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Tools to Assess Screen-related Dependency in Children: a Narrative Review of Validated Questionnaires

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Abstract

Children are using digital screen media at an even younger age as they use it for a wide range of activities such as watching videos, playing games, and educational purposes. Due to its accessibility and portability, children also spend a significant amount of time on screen. Excessive screen time in children is associated with many consequences, including language delay, hyperactivity, impulsivity, visual problems, and lower psychological well-being. With the emergence of behaviour addictions related to technologies such as addiction towards online games, the internet, and the mobile phone, researchers are looking into these incidences among children. However, a validated and reliable tool is important to detect the problem early, especially for young children at increased risk. To date,

many tools have been developed to detect screen-related dependencies for adolescents and adults but lacking among children. This review aims to elicit tools available specifically for children below 10 years of age, to analyse its psychometric properties and validation process as well as to compare between them. © 2022 UPM Press. All rights reserved.

Author keywords

Addiction; Children; Digital; Preschool; Questionnaires; Screen media

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