

Online Supplemental Materials

Project Measures. The study was conducted as part of a larger project to understand daily social media use and social interactions, along with their mental health implications. The data collection consisted of three survey-based components (described below). In addition, participants were asked to contribute their Facebook profile history records, which were passively recorded for a separate study via the Facebook API.

First, the baseline survey included a consent form followed by scales pertaining to (a) social capital, (b) social support, (c) individual differences in sensitivity to social experiences (interpersonal reactivity, rejection sensitivity, or susceptibility to peer pressure)¹, (d) Big Five personality dimensions, (e) individual differences in time attitudes (past, present, future time perspective), (f) health status, and (g) demographics. In addition, participants were provided with instructions concerning how to link their Facebook profiles to our passive tracking application and how to start the subsequent ESM portion of the study.

Second, participants completed the two-week experience sampling period, with each survey including 10 questions: (1) location (“Where are you right now?”), (2) emotional valence (“How negative or positive do you feel right now?”), (3) emotional arousal (“How low energy or high energy do you feel right now?”), (4) interaction channel “How did your most recent interaction occur?”, (5) interaction enjoyment (“How pleasant or unpleasant was your most recent interaction?”), (6) interaction supportiveness (“Within that interaction, how supportive or unsupportive was that person to you?”), (7) perceived closeness (“How close are you to that person?”), and (8) open response (“Please type the one or two words that best describe how you feel right now.”). In addition, the final (i.e., sixth) survey of each day also included questions

¹ Due to an oversight in our Qualtrics survey flow logic, two of three scales were randomly presented to each participant.

related to the experiences over the course of that full day: (1) support received (“How supportive or unsupportive were others to you today?”), (2) support given (“How supportive or unsupportive were you to others today?”), (3) perceived health (“How unhealthy or healthy did you feel today?”), (4) perceived energy (“How worn out or energized did you feel today?”), (5) perceived stress (“How stressed or relaxed did you feel today?”), (6) perceived diet (“How unhealthy or healthy was the food that you ate today?”), (7) alcohol consumption (“How many alcoholic drinks did you have today?”), (8) interaction channel count (“How did you communicate with others today?”).

Third, the endpoint survey included scales pertaining to (a) social capital, (b) social support, (c) individual differences in accessibility preferences, (d) social media usage, (e) social media habits (f) emotion sharing on social media, and (g) demographics. For precise wording of the scales and questions used during the study, please contact the corresponding author.

ESM Procedure. Our semi-random ESM triggering approach was designed to send surveys via SMS during waking hours, exclude class/work periods, and target periods of Facebook activity using a context-triggered approach. Our consent procedure included a description of wall data and the in vivo survey data collection, but the ESM surveys did not indicate what triggered them in order to minimize demand characteristics. In addition, the protocol was designed to minimize the possibility that participants would be able to distinguish the Facebook-triggered and randomly-triggered surveys by (1) jittering the exact time of the survey distribution and (2) sending control surveys at matched times of day.

Altogether, the ESM protocol was designed to distribute the six surveys semi-randomly each day. That is, surveys were required to be spaced out throughout the whole day (roughly every 2 hours during waking hours) while also targeting periods in which participants were likely

to be using Facebook. Surveys could be answered whenever the participant opened the survey link and were usually completed in less than 2 minutes. Participants were paid for completing surveys in three complementary ways to motivate participation: \$0.50 for each daily survey completed, \$1.00 for each end-of-day survey completed, and \$1.50 for completing all six daily surveys. As such, participants were eligible to earn up to \$5.00 per day.

Model Equations. (H1) To examine the hypothesis that rejection sensitivity (RS) would be associated with lower perceived quality of interactions, we specified RS as a fixed effect and included random intercept terms to account for the fact that observations were nested within days, within individuals ($QUALITY_{ijk} = \gamma_{000} + \gamma_{001}RS_i + \mu_{0i} + v_{0ij} + \varepsilon_{ijk}$),² where QUALITY variables included perceived enjoyment and supportiveness in separate models.

