

Moderation may disrupt addictive nature of wireless mobile devices and adverse health outcomes

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Encouraging moderation, balance and real-life engagement coupled with education may combat the overuse of wireless mobile devices and

subsequent adverse health outcomes, according to research being presented Sunday at ENDO 2022, the Endocrine Society's annual meeting in Atlanta, Ga.

Nidhi Gupta, M.D., founder of KAP Pediatric Endocrinology in Franklin, Tenn., aimed to review existing data on the neuroscience underlying wireless mobile device addiction, and understand how increased screen time or a [sedentary lifestyle](#) can increase the [prevalence of obesity](#), dyslipidemia, prediabetes and type 2 diabetes.

In a previous article, published in the *American Journal of Medicine* in February 2022, Gupta concluded that wireless mobile devices such as cell phones and tablets are often a source of distraction, errors, procrastination and inefficiency in health care settings, which can lead to an increased risk of burnout. For this study, Gupta investigated how this might impact the greater population.

"As a pediatric endocrinologist, the trend in smartphone-associated health disorders (obesity, sleep and behavior issues) worries me. I often get asked by my patients, 'What can we do about the screen time?' A simple but loaded question. It opens multiple avenues to educate and inspire my patients and their families," Gupta said.

Gupta completed a comprehensive literature search using the terms, "smartphone," "screentime," and "phone addiction," in PubMed and Google Scholar until May 2021. She included original research papers and review articles based on sample size, trial design and [citations](#) from journals. Books, [case studies](#), [news articles](#), webpages and perspectives were also collected. Of 655 citations initially pooled, 234 were included.

For each hour/day increase in screen time, Gupta found a 0.05-0.07 increase in BMI (p

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