# Article information:

Impacts of technology on children’s health: a systematic review - PMC  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9273128/>

# Article summary:

1. A systematic review was conducted to identify the consequences of technology overuse in childhood, with a focus on the impacts on physical and psychosocial development.

2. The review found that excessive use of internet, games, and exposure to television can lead to intellectual deficits and mental health issues in children. However, it also highlighted that technology can enable psychosocial development.

3. The study emphasizes the importance of optimizing the use of technology and reducing risks through parental moderation and guidance from healthcare professionals. Preventing internet use altogether is seen as unrealistic in today's society.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "Impacts of technology on children's health: a systematic review" provides an overview of the consequences of technology overuse in childhood. While the article presents some valuable information, there are several potential biases and limitations that need to be considered.

One potential bias is the limited scope of the study. The authors only included articles published from 2015 to 2020, which may not capture all relevant research on the topic. Additionally, the search was conducted in English, Portuguese, and Spanish languages, which may exclude studies published in other languages. This could lead to a biased representation of the available evidence.

Furthermore, the article primarily focuses on the negative aspects of technology use in childhood. While it acknowledges that there are positive factors associated with technology use, such as enabling psychosocial development, it emphasizes the harmful effects more prominently. This one-sided reporting may create a skewed perception of the overall impact of technology on children's health.

The article also lacks specific evidence for some of its claims. For example, it states that excessive use of internet, games, and exposure to television are associated with intellectual deficits and mental health issues without providing concrete evidence or references to support these claims. Without proper citations or supporting studies, these statements remain unsupported and should be interpreted with caution.

Additionally, there is a lack of exploration of counterarguments or alternative perspectives. The article does not discuss potential benefits or positive impacts of technology use in childhood beyond brief mentions. This omission limits a comprehensive understanding of the topic and fails to provide a balanced view.

Moreover, while the article briefly mentions guidelines from organizations like WHO regarding screen time recommendations for children under five years old, it does not delve into possible risks associated with exceeding these guidelines or provide specific strategies for optimizing internet use and reducing risks. This oversight leaves out important considerations for parents and caregivers who may be seeking guidance on how to navigate their child's technology use safely.

In terms of promotional content, the article does not appear to have any explicit bias towards a particular product or service. However, it is worth noting that the authors do not disclose any conflicts of interest, which could potentially introduce undisclosed biases.

Overall, while the article provides some insights into the impacts of technology on children's health, it has several limitations and potential biases that need to be taken into account. It would benefit from a more comprehensive review of the literature, a balanced presentation of both positive and negative effects, and stronger evidence to support its claims. Additionally, addressing potential risks and providing practical recommendations for parents and caregivers would enhance the usefulness of the article.

# Topics for further research:

* Benefits of technology use in childhood beyond negative effects
* Strategies for optimizing internet use and reducing risks for children
* Risks associated with exceeding screen time guidelines for children
* Positive impacts of technology on children's psychosocial development
* Evidence-based studies on the association between excessive technology use and intellectual deficits in children
* Practical recommendations for parents and caregivers on safe technology use for children

# Report location:

<https://www.fullpicture.app/item/7bca4a6c45974ea9f65d103842c7a9c8>