(H2) To assess the hypothesis that individuals high in rejection sensitivity would report interacting with fewer distal ties (and thus more close ties), we specified RS as a fixed effect and perceived closeness as the dependent variable ($CLOSE_{ijk} = \gamma_{000} + \gamma_{001}RS_i + \mu_{0i} + v_{0ij} + \varepsilon_{ijk}$).³

(H3) To test the hypothesis that rejection sensitivity would predict less satisfying interactions with distal ties, we specified an interaction term including rejection sensitivity and perceived closeness as fixed effects. In simpler, intercept-only models ($QUALITY_{ijk} = \gamma_{000} + \gamma_{001}RS_i + \gamma_{100}CLOSE_{ijk} + \gamma_{101}RS_i * CLOSE_{ijk} + \mu_{0i} + v_{0ij} + \varepsilon_{ijk}$),⁴ Next, we ran models allowing a

² Where γ_{000} is the grand mean intercept, γ_{001} is the fixed effect of RS on QUALITY, μ_{0i} is the random intercept term indicating the deviation between a given participant's intercept and the grand mean intercept, and v_{0ij} is the random intercept term indicating the deviation of day level observations from a person's mean.

³ Where γ_{000} is the grand mean intercept, γ_{001} is the fixed effect of RS on CLOSE, μ_{0i} is the random intercept term indicating the deviation between a given participant's intercept and the grand mean intercept, and v_{0ij} is the random intercept term indicating the deviation of day level observations from a person's mean.

⁴ Where γ_{000} is the grand mean intercept, γ_{001} is the fixed effect of RS on QUALITY, γ_{100} is the fixed effect of CHANNEL on QUALITY, γ_{101} is the fixed effect of the interaction term, μ_{0i} is the random intercept term indicating the deviation between a given participant's intercept and the grand mean intercept, and v_{0ij} is the random intercept term indicating the deviation of day level observations from a person's mean.

random slope for the relationship between closeness and quality ($QUALITY_{ijk} = \gamma_{000} + \gamma_{001}RS_i + \gamma_{100}CLOSE_{ijk} + \gamma_{101}RS_i*CLOSE_{ijk} + \mu_{0i} + v_{0ij} + v_{1ij} + \varepsilon_{ijk}$).⁵

(H4) To examine the hypothesis that rejection sensitivity would be differentially associated with interaction quality during technology-mediated (vs. face-to-face) interactions, we tested the cross-level interaction between rejection sensitivity and the channel type (technology-mediated vs. face-to-face) of each interaction, nested within days and participants. We first tested simpler, intercept-only models – i.e., not allowing the slope of the relationship between face-to-face vs. media and interaction quality to vary across individuals ($QUALITY_{ijk} = \gamma_{000} + \gamma_{001}RS_i + \gamma_{100}CHANNEL_{ijk} + \gamma_{101}RS_i*CHANNEL_{ijk} + \mu_{0i} + v_{0ij} + \varepsilon_{ijk}$).⁶ We ran separate models that specified a random intercept and random slope for interaction channel ($QUALITY_{ijk} = \gamma_{000} + \gamma_{001}RS_i + \gamma_{100}CHANNEL_{ijk} + \gamma_{101}RS_i*CHANNEL_{ijk} + \mu_{0i} + v_{0ij} + v_{1ij} + \varepsilon_{ijk}$).⁷

(RQ1) To explore whether the interaction between closeness and rejection sensitivity on interaction quality was conditioned on modality, we specified a three-way interaction between RS, closeness, and channel. We included a random intercept and a random slope for the relationship between perceived closeness and interaction quality ($QUALITY_{ijk} = \gamma_{000} + \gamma_{001}RS_i + \gamma_{100}CHANNEL_{ijk} + \gamma_{200}CLOSE_{ijk} + \gamma_{101}RS*CHANNEL_{ijk} + \gamma_{201}RS_i*CHANNEL_{ijk} + \gamma_{300}$

