Supplementary Material

# Supplementary Tables

Appendix A The paper list

|  |  |  |  |  |  |  |  |  |
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|  | Author(s) | Title | Year | Topic 1 | Topic 2 | Topic 3 | Topic 4 | Topic 5 |
| 1 | Armstrong G. B.; Greenberg B. S. | Background television as an inhibitor of cognitive processing | 1990 |  | √ |  |  |  |
| 2 | Armstrong G. B.; Boiarsky G. A.; Mares M. L. | Background television and reading performance | 1991 |  | √ | √ |  |  |
| 3 | Furnham A.; Gunter B.; Peterson, E. | Television distraction and the performance of introverts and extroverts | 1994 |  |  | √ |  |  |
| 4 | Cool, V. A.; Yarbrough, D. B.; Patton, J. E.; Runde, R.; Keith, T. Z. | Experimental effects of radio and television distractors on children’s performance on mathematics and reading assignments | 1994 |  |  | √ |  |  |
| 5 | Oldham, G. R.; Cummings, A.; Mischel, L. J.; Schmidtke, J. M.; Zhou, J. | Listen while you work? Quasi-experimental relations between personal-stereo headset use and employee work responses | 1995 |  |  |  |  | √ |
| 6 | Beentjes, J. W.; Koolstra, C. M.; Van der Voort, T. H. | Combining background media with doing homework: Incidence of background media use and perceived effects | 1996 |  |  | √ |  |  |
| 7 | Armstrong G. B.; Sopory P. | Effects of background television on phonological and visuo-spatial working memory | 1997 |  | √ |  |  |  |
| 8 | Furnham A.; Bradley A. | Music while you work: The differential distraction of background music on the cognitive test performance of introverts and extraverts. | 1997 |  | √ | √ |  |  |
| 9 | Beh, H. C.; Hirst, R. | Performance on driving-related tasks during music | 1999 |  | √ |  |  |  |
| 10 | Pool M. M.; Van Der Voort T. H.; Beentjes J. W.; Koolstra C. M. | Background television as an inhibitor of performance on easy and difficult homework assignments | 2000 |  |  | √ |  |  |
| 11 | Armstrong G. B.; Chung L. | Background television and reading memory in context: Assessing TV interference and facilitate context effects on encoding versus retrieval processes | 2000 |  | √ | √ |  |  |
| 12 | Ransdell, S. E.; Gilroy, L. | The effects of background music on word processed writing | 2001 |  |  | √ |  |  |
| 13 | Kallinen, K. | Reading news from a pocket computer in a distracting environment: Effects of the tempo of background music | 2002 |  |  | √ |  |  |
| 14 | Pool M. M.; Koolstra C. M.; Van der Voort T. H. | Distraction effects of background soap operas on homework performance: An experimental study enriched with observational data | 2003 |  |  | √ |  |  |
| 15 | Pool M. M.; Koolstra C. M.; van der Voor, T. H. A. | The impact of background radio and television on high school students’ homework performance | 2003 |  |  | √ |  |  |
| 16 | Hembrooke, H.; Gay, G. | The laptop and the lecture: The effects of multitasking in learning environments | 2003 |  |  | √ |  |  |
| 17 | Pilotta J. J.; Schultz D. E.; Drenik G.; Rist P. | Simultaneous media usage: A critical consumer orientation to media planning | 2004 | √ |  |  |  |  |
| 18 | Jeong, S. H.; Fishbein, M. | Predictors of multitasking with media: Media factors and audience factors | 2007 | √ |  |  |  |  |
| 19 | Chowdhury R. M.; Finn A.; Olsen G. D. | Investigating the simultaneous presentation of advertising and television programming | 2007 |  |  |  | √ |  |
| 20 | Fried, C. B. | In-class laptop use and its effects on student learning | 2008 |  |  | √ |  |  |
| 21 | Collins R. L. | Media multitasking: Issues posed in measuring the effects of television sexual content exposure | 2008 |  |  |  | √ |  |
| 22 | Carrier, L. M.; Cheever, N. A.; Rosen, L. D.; Benitez, S.; Chang, J. | Multitasking across generations: Multitasking choices and difficulty ratings in three generations of Americans | 2009 | √ |  |  |  |  |
| 23 | Ophir E.; Nass C.; Wagner A. D. | Cognitive control in media multitaskers | 2009 |  | √ |  |  |  |
| 24 | Lin L.; Robertson T.; Lee J. | Reading performances between novices and experts in different media multitasking environments | 2009 |  |  | √ |  |  |
