**S1 Table. The Rapid Upper Limp Assessment (RULA) scores of university student smartphone users.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ID | Upper Arms Posture(Highest score=6) | Lower ArmsPosture(Highest score=3) | WristsPosture(Highest score=4) | Wrists TwistPosture(Highest score=2) | Score A(Upper arms, lower arms and wrists Postures) | Muscle Use for Group A(Highest score=1) | Forcefor Group A(Highest score=3) | Score C(Score A+muscle use and force for group A) | Neck(Highest score=6) | Trunk(Highest score=6) | Legs(Highest score=2) | Score B(Neck, Trunk, LegsPostures) | Muscle Use for Group B (Highest score=1) | Forcefor Group B (Highest score=3) | Score D(Score B+muscle use and force for group B) | Grand Score(Highest score=7) |
| **Lt.** | **Rt.** | **Lt.** | **Rt.** | **Lt.** | **Rt.** | **Lt.** | **Rt.** | **Lt.** | **Rt.** | **Lt.** | **Rt.** | **Lt.** | **Rt.** | **Lt.** | **Rt.** |  |  |  |  |  |  |  | **Lt.** | **Rt.** |
| 01 | 2 | 2 | 2 | 2 | 3 | 3 | 1 | 1 | 3 | 3 | 1 | 1 | 2 | 0 | 6 | 4 | 3 | 3 | 2 | 5 | 1 | 2 | 8 | 7 | 6 |
| 02 | 1 | 1 | 2 | 2 | 3 | 4 | 1 | 1 | 3 | 3 | 1 | 1 | 0 | 0 | 4 | 4 | 3 | 4 | 2 | 6 | 1 | 2 | 9 | 6 | 6 |
| 03 | 1 | 2 | 2 | 2 | 4 | 3 | 1 | 1 | 3 | 3 | 1 | 1 | 0 | 0 | 4 | 4 | 4 | 4 | 2 | 7 | 1 | 2 | 10 | 6 | 6 |
| 04 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 3 | 2 | 1 | 1 | 0 | 0 | 4 | 3 | 3 | 3 | 2 | 5 | 1 | 2 | 8 | 6 | 6 |
| 05 | 1 | 1 | 2 | 2 | 3 | 4 | 1 | 1 | 3 | 3 | 1 | 1 | 0 | 0 | 4 | 4 | 3 | 4 | 2 | 6 | 1 | 2 | 9 | 6 | 6 |
| 06 | 1 | 1 | 2 | 2 | 4 | 4 | 1 | 1 | 3 | 3 | 1 | 1 | 0 | 0 | 4 | 4 | 4 | 4 | 2 | 7 | 1 | 2 | 10 | 6 | 6 |
| 07 | 1 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 0 | 0 | 3 | 3 | 4 | 4 | 1 | 7 | 1 | 2 | 9 | 6 | 6 |
| 08 | 1 | 1 | 2 | 2 | 2 | 3 | 1 | 1 | 3 | 2 | 1 | 1 | 0 | 0 | 4 | 3 | 3 | 4 | 1 | 5 | 1 | 2 | 7 | 6 | 6 |
| 09 | 1 | 1 | 2 | 2 | 4 | 4 | 2 | 2 | 3 | 3 | 1 | 1 | 0 | 0 | 4 | 4 | 4 | 3 | 1 | 6 | 1 | 2 | 8 | 6 | 6 |
| 10 | 2 | 1 | 2 | 2 | 4 | 4 | 2 | 2 | 3 | 4 | 1 | 1 | 0 | 0 | 4 | 5 | 3 | 4 | 2 | 6 | 1 | 2 | 9 | 7 | 6 |
| 11 | 1 | 1 | 2 | 2 | 3 | 3 | 1 | 1 | 3 | 3 | 1 | 1 | 0 | 0 | 4 | 4 | 4 | 3 | 1 | 6 | 1 | 2 | 8 | 6 | 6 |
