

SUPPORTING CHILD WELL-BEING THROUGH **HEALTHY USE OF SCREEN TIME**

JAN 2020

**WHY** WE CHOSE THIS TOPIC

In Wisconsin, adolescents who experience episodes of Major Depression have steadily increased. At the same time, there has been a growing body of evidence to suggest the amount of screen time usage may initiate or worsen symptoms of anxiety and depression, reduce social connectedness and contribute to poor social and emotional wellness.<sup>1</sup>

**WHAT** THE RESEARCH SAYS

After the first hour of electronic usage, every subsequent hour of use increases the likelihood of developing impaired psychological well-being including:



**LESS:**

- curiosity
- emotional stability
- self-control



**MORE:**

- distractibility and inability to finish tasks
- difficulty making friends
- difficult to care for

Those teens who log 7+ hours a day on any electronics are more than twice as likely to ever have been diagnosed with depression or anxiety.<sup>1</sup>

**7 hours & 22 minutes**

A teen's national average daily screen time use in 2019, excluding what is necessary for school and work. Up from 6 hours and 40 minutes in 2015.<sup>2</sup>

**WHAT'S HAPPENING IN WISCONSIN?**

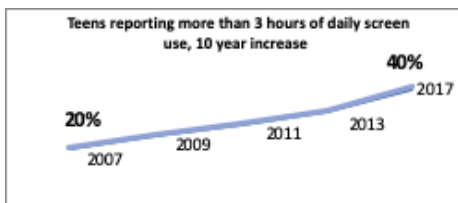
Wisconsin children spend a significant number of hours on gaming platforms and social media which detracts from hours that could be devoted to connecting with others in person. Lack of face to face interaction reduces an aspect of social connectedness that may contribute to poor emotional health.

The Wisconsin Youth Risk Behavior Survey (YRBS) as well as the Survey of the Health of Wisconsin (SHOW) collect data on the screen habits of Wisconsin youth. The YRBS is a self-report survey while the SHOW asks questions pertaining to the health of self-reporting youth ages 12-17 and the parents/guardians of children ages 3-11. Both surveys have demonstrated that many Wisconsin youth are developing an unhealthy relationship with electronics.

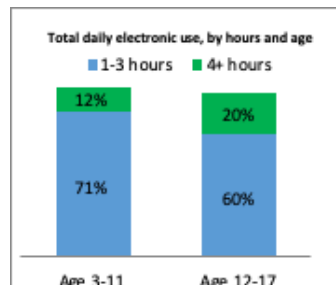
**Wisconsin parents think their kids are getting more sleep than they are...**

68% of parents think their teen is getting 8 hours of sleep on most nights.<sup>5</sup>

Yet only 26% of teens report that they actually do.<sup>6</sup>



Source: WI YRBS Summary Trend Data Report



Source: Survey of the Health of Wisconsin, University of Wisconsin School of Public Health and Medicine



- continued -



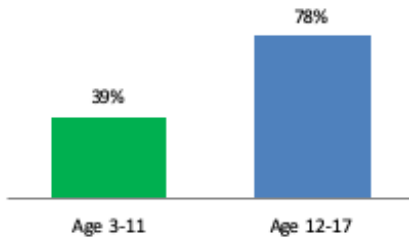
## SETTING LIMITS IS IMPORTANT!

### NIGHT TIME SCREEN USE WORSENS MOOD

Using electronics at night interferes with restorative sleep. Children ages 6-12 should sleep 9-12 hours, and teens should sleep 8-10 hours for optimal health<sup>3</sup>.

Impaired emotional regulation, increased tension, anger and anxiety are apparent in youth after only a few nights of 6.5 hours of rest.<sup>4</sup>

Percentage of children in Wisconsin who use a smartphone or tablet in their bedroom



Source: Survey of the Health of Wisconsin, University of Wisconsin School of Medicine and Public Health

Daily use dropped by  
**3 HOURS**  
when parents set  
**ANY** media rules.<sup>7</sup>

In a national sample of 8 to 18 year-olds, the percentage reporting their parents set rules for:

- TV-watching .....28%
- Video gaming .....30%
- Computer use.....36%

### BUILD EMOTIONAL WELL-BEING THROUGH STRONG FOUNDATIONS

- **Model healthy screen time habits.** Avoid multi-tasking and place phone on silent when children are present.
- Increase opportunities for **physical activity** including sports, clubs and other extracurricular activities.
- Spend time playing age **appropriate video games** with a child and limit unsupervised time.
- **Develop a family media plan** which includes time limits for screen use other than what is necessary for school, and restrictions for where electronics can be used ie: not in bedrooms or during mealtimes.

Heavy parent use of mobile devices is associated with reduced interactions between parents and children, and may increase parent-child conflict.<sup>8</sup> An online survey of 6,000 children and parents revealed that 54% of children felt their parents spent too much time on their smart phones and **32% felt unimportant when parents were using their phones.**<sup>9</sup>

## SCREEN USE DIFFERS BY INCOME

AVERAGE DAILY SCREEN USE IN HOURS BY AGE AND INCOME, 2019



Source: Common Sense Media, 2019.

Across the nation, substantial disparities exist between socioeconomic status regardless of age, youth in lower income households have the highest amount of screen time.

“Lower income” = <\$35,000 per year/household  
“Higher income” = \$100,000+.

### REFERENCES:

- <sup>1</sup>Twenge, J. M., & Campbell, W. K. (2018). Associations between screen time and lower psychological well-being among children and adolescents: Evidence from a population-based study. *Preventive medicine reports*, 12, 271–283. doi:10.1016/j.pmedr.2018.10.003.
- <sup>2</sup>Rideout, V., and Robb, M. B. (2019). *The Common Sense census: Media use by tweens and teens, 2019*. San Francisco, CA: Common Sense Media.
- <sup>3</sup>American Academy of Pediatrics. *Childhood Sleep Guidelines*. Retrieved from: <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/American-Academy-of-Pediatrics-Supports-Childhood-Sleep-Guidelines.aspx>
- <sup>4</sup>Baum, K. T., Desai, A., Field, J., Miller, L. E., Rausch, J., & Beebe, D. W. (2014). Sleep restriction worsens mood and emotion regulation in adolescents. *Journal of child psychology and psychiatry, and allied disciplines*, 55(2), 180–190. doi:10.1111/jcpp.12125
- <sup>5</sup>Child and Adolescent Health Measurement Initiative. [Data Query] [Wisconsin 2017/2018]. Data Resource Center for Child and Adolescent Health supported by the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB). Retrieved [12/02/19] from [www.childhealthdata.org].<sup>5</sup> U.S. Centers for Disease Control and Prevention. (2017).

<sup>6</sup>Wisconsin 2017 Youth Risk Behavior Survey (YRBS) summary tables [Data table].

<sup>7</sup>Henry J. Kaiser Foundation, “Generation M2: Media in the Lives of 8-18 Year Olds,” January 2010.

<sup>8</sup>Radesky J., Christakis D. Media and young minds. Policy statement of the American Academy of Pediatrics. *Pediatrics*. 2016;138.

<sup>9</sup>AVG Technologies, Press Release 2015. Kids Competing with Mobile Phones for Parent’s Attention. Retrieved from: <https://now.avg.com/digital-diaries-kids-competing-with-mobile-phones-for-parents-attention>

Acknowledgement: Funding for the Survey of the Health of Wisconsin (SHOW) was provided by the Wisconsin Partnership Program PERC Award (233 AAG9971), the National Institutes of Health’s Clinical and Translational Science Award (1UL1TR002373) and the National Heart Lung and Blood Institute (1 RC2 HL101468).