| 25 | Fox, A. B.; Rosen, J.; Crawford, M. | Distractions, distractions: Does instant messaging affect college students’ performance on a concurrent reading comprehension task? | 2009 |  |  | √ |  |  |
| 26 | End, C. M.; Worthman, S.; Mathews, M. B.; Wetterau, K. | Costly cell phones: The impact of cell phone rings on academic performance | 2009 |  |  | √ |  |  |
| 27 | Benbunan-Fich, R.; Truman, G. E. | Technical opinion multitasking with laptops during meetings | 2009 |  |  | √ |  |  |
| 28 | Calamaro, C. J.; Mason, T. B.; Ratcliffe, S. J. | Adolescents living the 24/7 lifestyle: Effects of caffeine and technology on sleep duration and daytime functioning | 2009 |  |  |  |  | √ |
| 29 | Bowman L. L.; Levine L. E.; Waite B. M.; Gendron M. | Can students really multitask? An experimental study of instant messaging while reading | 2010 |  |  | √ |  |  |
| 30 | Ellis, Y.; Daniels, B.; Jauregui, A. | The effect of multitasking on the grade performance of business students | 2010 |  |  | √ |  |  |
| 31 | Kraushaar, J. M.; Novak, D. C. | Examining the affects of student multitasking with laptops during the lecture | 2010 |  |  | √ |  |  |
| 32 | Bardhi F.; Rohm A. J.; Sultan F. | Tuning in and tuning out: Media multitasking among young consumers | 2010 |  |  |  | √ |  |
| 33 | Zhang W.; Jeong S. H.; Fishbein M. | Situational factors competing for attention: The interaction effect between multitasking and sexual explicitness on TV recognition | 2010 |  |  |  | √ |  |
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| 35 | Zhong B.; Hardin M.; Sun T. | Less effortful thinking leads to more social networking? The associations between the use of social network sites and personality traits | 2011 | √ |  |  |  |  |
| 36 | Judd, T.; Kennedy, G. | Measurement and evidence of computer-based task switching and multitasking by ‘Net Generation’ students | 2011 | √ |  |  |  |  |
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| 38 | Brasel S. A.; Gips J. | Media multitasking behavior: Concurrent television and computer usage | 2011 |  | √ |  |  |  |
| 39 | Cain M. S.; Mitroff S. R. | Distractor filtering in media multitaskers | 2011 |  | √ |  |  |  |
| 40 | Junco R.; Cotten S. R. | Perceived academic effects of instant messaging use | 2011 |  |  | √ |  |  |
| 41 | Lin, L.; Lee, J.; Robertson, T. | Reading while watching video: The effect of video content on reading comprehension and media multitasking ability | 2011 |  |  | √ |  |  |
| 42 | Rosen, L. D.; Lim, A. F.; Carrier, L. M.; Cheever, N. A. | An empirical examination of the educational impact of text message-induced task switching in the classroom: Educational implications and strategies to enhance learning | 2011 |  |  | √ |  |  |
| 43 | Voorveld H. A. M. | Media multitasking and the effectiveness of combining online and radio advertising | 2011 |  |  |  | √ |  |
| 44 | Yoon, S.; Choi, Y. K.; Song, S. | When intrusive can be likable | 2011 |  |  |  | √ |  |
| 45 | Ie A.; Haller C. S.; Langer E. J.; Courvoisier D. S. | Mindful multitasking: The relationship between mindful flexibility and media multitasking | 2012 | √ |  |  |  |  |
| 46 | Wang Z.; Tchernev J. M. | The “myth” of media multitasking: Reciprocal dynamics of media multitasking, personal needs, and gratifications | 2012 | √ |  |  |  |  |
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| 48 | Lui K. F. H.; Wong A. C. N. | Does media multitasking always hurt? A positive correlation between multitasking and multisensory integration | 2012 |  | √ |  |  |  |
| 49 | Wang, Z.; David, P.; Srivastava, J.; Powers, S.; Brady, C.; D’Angelo, J.; Moreland, J. | Behavioral performance and visual attention in communication multitasking: A comparison between instant messaging and online voice chat | 2012 |  | √ |  |  |  |
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| 51 | Junco, R.; Cotten, S. R. | No A 4 U: The relationship between multitasking and academic performance | 2012 |  |  | √ |  |  |
| 52 | Junco, R. | In-class multitasking and academic performance | 2012 |  |  | √ |  |  |
| 53 | Wei, F. Y. F.; Wang, Y. K.; Klausner, M. | Rethinking college students’ self-regulation and sustained attention: Does text messaging during class influence cognitive learning? | 2012 |  | √ | √ |  |  |
