Educational screen time hours

Socio-emotional outcomes: Low prosociality (SDQ)

Linear Effect by Age 10, 12, 14
Linear Effect by Age 10, 12, 14

Temperament: Reactivity (SATI)

Interactive screen time hours
Linear Effect by Age 10, 12, 14

Health related quality of life: Low social PEDsQL

Interactive screen time hours
Linear Effect by Age 10, 12, 14

Health outcomes: Waist circumference

Interactive screen time hours

Interactive screen time hours
Linear Effect by Age 10, 12, 14

Health outcomes: Waist circumference vs. Social screen time hours

- Social screen time hours on the x-axis range from 0 to 12.
- Health outcomes on the y-axis range from -2 to 1.
- The graph shows two lines, one in red and one in blue, indicating the linear effect of social screen time on waist circumference at different ages.
Linear Effect by Age 10, 12, 14

Health outcomes: Waist circumference

Total screen time hours
Additional interactive screen time moves from beneficial to detrimental at three hours on weekends. A little under six hours is no worse than no interactive screen time at all.
Additional interactive screen time moves from beneficial to detrimental at two and a half hours on weekends. A little under five hours is no worse than no interactive screen time at all.
Additional interactive screen time moves from beneficial to detrimental at two and a half hours on weekends. A little under five hours is no worse than no interactive screen time at all.