| 12 | 1 | 2 | 2 | 2 | 3 | 4 | 1 | 1 | 4 | 3 | 1 | 1 | 0 | 0 | 5 | 4 | 4 | 4 | 2 | 7 | 1 | 2 | 10 | 6 | 7 |
| 13 | 1 | 1 | 2 | 2 | 3 | 4 | 1 | 1 | 3 | 3 | 1 | 1 | 0 | 0 | 4 | 4 | 4 | 4 | 2 | 7 | 1 | 2 | 10 | 6 | 6 |
| 14 | 1 | 1 | 2 | 2 | 4 | 4 | 2 | 2 | 3 | 3 | 1 | 1 | 0 | 0 | 4 | 4 | 5 | 3 | 2 | 8 | 1 | 2 | 11 | 6 | 6 |
| 15 | 1 | 2 | 2 | 2 | 3 | 2 | 1 | 1 | 3 | 3 | 1 | 1 | 0 | 0 | 4 | 4 | 5 | 4 | 2 | 8 | 1 | 2 | 11 | 6 | 6 |
| 16 | 2 | 1 | 2 | 2 | 3 | 2 | 1 | 1 | 2 | 3 | 1 | 1 | 2 | 0 | 5 | 4 | 5 | 4 | 2 | 8 | 1 | 2 | 11 | 7 | 6 |
| 17 | 2 | 1 | 2 | 2 | 2 | 3 | 1 | 1 | 3 | 3 | 1 | 1 | 0 | 0 | 4 | 4 | 4 | 4 | 2 | 7 | 1 | 2 | 10 | 6 | 6 |
| 18 | 1 | 2 | 2 | 2 | 2 | 4 | 1 | 1 | 4 | 2 | 1 | 1 | 0 | 0 | 5 | 3 | 4 | 4 | 1 | 7 | 1 | 2 | 9 | 6 | 7 |
| 19 | 1 | 2 | 2 | 2 | 3 | 3 | 1 | 1 | 3 | 3 | 1 | 1 | 0 | 0 | 4 | 4 | 4 | 3 | 1 | 6 | 1 | 2 | 8 | 6 | 6 |
| 20 | 2 | 1 | 2 | 2 | 4 | 4 | 1 | 1 | 3 | 4 | 1 | 1 | 0 | 0 | 4 | 5 | 3 | 3 | 2 | 5 | 1 | 2 | 7 | 7 | 6 |
| 21 | 1 | 2 | 2 | 2 | 3 | 3 | 1 | 1 | 3 | 3 | 1 | 1 | 0 | 0 | 4 | 4 | 4 | 3 | 2 | 7 | 1 | 2 | 10 | 6 | 6 |
| 22 | 1 | 1 | 2 | 2 | 3 | 3 | 1 | 1 | 3 | 3 | 1 | 1 | 0 | 0 | 4 | 4 | 4 | 4 | 2 | 7 | 1 | 2 | 10 | 6 | 6 |
| 23 | 1 | 2 | 2 | 2 | 4 | 3 | 2 | 1 | 3 | 3 | 1 | 1 | 0 | 0 | 4 | 4 | 4 | 4 | 1 | 7 | 1 | 2 | 9 | 6 | 6 |
| 24 | 2 | 2 | 2 | 2 | 1 | 3 | 1 | 1 | 3 | 3 | 1 | 1 | 2 | 0 | 5 | 4 | 3 | 2 | 2 | 4 | 1 | 2 | 7 | 7 | 6 |
| 25 | 2 | 2 | 2 | 2 | 4 | 3 | 2 | 1 | 3 | 4 | 1 | 1 | 0 | 0 | 4 | 5 | 4 | 2 | 2 | 6 | 1 | 2 | 9 | 7 | 6 |
| 26 | 1 | 1 | 2 | 2 | 1 | 4 | 1 | 1 | 3 | 2 | 1 | 1 | 0 | 0 | 4 | 3 | 4 | 2 | 2 | 6 | 1 | 2 | 9 | 6 | 6 |
| 27 | 1 | 1 | 2 | 2 | 3 | 3 | 1 | 1 | 3 | 3 | 1 | 1 | 0 | 0 | 4 | 4 | 2 | 5 | 2 | 7 | 1 | 2 | 10 | 6 | 6 |
| 28 | 1 | 1 | 2 | 2 | 4 | 3 | 2 | 1 | 3 | 3 | 1 | 1 | 2 | 0 | 6 | 4 | 3 | 2 | 1 | 3 | 1 | 0 | 4 | 6 | 4 |
| 29 | 2 | 1 | 1 | 1 | 3 | 4 | 1 | 1 | 3 | 3 | 1 | 1 | 0 | 0 | 4 | 4 | 4 | 1 | 2 | 5 | 1 | 2 | 8 | 6 | 6 |
| 30 | 1 | 1 | 2 | 2 | 4 | 3 | 1 | 1 | 3 | 3 | 1 | 1 | 0 | 0 | 4 | 4 | 4 | 1 | 1 | 5 | 1 | 0 | 6 | 6 | 6 |

Lt. = Left; Rt. = Right

150