

SUPPLEMENTARY TABLE 1. Distribution of response options for measures of social media use, mental health, and suicide risk among high school students with a valid response to the binge eating item — Youth Risk Behavior Survey, United States, 2025*

Health Behaviors and Experiences	Unweighted N	Unweighted %	Weighted % (95% CI)
Social Media Use[†]			
I do not use social media	393	5.8	6.9 (5.7–8.2)
A few times a month	126	1.8	1.7 (1.4–2.0)
About once a week	71	1.0	0.9 (0.6–1.3)
A few times a week	298	4.4	4.2 (3.4–5.1)
About once a day	332	4.9	5.4 (4.7–6.1)
Several times a day	2,992	43.8	45.1 (42.5–47.7)
About once an hour	470	6.9	7.5 (6.6–8.6)
More than once an hour	2,145	31.4	28.4 (25.9–30.9)
Missing	71	---	---
Mental health was not good in the past 30 days[§]			
Never	1,387	20.5	18.7 (16.7–20.8)
Rarely	1,678	24.9	25.4 (24.1–26.8)
Sometimes	2,138	31.7	32.5 (30.5–34.6)
Most of the time	1,136	16.8	17.4 (15.8–19.1)
Always	413	6.1	6.0 (5.3–6.9)
Missing	146	---	---
Felt so sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing some usual activities in the past 12 months[¶]			
Yes	2,402	35.6	33.8 (31.7–36.0)
No	4,339	64.4	66.2 (64.0–68.3)
Missing	157	---	---
Seriously considered attempting suicide in the past 12 months^{**}			
Yes	987	14.7	15.0 (13.9–16.2)

Yes (most of the time, or always)	27.2 (23.8–30.9)	1.95 (1.67–2.28)	13.3 **	26.8 (23.1–30.9)	1.83 (1.52–2.19)	12.1 **	28.2 (23.3–33.6)	2.11 (1.68–2.64)	14.8 **
No (never, rarely, or sometimes)	14.0 (12.7–15.3)	Ref	Ref	14.7 (12.9–16.7)	Ref	Ref	13.4 (11.8–15.1)	Ref	
Persistent feelings of sadness or hopelessness									
Yes	25.4 (23.1–27.8)	1.97 (1.73–2.26)	12.5 **	26.4 (24.0–29.0)	2.10 (1.80–2.45)	13.9 **	23.6 (20.0–27.5)	1.81 (1.47–2.23)	10.5 **
No	12.8 (11.4–14.4)	Ref	Ref	12.5 (10.7–14.7)	Ref	Ref	13.0 (11.3–15.0)	Ref	Ref
Seriously considered attempting suicide									
Yes	27.1 (23.0–31.6)	1.77 (1.49–2.11)	11.8 **	27.5 (22.5–33.2)	1.65 (1.32–2.07)	10.9 **	26.4 (21.0–32.6)	1.86 (1.48–2.33)	12.2 **
No	15.3 (13.9–16.8)	Ref	Ref	16.6 (14.7–18.7)	Ref	Ref	14.2 (12.7–15.9)	Ref	Ref

Abbreviations: PR = prevalence ratio; PD = prevalence difference; Ref = referent group.

*N = 6,898 respondents with valid responses for the binge eating item (of 10,710 participants in the 2025 national YRBS respondents). The total number (N) of students answering each question varied. Data might be missing because 1) students in schools selected for both national and site-specific YRBS samples completed only one questionnaire; therefore, when the site-specific questionnaire was administered, it might not have included all questions on the national YRBS; 2) the student did not answer the question; or 3) the response was set to missing because of an out-of-range response or logical inconsistency. Prevalence estimates and analyses in each category are calculated based on nonmissing data.

†Once a day or less was the referent group for the primary comparisons shown in the table. A secondary comparison (not shown in the table) examined students reporting social media use hourly or more compared with several times a day, with several times a day as the referent group: overall PR=1.59 (1.35-1.87); overall PD=8.4 (p<.001); female PR=1.66 (1.36-2.02); female students PD=9.9 (p<.001); male PR=1.53 (1.13-2.06); male students PD=7.2 (p=.007).

**Statistically significant based on a pairwise difference from the unadjusted logistic regression model with predicted marginal proportions (p<0.05).