)	0.240	
Digital device											
Desktop			24.4%		13.2%		11.2%		51.18(1)	0.000	
Laptop			23.6%		11.4%		12.2%		23.877(1)	0.000	
Mobile phone			78.2%		28.7%		49.5%		3.681(1)	0.055	
Tablet			28.1%		11.8%		16.3%		8.045(1)	0.005	
None of these			18.2%		5.3%		12.9%		3.133(1)	0.077	
Internet access at home or mobile phone data plan										26.866 (2)	<0.001
None			23.5%		19.0%		25.9%				
Either			23.2%		16.8%		26.7%				
Both			53.3%		64.2%		47.4%				
Frequency of Internet access										22.525 (5)	<0.001
Never			36.3%		28.2%		40.8%				
Less than once a month			1.8%		1.1%		2.1%				
Once a month			1.6%		1.4%		1.7%				
Once a week			4.0%		3.1%		4.5%				
Every day			8.6%		10.6%		7.6%				
Several times per day			47.6%		55.6%		43.3%				
Any purely online friendship			6.1%		8.9%		4.5%		7.832 (1)	0.005	

Notes

<sup>a</sup> N = 305 and 517, respectively, for male and female participants<sup>b</sup> N = 257 and 391, respectively, for male and female participants

Table S3. Frequency of perceived easiness of digital usage (response = easy or very easy) and gender differences

Perceived easiness	Total (N = 648)	Male (N = 257)	Female (N = 391)
Q11. Adjust the screen brightness.	76.40%	83.30%	71.9% ***
Q10. Navigate onscreen menus using the touchscreen	75.60%	76.30%	75.20%
Q25. Read the news on the Internet.	69.30%	76.70%	64.5% ***
Q21. Use search engines (e.g. Google, Bing).	68.50%	74.30%	64.70%
Q23. Find information about my hobbies and interests on the Internet.	67.40%	74.30%	62.90%
Q12. Connect to a Wi-Fi network.	66.40%	77.00%	59.30% ***
Q35. Close games and other applications.	66.00%	66.90%	65.50%
Q32. Watch movies and videos.	65.00%	64.60%	65.20%
Q24. Find health information on the Internet.	64.50%	67.70%	62.40%
Q36. Delete games and other applications.	63.40%	69.30%	59.60%
Q13. Open emails.	59.00%	66.50%	54.0% ***
Q22. Find information about local community resources on the Internet.	53.10%	59.90%	48.60%
Q16. View pictures sent by email.	51.20%	60.30%	45.3% ***
Q27. Save text and images I find on the internet.	50.80%	56.80%	46.80%
Q34. Update games and other applications.	47.80%	52.90%	44.50%
Q37. Upgrade device software.	47.20%	56.40%	41.2% ***
Q14. Send emails.	47.10%	53.70%	42.70%
Q29. Check the date and time of upcoming and prior appointments.	44.80%	47.90%	42.70%
Q28. Enter events and appointments into a calendar.	43.10%	47.10%	40.40%
Q17. Send pictures by email.	41.00%	47.50%	36.80%
Q31. Use the devices online store to find games and other forms of entertainment (e.g. using Apple App Store or Google Play Store).	40.30%	43.20%	38.40%
Q30. Set up alerts to remind me of events and appointments.	37.50%	42.00%	34.50%

Q15. Store email addresses in an email address book or contact list.	37.30%	46.30%	31.5% ***
Q26. Bookmark websites to find them again later (make favorites).	34.10%	41.20%	29.40%
Q33. Read a book.	29.00%	32.30%	26.90%
Q18. Transfer information (files such as music, pictures, documents) on my mobile device to my computer.	28.20%	35.40%	23.5% ***
Q20. Store information with a service that lets me View my files from anywhere (e.g. Dropbox, Google Drive, Microsoft Onedrive).	24.20%	26.50%	22.80%
Q19. Transfer information (files such as music, pictures, documents) on my computer to my mobile device.	23.90%	30.70%	19.4% ***

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#### Notes

\*\*\* As the Bonferroni correction was applied to correct for multiple chi-square tests ( $df = 1$ ), the significance level was set at .0013

Table S4. Differences between participants who never or rarely used Internet and those who used Internet every day

Variables	a) Never used Internet (n = 370)	b) Less than once a month to once a week (n = 75)	c) Every day (n = 573)	F (post-hoc) / $\chi^2$ (df)	p
	% / M (SD)	% / M (SD)	% / M (SD)		
Age	78.35 (8.80)	71.45 (6.51)	69.37 (6.89)	128.193 (b>a, c>a)	<0.001
Gender (female)	72.7%	73.3%	58.6%	22.070 (2)	<0.001
Education level				200.335 (12)	<0.001
Never attend	16.2%	10.0%	2.7%		
Primary school	42.2%	40.0%	16.6%		
Secondary school	20.6%	18.6%	17.5%		
Associate degree	14.5%	15.7%	33.1%		
Bachelor's degree	4.4%	8.6%	10.2%		
Master's degree or above	1.5%	4.3%	14.8%		
Self-perceived social class				71.000 (10)	<0.001
Upper class	0.6%	0.0%	0.8%		
Upper middle class	1.5%	1.5%	5.0%		
Middle class	17.5%	23.9%	33.4%		
Lower middle class	17.2%	14.9%	23.9%		
Grassroot	42.8%	37.3%	28.5%		
Refuse to answer	20.5%	22.4%	8.3%		
Satisfied with current life in the past week	58.4%	70.7%	76.6%	42.928 (4)	<0.001
Feeling empty in daily life in the past week	20.5%	17.3%	14.8%	33.325 (4)	<0.001
Often feeling happy in the past week	44.6%	46.7%	54.5%	9.277 (4)	0.055
Self-rated physical health	3.11 (1.01)	3.23 (0.88)	3.49 (8.46)	20.254 (c>a)	<0.001
Self-rated mental health	3.42 (0.95)	3.45 (0.93)	3.79 (0.82)	21.429 (c>a, c>b)	<0.001

Table S5. Hierarchical multiple regression predicting self-rated health (SRH) and self-rated mental health (SRMH) (N = 507)

Variables	SRH				SRMH			
	Model 1		Model 2		Model 1		Model 2	
	$\beta$	p	$\beta$	p	$\beta$	p	$\beta$	p
Constant		0.000		0.000		0.000		0.000
Gender (male)	−0.005	0.915	0.006	0.902	0.026	0.573	0.050	0.288
Education level	0.004	0.940	−0.006	0.919	0.000	0.994	−0.044	0.408
Self-perceived social class	−0.188	0.000	−0.176	0.001	−0.274	0.000	−0.243	0.000
Age	−0.020	0.675	−0.017	0.739	−0.045	0.326	−0.011	0.824
Digital skills			0.159	0.044			0.232	0.003
Internet usage			0.132	0.085			0.102	0.172
R <sup>2</sup>	0.037		0.046		0.079		0.100	
Adjusted R <sup>2</sup>	0.028		0.033		0.071		0.088	
F	4.294 **		3.597 **		9.633 ***		8.231 ***	
$\Delta R^2$	0.037		0.009		0.079		0.021	
$\Delta F$	4.294 **		2.160		9.633 ***		5.075 **	

\*\*  $p < .01$  \*\*\*  $p < .001$