⁵ Where γ_{000} is the grand mean intercept, γ_{001} is the fixed effect of RS on QUALITY, γ_{100} is the fixed effect of CLOSE on QUALITY, γ_{101} is the fixed effect of the interaction term, μ_{0i} is the random intercept term indicating the deviation between a given participant's intercept and the grand mean intercept, v_{0ij} is the random intercept term indicating the deviation of day level observations from a person's mean, and v_{1ij} is the random slope term for the relationship between CLOSE and QUALITY.

⁶ Where γ_{000} is the grand mean intercept, γ_{001} is the fixed effect of RS on QUALITY, γ_{100} is the fixed effect of CHANNEL on QUALITY, γ_{101} is the fixed effect of the interaction term, μ_{0i} is the random intercept term indicating the deviation between a given participant's intercept and the grand mean intercept, and v_{0ij} is the random intercept term indicating the deviation of day level observations from a person's mean.

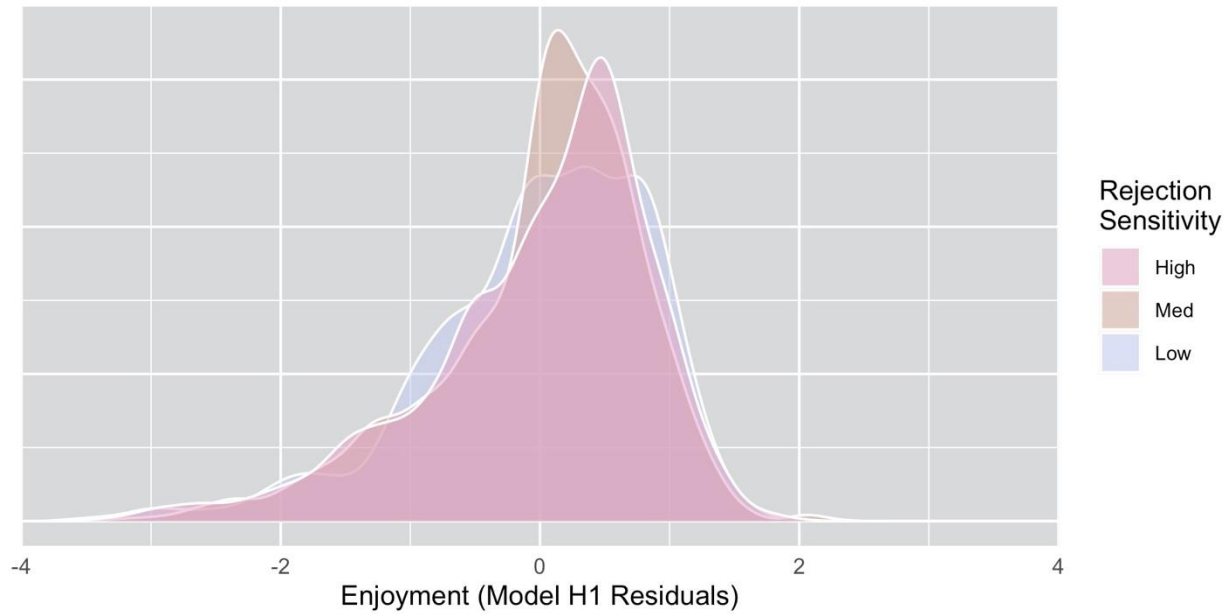
⁷ Where γ_{000} is the grand mean intercept, γ_{001} is the fixed effect of RS on QUALITY, γ_{100} is the fixed effect of CHANNEL on QUALITY, γ_{101} is the fixed effect of the interaction term, μ_{0i} is the random intercept term indicating the deviation between a given participant's intercept and the grand mean intercept, v_{0ij} is the random intercept term indicating the deviation of day level observations from a person's mean, and v_{1ij} is the random slope term for the relationship between CHANNEL and QUALITY.

