

Some studies on the Influence of Screen Time in Young People

September 2025

Here are some recent peer-reviewed studies examining the effects of screen time on young people (children and adolescents). Each includes the title, publication year, a brief summary of key findings, and a direct link to the full article for further reading. These were selected from reputable sources like PubMed Central (PMC), ensuring they are peer-reviewed and evidence-based.

1. Title: Effects of Excessive Screen Time on Child Development: An Updated Narrative Review

Year: 2023

Key Findings: This review highlights that excessive screen time, including background television exposure, negatively impacts young children's language development, executive functioning, and overall cognitive growth, with recommendations for limiting exposure to support healthy development.

Link: [PMC Article](<https://pmc.ncbi.nlm.nih.gov/articles/PMC10353947/>)

2. Title: Screen Media Overuse and Associated Physical, Cognitive, and Psychosocial Outcomes in Children and Adolescents: A Systematic Review and Meta-analysis

Year: 2023

Key Findings: The meta-analysis of multiple studies shows strong associations between screen media overuse and poorer sleep quality, increased risk of overweight/obesity, reduced executive functioning, and heightened psychosocial issues like anxiety and depression in youth.

Link: [PMC Article](<https://pmc.ncbi.nlm.nih.gov/articles/PMC10029815/>)

3. Title: Screen Media Activity in Youth: A Critical Review of Mental Health and Well-Being Outcomes

Year: 2023

Key Findings: Analyzing 37 studies, this review finds small but consistent effect sizes linking higher screen time to poorer mental health outcomes, such as increased

depression and reduced well-being, emphasizing the need for balanced media use in adolescents.

Link: [PMC Article](<https://pmc.ncbi.nlm.nih.gov/articles/PMC10624397/>)

4. Title: The Hazards of Excessive Screen Time: Impacts on Physical Health, Mental Health, and Overall Well-Being

Year: 2024

Key Findings: Research in this study correlates prolonged screen time with elevated risks of depression, anxiety, mood disorders, physical inactivity, and sleep disturbances, particularly in young populations, advocating for interventions to mitigate these effects.

Link: [PMC Article](<https://pmc.ncbi.nlm.nih.gov/articles/PMC10852174/>)

5. Title: Screen Time and Its Health Consequences in Children and Adolescents

Year: 2023

Key Findings: Excessive screen time is linked to higher obesity rates, cardiometabolic risks, mental health challenges, and poor dietary habits in children and teens, with evidence from longitudinal data supporting guidelines for reduced exposure.

Link: [PMC Article](<https://pmc.ncbi.nlm.nih.gov/articles/PMC10605067/>) Here are 5 peer-reviewed studies on the influence of screen time on young people (focusing on children and adolescents). I've selected recent, relevant publications from reputable journals, summarizing key findings based on their abstracts for precision and brevity. Each includes title, authors, publication details, and main insights.

6. Title: Effects of Excessive Screen Time on Child Development: An Updated Review and Strategies for Management

Authors: Sudheer Kumar Muppalla, Sravya Vuppalapati, Apeksha Reddy Pulliahgaru, Himabindu Sreenivasulu

Journal: Cureus

Publication Date: June 18, 2023

Key Findings: Excessive screen time negatively impacts cognitive, linguistic, and social-emotional development in children, leading to poorer executive functioning, academic performance, obesity, sleep disorders, depression, anxiety, and aggressive behavior;

however, educational screen use can have benefits if moderated, with recommendations for parental controls and alternative activities to mitigate risks.

7. Title: Screen Time and Its Health Consequences in Children and Adolescents

Authors: Nikos Priftis, Demosthenes Panagiotakos

Journal: Children

Publication Date: October 8, 2023

Key Findings: Excessive screen time in children and adolescents is linked to obesity, cardiometabolic risks, mental health issues, unhealthy eating, developmental delays, sleep disturbances, reduced physical activity, eyesight problems, headaches, and strained parent-child relationships; effects vary by media type and usage patterns, with evidence supporting WHO guidelines to limit daily exposure.

8. Title: Screen Media Use and Mental Health of Children and Adolescents

Authors: Jesper Schmidt-Persson, Martin Gillies Rasmussen, Sofie Koch Sørensen, Emilie Louise Mortensen, Søren Brage, Lars Olesen, Peter L. Kristensen, Niels Bilenberg, Anders Grøntved

Journal: JAMA Network Open

Publication Date: July 12, 2024

Key Findings: A 2-week intervention reducing leisure-time screen media to ≤ 3 hours/week improved mental health in children and adolescents (ages 6-15), with significant reductions in total behavioral difficulties (especially internalizing symptoms like emotional issues and peer problems) and increases in prosocial behavior, based on a randomized trial of 181 participants; effects were small but consistent, suggesting short-term benefits from reduced exposure.

9. Title: Associations between screen time and emotional and behavioral problems among children and adolescents in US, National Health Interview Survey (NHIS), 2022

Authors: Huijuan Yu, Chan Xu, Jiamin Lu, Qishan Li, Qian Li, Kefan Zhou, Jiawen Zhong, Yingyu Liang, Wenhan Yang, Yanhui Dong, Jun Ma

Journal: Journal of Affective Disorders

Publication Date: June 15, 2025

Key Findings: In a cross-sectional analysis of 4,932 U.S. children and adolescents (ages 6-17), >2 hours of daily screen time was associated with higher odds of emotional symptoms (OR=1.75), conduct problems (OR=1.73), peer relationship issues (OR=1.46), and total difficulties (OR=1.72) on the Strengths and Difficulties Questionnaire, after adjusting for confounders; the study emphasizes the need for device usage guidance to prevent mental health risks.

10. Title: Screen time and mental health: a prospective analysis of the Adolescent Brain Cognitive Development (ABCD) Study

Authors: Jason M. Nagata, Abubakr A. Al-Shoaibi, Alicia W. Leong, Gabriel Zamora, Kyle T. Ganson, Alexander Testa, Fiona C. Baker

Journal: BMC Public Health

Publication Date: October 7, 2024

Key Findings: In a longitudinal analysis of 9,538 U.S. adolescents (ages 9-10 at baseline), higher baseline screen time prospectively predicted increased mental health symptoms over 2 years, particularly depressive ($\beta=0.10$), conduct ($\beta=0.07$), somatic ($\beta=0.06$), and ADHD symptoms ($\beta=0.06$), with video chat, texting, videos, and gaming showing strongest links to depression; associations were stronger in White youth compared to Black or Asian groups, highlighting small but significant risks across diverse populations.