

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	UpwardStateSE	3.3649	57	.63856	.08458
	DownwardStateSE	3.6754	57	.61026	.08083
Pair 2	UpwardStateSEPerformance	3.5161	62	.67273	.08544
	DownwardStateSEPerformance	3.8756	62	.65054	.08262
Pair 3	UpwardStateSESocial	3.2650	62	.87943	.11169
	DownwardStateSESocial	3.6129	62	.87276	.11084
Pair 4	UpwardStateSEAppearance	3.1778	60	.77074	.09950
	DownwardStateSEAppearance	3.3806	60	.71049	.09172

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	UpwardStateSE & DownwardStateSE	57	.784	.000
Pair 2	UpwardStateSEPerformance & DownwardStateSEPerformance	62	.755	.000
Pair 3	UpwardStateSESocial & DownwardStateSESocial	62	.815	.000
Pair 4	UpwardStateSEAppearance & DownwardStateSEAppearance	60	.794	.000

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	UpwardStateSE - DownwardStateSE	-.31053	.41174	.05454	-.41978	-.20128	-5.694	56	.000
Pair 2	UpwardStateSEPerformance - DownwardStateSEPerformance	-.35945	.46327	.05883	-.47709	-.24180	-6.109	61	.000
Pair 3	UpwardStateSESocial - DownwardStateSESocial	-.34793	.53240	.06762	-.48313	-.21272	-5.146	61	.000
Pair 4	UpwardStateSEAppearance - DownwardStateSEAppearance	-.20278	.47843	.06177	-.32637	-.07918	-3.283	59	.002

Correlations

		Upward StateSE	Downward StateSE	How often do you use Facebook?	How often do you update your Facebook status?	Approximately how many hours per week do you spend on Facebook?
UpwardStateSE	Pearson Correlation	1	.784**	-.029	.386**	-.179
	Sig. (2-tailed)		.000	.827	.003	.180
	N	64	57	58	57	58
DownwardStateSE	Pearson Correlation	.784**	1	.092	.237	-.093
	Sig. (2-tailed)	.000		.487	.073	.483
	N	57	62	59	58	59
How often do you use Facebook?	Pearson Correlation	-.029	.092	1	.320*	.373**
	Sig. (2-tailed)	.827	.487		.011	.003
	N	58	59	63	62	62
How often do you update your Facebook status?	Pearson Correlation	.386**	.237	.320*	1	-.060
	Sig. (2-tailed)	.003	.073	.011		.644
	N	57	58	62	62	61
Approximately how many hours per week do you spend on Facebook?	Pearson Correlation	-.179	-.093	.373**	-.060	1
	Sig. (2-tailed)	.180	.483	.003	.644	
	N	58	59	62	61	62

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

Calculate Cohen's d for paired samples using

<http://www.cognitiveflexibility.org/effectsize/>