| 54 | Wood, E.; Zivcakova, L.; Gentile, P.; Archer, K.; De Pasquale, D.; Nosko, A. | Examining the impact of off-task multi-tasking with technology on real-time classroom learning | 2012 |  |  | √ |  |  |
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| 58 | Levine L. E.; Waite B. M.; Bowman L. L. | Mobile media use, multitasking and distractibility | 2012 |  | √ | √ |  |  |
| 59 | Pea R.; Nass C.; Meheula L.; Rance M.; Kumar A.; Bamford H.; Nass M.; Simha A.; Stillerman B.; Yang S.; Zhou M. | Media use, face-to-face communication, media multitasking, and social well-being among 8- to 12-year-old girls | 2012 |  |  |  |  | √ |
| 60 | David P.; Xu L.; Srivastava J.; Kim J. H. | Media multitasking between two conversational tasks | 2013 |  | √ |  |  |  |
| 61 | Sanbonmatsu D. M.; Strayer D. L.; Medeiros-Ward N.; Watson J. M. | Who multi-tasks and why? Multi-tasking ability, perceived multi-tasking ability, impulsivity, and sensation seeking | 2013 | √ | √ |  |  |  |
| 62 | Voorveld H. A. M.; van der Goot M. | Age differences in media multitasking: A diary study | 2013 | √ |  |  |  |  |
| 63 | Lin L. | Multiple dimensions of multitasking phenomenon | 2013 |  | √ |  |  |  |
| 64 | Kononova A. | Multitasking across borders: A cross-national study of media multitasking behaviors, its antecedents, and outcomes | 2013 | √ | √ |  |  |  |
| 65 | Minear M.; Brasher F.; McCurdy M.; Lewis J.; Younggren A. | Working memory, fluid intelligence, and impulsiveness in heavy media multitaskers | 2013 |  | √ |  |  |  |
| 66 | Yap J. Y.; Lim S. W. H. | Media multitasking predicts unitary versus splitting visual focal attention | 2013 |  | √ |  |  |  |
| 67 | Alzahabi R.; Becker M. W. | The association between media multitasking, task-switching, and dual-task performance | 2013 |  | √ |  |  |  |
| 68 | Song K. S.; Nam S. C.; Lim H.; Kim J. K. | Analysis of youngsters’ media multitasking behaviors and effect on learning | 2013 |  |  | √ |  |  |
| 69 | Clayson, D. E.; Haley, D. A. | An introduction to multitasking and texting: Prevalence and impact on grades and GPA in marketing classes | 2013 |  |  | √ |  |  |
| 70 | Sana, F.; Weston, T.; Cepeda, N. J. | Laptop multitasking hinders classroom learning for both users and nearby peers | 2013 |  |  | √ |  |  |
| 71 | Karpinski, A. C.; Kirschner, P. A.; Ozer, I.; Mellott, J. A.; Ochwo, P. | An exploration of social networking site use, multitasking, and academic performance among United States and European university students | 2013 |  |  | √ |  |  |
| 72 | kuznekoff, J. H.; Titsworth, S. | The impact of mobile phone usage on student learning | 2013 |  |  | √ |  |  |
| 73 | Rosen, L. D.; Carrier, L. M.; Cheever, N. A | Facebook and texting made me do it: Media-induced task-switching while studying | 2013 |  |  | √ |  |  |
| 74 | Subrahmanyam, K.; Michikyan, M.; Clemmons, C.; Carrillo, R.; Uhls, Y. T.; Greenfield, P. M. | Learning from paper, learning from screens: Impact of screen reading and multitasking conditions on reading and writing among college students | 2013 |  |  | √ |  |  |
| 75 | Fante, R.; Jacobi, L. L.; Sexton, V. D. | The effects of instant messaging and task difficulty on reading comprehension | 2013 |  |  | √ |  |  |
| 76 | Tran, P.; Carrillo, R.; Subrahmanyam, K. | Effects of online multitasking on reading comprehension of expository text | 2013 |  |  | √ |  |  |
| 77 | McDonald, S. | The effects and predictor value of in-class texting behavior on final course grades | 2013 |  |  | √ |  |  |
| 78 | Srivastava J. | Media multitasking performance: Role of message relevance and formatting cues in online environments | 2013 |  |  |  | √ |  |
| 79 | Shih S. I. | A null relationship between media multitasking and well-being | 2013 |  |  |  |  | √ |
| 80 | Becker M. W.; Alzahabi R.; Hopwood C. J. | Media multitasking is associated with symptoms of depression and social anxiety | 2013 |  |  |  |  | √ |
| 81 | Voorveld H. A. M.; Segijn C. M.; Ketelaar P. E.; Smit E. G. | Investigating the prevalence and predictors of media multitasking across countries | 2014 | √ |  |  |  |  |
| 82 | Bowman L. L.; Waite B. M.; Levine L. E. | A cross-cultural comparison of media multitasking in American and Malaysian college students | 2014 | √ |  | √ |  |  |
