Data Collection

Data was collected from a sample of 116 young adults aged 18-25, from the period of March 2017 to December 2017 .Participants completed measures of executive functioning, media multitasking ability, anxiety and depression. The Data provided here is in both SPSS and Excel format. The Excel file features a sheet named Variable information which details all the information regarding variable labels that is present in the SPSS file.

Data processing

Normality testing was carried out on the data which lead to the removal of 5 cases, due to outliers above 3 standard deviations. Specifically, the cases for Time 2 and Time\_ 3 State Depression of participant 115, Flanker\_1NL of participant 15, and WCST of participants 6 and 17 were removed. A further 3 participants data for Reading Score, Video Score and PMMT score were removed based on recall test non-compliance protocols, which were participants 100, 102, 112.

During the manuscript revision process, supplementary analysis was recommended and conducted. For this analysis similar normality testing was carried out, which lead to the removal of 22 cases. The specific cases are listed below. Please note that all these details are referred to in the paper.

Removed cases:
Participant 5 Stop\_It \_P
Participant 66 Stop\_It\_go\_hits
Participant 17 Incorrect\_Inhibs and No\_Go\_Trials\_Acc
Participant 87 N\_Cong\_RT,
Participant 15 N\_Flank\_Null\_RT, N\_Flank\_Neu\_Rt, N\_Incong\_Rt, Go\_Trials\_Acc
Participant 50 A\_Incong\_Acc
Participant 69 A\_Flank\_null\_Acc, N\_Flank\_Nul\_Acc, Go\_Trials\_Acc, No\_Go\_Trials\_Rt,
Participant 70 A\_Flank\_Null\_Rt, A\_Flank\_Neu\_Rt, A\_flank\_Neu\_Acc, A\_Incong\_Acc
Participant 74 A\_Flank\_Null\_Acc, N\_Flank\_Null\_Acc, N\_Cong\_Acc