$\text{CHANNEL}_{ijk} * \text{CLOSE}_{ijk} + \gamma_{301} \text{RS}_i * \text{CHANNEL}_{ijk} * \text{CLOSE}_{ijk} + \mu_{0i} + v_{0ij} + v_{3ij} + \varepsilon_{ijk}$).⁸ However, in models specified using with person-centered closeness (i.e., the effect of how close an interaction was relative to the person's typical level of closeness with their interaction partners), the three-way interaction effects were attenuated and insignificant.

⁸ Running these models with the interaction term of both Level-1 variables (CLOSE*CHANNEL) as a random slope resulted in convergence issues (e.g., singularity), thus we respecified the model to allow the more significant Level-1 predictor (closeness) as the random slope in line the H4 models. Similarly, including the covariates in this model resulted in convergence issues, so age and gender were removed for the RQ1 models. See Table 1.

Variability in Interaction Quality

(A) Perceived Enjoyment of Daily Interactions



Variability in Interaction Quality

(B) Perceived Supportiveness of Daily Interactions

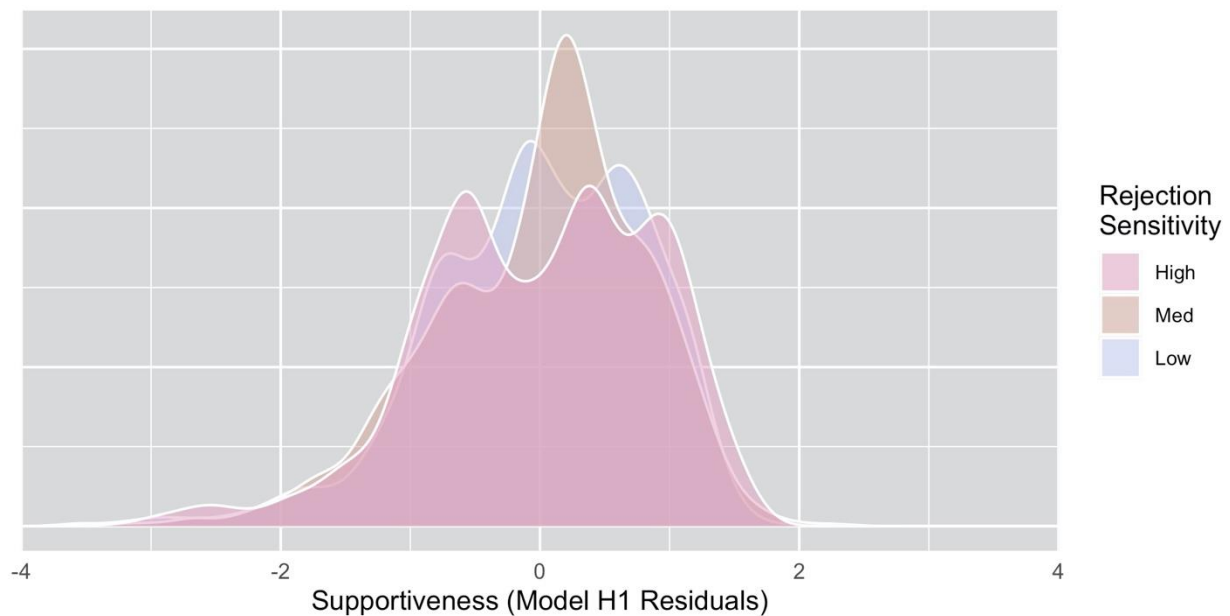


Figure 3. The density ridge plots above illustrate how rejection-sensitive individuals exhibited greater variability in their perceptions of interaction enjoyment (top; A) and supportiveness (bottom; B). Here, participants were separated into thirds (high, medium, or low rejection sensitivity). The increased variability is visible in the wider tails and additional peaks for individuals high in rejection sensitivity (pink).