Multimedia Appendix 1: [Means/percentages and correlations among variables]

| | Mean | Std | Male | Age | White | Married | Education | Income | Internet: Friends | Internet: Meet | Internet: Information | Internet: Escape | Internet: Shopping | Internet: Health | Caretaker status | Has illness | Health (T1) | Depression (T1) | Health (T2) | Depression (T2&3) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Male (0=female; 1=male) | .41 | .49 | 1.00 | | | | | | | | | | | | | | | | | |
| Age | 44.95 | 17.18 | .03 | 1.00 | | | | | | | | | | | | | | | | |
| White (0=minority; 1=white) | .90 | .30 | .01 | .09 | 1.00 | | | | | | | | | | | | | | | |
| Married (0=not married; 1=married) | .61 | .49 | .06 | .25 | .10 | 1.00 | | | | | | | | | | | | | | |
| Education | 4.67 | 1.79 | -.01 | .21 | -.02 | .19 | 1.00 | | | | | | | | | | | | | |
| Income | 5.12 | 2.38 | .06 | .02 | .05 | .39 | .41 | 1.00 | | | | | | | | | | | | |
| Internet: Friends & Family | 2.86 | 1.66 | -.04 | -.28 | -.04 | -.09 | .30 | .30 | 1.00 | | | | | | | | | | | |
| Internet: Meet People | 1.33 | .88 | .05 | -.28 | -.07 | -.23 | -.02 | -.01 | .40 | 1 | | | | | | | | | | |
| Internet: Information | 2.52 | 1.42 | .14 | -.32 | -.06 | -.03 | .31 | .31 | .67 | .41 | 1.00 | | | | | | | | | |
| Internet: Entertainment/Escape | 2.38 | 1.53 | .07 | -.39 | -.13 | -.18 | .03 | .11 | .58 | .49 | .60 | 1.00 | | | | | | | | |
| Internet: Shopping | 1.95 | .93 | .11 | -.18 | -.05 | .05 | .35 | .32 | .57 | .27 | .69 | .55 | 1.00 | | | | | | | |
| Internet: Health | 1.44 | .68 | -.04 | -.09 | -.06 | -.02 | .19 | .11 | .43 | .37 | .49 | .41 | .52 | 1.00 | | | | | | |
| Caretaker status (0=no; 1=yes) | .17 | .37 | -.06 | .11 | .05 | .08 | -.05 | -.05 | -.02 | -.05 | -.09 | -.01 | .01 | .06 | 1.00 | | | | | |
| Has serious illness (0=no; 1=yes) | .20 | .40 | .07 | .20 | -.02 | .00 | -.11 | -.16 | -.15 | -.01 | -.16 | -.07 | -.07 | .03 | .21 | 1.00 | | | | |
| General health (time 1) | 3.85 | .96 | .09 | -.21 | .01 | .04 | .17 | .27 | .20 | -.01 | .22 | .09 | .17 | .01 | -.19 | -.43 | 1.00 | | | |
| Depression (time 1) | 1.70 | .52 | -.09 | -.14 | -.01 | -.13 | -.13 | -.16 | .00 | .12 | .02 | .19 | .00 | .09 | .10 | .23 | -.36 | 1.00 | | |
| General health (times 3) | 3.82 | 1.01 | .06 | -.20 | .04 | .02 | .18 | .27 | .22 | .02 | .22 | .12 | .19 | .03 | -.13 | -.39 | .69 | -.29 | 1.00 | |
| Depression (times 2 & 3) | 1.73 | .55 | -.13 | -.15 | .00 | -.10 | -.11 | -.14 | .02 | .20 | .07 | .18 | .05 | .21 | .05 | .18 | -.31 | .59 | -.35 | 1.00 |

Note: All statistics are based on the first questionnaire, except for for the outcome measures. The depression outcome was measured at times 2 and 3, while the general health outcome was only measured at time 3. Except for means and standard deviations, all entries are Pearson product moment correlations.