

Supplementary Table S1 Frequency and percentage distribution of subjects according to their baseline variables (N = 227)

Sl. no.	Variables	n	%
1	Age (y)		
	18–19	96	42.3
	20–21	117	51.5
	22–23	11	4.8
	23 above	3	1.3
2	Gender		
	Male	34	15
	Female	193	85
3	Program		
	BSc nursing	111	48.9
	Bachelor of physiotherapy	57	25.1
	BSc medical laboratory	22	9.7
	Bachelor of audiology and speech language pathology	37	16.3
4	Year of studying		
	I year	84	37
	II year	62	27.3
	III year	58	25.6
	IV year	23	10.1
5	Have you binge-watched		
	Yes	179	78.9
	No	48	21.1
6	Do you enjoy binge-watching?		
	Yes	162	72.2
	No	63	27.8
7	How many hours you spend binge-watching in a day?		
	0–1	75	33
	2–3	97	42.7
	4–5	35	15.4
	6–7	14	6.2
	8–9	6	2.6
8	How many episodes do you watch at a time?		
	0	24	10.6
	1–3	130	57.3
	4–6	47	20.7
	7–9	10	4.4
	10–12	16	7
9	Which program would you like to binge-watch the most?		
	Movies	80	35.2
	Serial	93	41
	Documentary	9	4
	Sports series	10	4.4
	Other	35	15.4
10	Have you adopted any measures to control binge-watching?		
	Yes	42	18.5
	No	185	81.5