

Screen time at age 1 year tied to worse later developmental performance

September 22 2023, by Lori Solomon



Increased TV/DVD screen time at 1 and 2 years of age negatively affects

developmental performance at 2 and 3 years of age, according to a study published online Sept. 18 in *JAMA Pediatrics*.

Midori Yamamoto, Ph.D., from Chiba University in Japan, and colleagues investigated the directional association between TV/DVD screen time and developmental performance at ages 1 to 3 years in a longitudinal cohort study. The analysis included data from 57,980 children participating in the Japan Environment and Children's Study. The Ages and Stages Questionnaire, Third Edition, was used to assess [child development](#) at ages 1, 2, and 3 years.

The researchers observed a negative association between screen time and developmental scores. Increased TV/DVD screen times at ages 1 and 2 years were associated with lower later developmental scores (2 years: $\beta = -0.05$; 3 years: $\beta = -0.08$). There was an opposite association between the communication domain score at ages 1 and 2 years and subsequent screen time (2 years: $\gamma = -0.03$; 3 years: $\gamma = -0.06$).

"In this study, increased [screen time](#) in early childhood was negatively associated with poor performance on developmental screeners," the authors write. "To reduce the negative consequences of excessive media use, researchers and health care professionals should encourage family media management and recommend social support for parents who tend to rely on the media."

More information: Midori Yamamoto et al, Screen Time and Developmental Performance Among Children at 1-3 Years of Age in the Japan Environment and Children's Study, *JAMA Pediatrics* (2023). [DOI: 10.1001/jamapediatrics.2023.3643](https://doi.org/10.1001/jamapediatrics.2023.3643)

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Citation: Screen time at age 1 year tied to worse later developmental performance (2023, September 22) retrieved 3 May 2024 from <https://medicalxpress.com/news/2023-09-screen-age-year-worse-developmental.html>

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