| 83 | Kononova A.; Zasorina T.; Diveeva N.; Kokoeva A.; Chelokyan A. | Multitasking goes global: Multitasking with traditional and new electronic media and attention to media messages among college students in Kuwait, Russia, and the USA | 2014 | √ |  | √ |  |  |
| 84 | Cotten S. R.; Shank D. B.; Anderson W. A. | Gender, technology use and ownership, and media-based multitasking among middle school students | 2014 | √ |  |  |  |  |
| 85 | Hwang Y.; Kim H.; Jeong S. H | Why do media users multitask?: Motives for general, medium-specific, and content-specific types of multitasking | 2014 | √ |  |  |  |  |
| 86 | Duff, B. R. L.; Yoon, G.; Wang, Z.; Anghelcev, G. | Doing it all: An exploratory study of predictors of media multitasking | 2014 | √ |  |  |  |  |
| 87 | Loh K. K.; Kanai R. | Higher media multi-tasking activity is associated with smaller gray-matter density in the anterior cingulate cortex | 2014 |  | √ |  |  |  |
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| 89 | Ralph B .C. W.; Thomson D. R.; Cheyne J. A.; Smilek D. | Media multitasking and failures of attention in everyday life | 2014 |  | √ |  |  |  |
| 90 | Calderwood C.; Ackerman P. L.; Conklin E. M. | What else do college students “do” while studying? An investigation of multitasking | 2014 |  |  | √ |  |  |
| 91 | Shah III A. V.; Mullens III D. J.; Van Duyn III L. J.; Januchowski R. P. | Multitasking behaviors of osteopathic medical students | 2014 |  |  | √ |  |  |
| 92 | Judd T. | Making sense of multitasking: The role of Facebook | 2014 | √ |  | √ |  |  |
| 93 | Dietz, S.; Henrich, C. | Texting as a distraction to learning in college students | 2014 |  |  | √ |  |  |
| 94 | Gaudreau, P.; Miranda, D.; Gareau, A. | Canadian university students in wireless classrooms: What do they do on their laptops and does it really matter? | 2014 |  |  | √ |  |  |
| 95 | Ravizza, S. M.; Hambrick, D. Z.; Fenn, K. M. | Non-academic internet use in the classroom is negatively related to classroom learning regardless of intellectual ability | 2014 |  |  | √ |  |  |
| 96 | Wei, F. Y. F.; Wang, Y. K.; Fass, W. | An experimental study of online chatting and notetaking techniques on college students’ cognitive learning from a lecture | 2014 |  |  | √ |  |  |
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| 99 | Gunawardena T.; Waiguny M. K | So many things to do! How multitasking affects memory and attitude for product and brand placements | 2014 |  |  |  | √ |  |
| 100 | Bowman, J. M.; Pace, R. C. | Dual-tasking effects on outcomes of mobile communication technologies | 2014 |  |  |  |  | √ |
| 101 | Aagaard J. | Media multitasking, attention, and distraction: A critical discussion | 2015 |  |  | √ |  |  |
| 102 | Kononova A.; Chiang Y. H. | Why do we multitask with media? Predictors of media multitasking among Internet users in the United States and Taiwan | 2015 | √ |  |  |  |  |
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| 104 | Voorveld H. A. M.; Viswanathan V. | An observational study on how situational factors influence media multitasking with TV: The role of genres, dayparts, and social viewing | 2015 | √ |  |  |  |  |
| 105 | Székely L. | The typology of multitasking activity | 2015 | √ |  |  |  |  |
| 106 | Cardoso-Leite P.; Green C. S.; Bavelier D. | On the impact of new technologies on multitasking | 2015 | √ |  |  |  |  |
| 107 | Gil de Zúñiga, H.; Garcia-Perdomo, V.; McGregor, S. C. | What is second screening? Exploring motivations of second screen use and its effect on online political participation | 2015 | √ |  |  |  |  |
| 108 | Lang, A.; Chrzan, J. | Media multitasking: Good, bad, or ugly? | 2015 | √ | √ |  |  |  |
| 109 | Vatavu R. D.; Mancas M. | Evaluating visual attention for multi-screen television: Measures, toolkit, and experimental findings | 2015 |  | √ |  |  |  |
| 110 | Kazakova S.; Cauberghe V.; Pandelaere M.; De Pelsmacker P. | Can’t see the forest for the trees? The effect of media multitasking on cognitive processing style | 2015 |  | √ |  |  |  |
| 111 | Ralph B. C. W.; Thomson D. R.; Seli P.; Carriere J. S. A.; Smilek D. | Media multitasking and behavioral measures of sustained attention | 2015 |  | √ |  |  |  |
