

## Supplementary File 1

The structure of the diary log

Alter's name	<i>Name, nickname, monogram of the contacted person</i>
<b>I. TYPE AND PLACE OF INTERACTION</b>	
Mode of contact	face-to-face landline or mobile phone VoIP (e.g. Skype, Viber, Messenger) internet chat (e.g. Facebook or Viber chat, rapid SMS/e-mail exchange)
The place of conversation (only in case of face-to-face contact)	respondent's home respondent's workplace/school other office (e.g. bank, post office) public place (e.g. street, restaurant, pub) alter's home alter's workplace/school other
<b>II. INDIVIDUAL AND SOCIO-DEMOGRAPHIC CHARACTERISTICS OF THE ALTER</b>	
Gender	male female
Age	<i>Open question. (Respondents may guess.)</i>
Type of relationship	spouse/registered partner parent child sibling other relative close friend former and/or current neighbor former and/ or current colleague other contact from the workplace (e.g. porter, cleaner) classmate, teacher, acquaintanceship, other service sector (e.g. shopkeeper, postmen, hairdresser)
<b>III. CHARACTERISTICS OF THE INTERACTION</b>	
<b>III.1. Physical intensity</b>	
How long did the interaction last?	less than 1 minute 1–5 minutes 6–29 minutes 30 minutes – 120 minutes more than 2 hours
How often do you talk face-to-face, on the phone or via internet in general?	just met less than monthly monthly several times a month weekly

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Alter's name	<i>Name, nickname, monogram of the contacted person</i>
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	several times a week
	daily
	several times a day

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**III.2. Emotional intensity**

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How much do you like the given person?	not at all
	rather not
	neutral
	somewhat
	to a great extent

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## Supplementary File 2

Emotional and physical contact intensity measures according to type of relationship (mean values)

	2015	2020	Bonferroni Mann-Whitney U test
spouse/registered partner	n=189	n=420	
emotional intensity	4.92	4.92	p=.413
physical intensity 1: mean length (1-5)	3.95	4.51	U=25317,5; p=.000
physical intensity 2: mean frequency (1-8)	7.94	7.90	p=.364
parent	n=68	n=163	
emotional intensity	4.90	4.88	p=.434
physical intensity 1: mean length (1-5)	3.27	3.94	U=3456; p=.000
physical intensity 2: mean frequency (1-8)	7.57	6.89	U=4178; p=.001
child	n=115	n=346	
emotional intensity	4.99	4.96	p=.219
physical intensity 1: mean length (1-5)	3.66	4.16	U=14536,5;p=.000
physical intensity 2: mean frequency (1-8)	7.75	7.36	p=.018
sibling	n=31	n=81	
emotional intensity	4.90	4.81	p=.306
physical intensity 1: mean length (1-5)	3.15	3.84	U=769; p=.001
physical intensity 2: mean frequency (1-8)	7.28	6.66	p=.050
friend	n=110	n=82	
emotional intensity	4.46	4.57	p=.305
physical intensity 1: mean length (1-5)	3.51	3.72	p=.187
physical intensity 2: mean frequency (1-8)	6.47	5.19	U=2435,5; p=.000
neighbor	n=48	n=81	
emotional intensity	4.01	3.94	p=.400
physical intensity 1: mean length (1-5)	2.98	2.90	p=.460
physical intensity 2: mean frequency (1-8)	6.12	5.45	p=.034
colleague	n=76	n=163	
emotional intensity	4.0	4.03	p=.962
physical intensity 1: mean length (1-5)	3.38	3.55	p=.327
physical intensity 2: mean frequency (1-8)	7.36	6.56	U=3805; p=.000
household members	n=220	n=573	
emotional intensity	4.94	4.89	p=.151
physical intensity 1: mean length (1-5)	3.77	4.33	U=41849; p=.000
physical intensity 2: mean frequency (1-8)	7.95	7.75	U=56540; p=.001
non-household members	n=293	n=562	
emotional intensity	4.30	4.29	p=.870
physical intensity 1: mean length (1-5)	3.24	3.31	p=.449
physical intensity 2: mean frequency (1-8)	6.40	5.56	U=60468; p=.000
kin non-household members	n=145	n=256	
emotional intensity	4.79	4.84	p=.078
physical intensity 1: mean length (1-5)	3.54	3.73	p=.073

	<b>2015</b>	<b>2020</b>	<b>Bonferroni Mann-Whitney U test</b>
physical intensity 2: mean frequency (1-8)	7.12	5.92	U=10111; p=.000
non-kin non-household members	n=264	n=416	
emotional intensity	4.15	4.01	U=48735.5;p=.010
physical intensity 1: mean length (1-5)	3.18	3.11	p=.173
physical intensity 2: mean frequency (1-8)	6.30	5.43	U=41441; p=.000

*Note: Bonferroni corrected level of significance:  $p < 0.01$*