

Table 1. Descriptive statistics and correlations for sensing variables and mental well-being (n = 553).

| Variable | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|--------------------------------------|-------|-------|-------|-------|------|------|------|------|------|-------|------|------|-------|----|
| 1. Mental Well-being | - | | | | | | | | | | | | | |
| 2. Positive Affect | .93* | - | | | | | | | | | | | | |
| 3. Positive Functioning | .86* | .70* | - | | | | | | | | | | | |
| 4. Personal Relationship | .87* | .71* | .66* | - | | | | | | | | | | |
| 5. Communication Apps Usage Duration | -.06 | -.06 | -.13 | .02 | - | | | | | | | | | |
| 6. Social Media Apps Usage Duration | -.06 | -.04 | -.13 | -.01 | .31* | - | | | | | | | | |
| 7. Travel Distance | .10 | .12 | -.01 | .13 | .13 | .10 | - | | | | | | | |
| 8. Radius of Gyration | .08 | .09 | .01 | .10 | .11 | .09 | .79* | - | | | | | | |
| 9. Walking Probability | .08 | .08 | .03 | .10 | .14 | .11 | .40* | .39* | - | | | | | |
| 10. On-Bicycle Probability | .04 | .06 | -.02 | .05 | .17* | .09 | .45* | .48* | .55* | - | | | | |
| 11. Loudness | -.06 | -.06 | -.07 | -.04 | -.06 | .02 | .21* | .15 | .18* | .27* | - | | | |
| 12. Brightness | .03 | .03 | -.01 | .07 | .18* | .15 | .33* | .22* | .34* | .30* | .40* | - | | |
| 13. Screen-On Duration | -.21* | -.18* | -.24* | -.15* | .48 | .39* | .02 | -.03 | .03 | .04 | -.11 | .01 | - | |
| 14. Screen Session Count | -.01 | .02 | -.08 | .01 | .45* | .33* | .30* | .25* | .42* | .39** | .33* | .52* | 0.26* | - |

Note. * $p < .05$. Correlations were calculated by aggregating the sensing data to the personal level. All p values were adjusted with Bonferroni correction across all pairwise correlations.