| 112 | Wang Z.; Irwin M.; Cooper C.; Srivastava J. | Multi-dimensions of media multitasking and adaptive media selection | 2015 |  | √ |  |  |  |
| 113 | Bellur S.; Nowak K. L.; Hull K. S. | Make it our time: In class multitaskers have lower academic performance | 2015 |  |  | √ |  |  |
| 114 | Mokhtari K.; Delello J.; Reichard C. | Connected yet distracted: Multitasking among college students | 2015 |  |  | √ |  |  |
| 115 | Hassoun D. | “All over the place”: A case study of classroom multitasking and attentional performance | 2015 |  |  | √ |  |  |
| 116 | Carrier L. M.; Rosen L. D.; Cheever N. A.; Lim A. F. | Causes, effects, and practicalities of everyday multitasking | 2015 | √ |  | √ |  |  |
| 117 | Zhang, W. | Learning variables, in-class laptop multitasking and academic performance: A path analysis. | 2015 |  |  | √ |  |  |
| 118 | Lawson, D.; Henderson, B. B. | The costs of texting in the classroom | 2015 |  |  | √ |  |  |
| 119 | Duff B. R. L.; Sar S. | Seeing the big picture: Multitasking and perceptual processing influences on ad recognition | 2015 |  |  |  | √ |  |
| 120 | Chinchanachokchai S.; Duff B. R. L.; Sar S. | The effect of multitasking on time perception, enjoyment, and ad evaluation | 2015 |  |  |  | √ |  |
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| 122 | Van Der Schuur W. A.; Baumgartner S. E.; Sumter S. R.; Valkenburg P. M. | The consequences of media multitasking for youth: A review | 2015 |  | √ | √ |  | √ |
| 123 | Yang X.; Xu X.; Zhu L. | Media multitasking and psychological wellbeing in Chinese adolescents: Time management as a moderator | 2015 |  |  |  |  | √ |
| 124 | Marsh S.; Ni Mhurchu C.; Jiang Y.; Maddison R. | Modern screen-use behaviors: The effects of single- and multi-screen use on energy intake | 2015 |  |  |  |  | √ |
| 125 | Nooner K.; Schaefer L. | A pilot investigation of media multitasking and trauma symptoms among adolescents | 2015 |  |  |  |  | √ |
| 126 | Dias P. | Motivations for multi-screening: An exploratory study on motivations and gratifications | 2016 | √ |  |  |  |  |
| 127 | Yang X.; Zhu L. | Predictors of media multitasking in Chinese adolescents | 2016 | √ |  |  |  |  |
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| 129 | Rubenking B. | Multitasking with TV: Media technology, genre, and audience influences | 2016 | √ |  |  |  |  |
| 130 | Srivastava J.; Nakazawa M.; Chen Y. W. | Online, mixed, and offline media multitasking: Role of cultural, socio-demographic, and media factors | 2016 | √ |  |  |  |  |
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| 133 | Gorman T. E.; Green C. S. | Short-term mindfulness intervention reduces the negative attentional effects associated with heavy media multitasking | 2016 |  | √ |  |  |  |
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| 136 | Shin D. H., An H., Kim J. H. | How the second screens change the way people interact and learn: The effects of second screen use on information processing | 2016 |  |  | √ |  |  |
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| 138 | Calderwood C.; Green J. D.; Joy-Gaba J. A.; Moloney J. M. | Forecasting errors in student media multitasking during homework completion | 2016 |  |  | √ |  |  |
| 139 | Dindar, M.; Akbulut, Y. | Effects of multitasking on retention and topic interest | 2016 |  |  | √ |  |  |
| 140 | Gupta, N.; Irwin, J. D. | In-class distractions: The role of Facebook and the primary learning task | 2016 |  |  | √ |  |  |
| 141 | Kononova A.; Joo E.; Yuan S. | If I choose when to switch: Heavy multitaskers remember online content better than light multitaskers when they have the freedom to multitask | 2016 |  |  |  | √ |  |
| 142 | Jeong S. H.; Hwang Y. | Media multitasking effects on cognitive vs. attitudinal outcomes: A meta-analysis | 2016 |  |  |  | √ |  |
| 143 | Kazakova S.; Cauberghe V.; Hudders L.; Labyt C. | The impact of media multitasking on the cognitive and attitudinal responses to television commercials: The moderating role of type of advertising appeal | 2016 |  |  |  | √ |  |
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