

Less pediatric screen time tied to better well-being

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and inability to finish tasks. Those aged 14 to 17 who were high users of screens (at least seven hours/day) were more than twice as likely to have been ever diagnosed with depression (relative risk [RR], 2.39), ever diagnosed with anxiety (RR, 2.26), or treated by a mental health professional (RR, 2.22) or to have taken medication for a psychological or behavioral issue (RR, 2.99) in the previous 12 months compared with low users of screens (one hour/day). Lower psychological well-being was also associated with moderate use of screens (four hours/day).

"Compared to these more intractable antecedents of [mental health](#), how children and adolescents spend their leisure time is more amenable to change," the authors write.

More information: [Abstract/Full Text](#)

(HealthDay)—A higher amount of screen time per day is associated with decreased psychological well-being in children and adolescents, according to a study published in the December issue of *Preventive Medicine Reports*.

Jean M. Twenge, Ph.D., from San Diego State University, and W. Keith Campbell, Ph.D., from the University of Georgia in Athens, analyzed data from a large national random sample of U.S. children and adolescents (40,337 participants; aged 2 to 17 years old in 2016). Data included comprehensive measures of screen time (including cell phones, computers, [electronic devices](#), [electronic games](#), and TV) as well as an array of psychological well-being measures.

The researchers found that after one hour/day of use, more hours of daily screen time were associated with lower psychological well-being, including less curiosity, lower self-control, more distractibility, more difficulty making friends, less emotional stability, being more difficult to care for,

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