# Article information:

Correlates of screen time in the early years (0–5 years): A systematic review - PMC
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10201873/>

# Article summary:

1. This systematic review examined 53 studies to identify correlates of screen time in children aged 0-5 years.

2. The review found moderate evidence for several factors associated with screen time, including having an electronic device in the bedroom, parental screen time, having a TV on at home, descriptive norms, and sleep duration.

3. The review highlights the need for more high-quality research to better understand the correlates of screen time in early childhood and inform interventions to reduce excessive screen time.

# 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 "Correlates of screen time in the early years (0–5 years): A systematic review" provides a comprehensive overview of the factors associated with screen time in young children. While the article presents valuable information, there are several potential biases and limitations that need to be considered.

One potential bias is the limited scope of the included studies. The authors only included studies published in English and after 2000, which may have resulted in a biased sample. Additionally, the focus on typically developing, apparently healthy children may exclude important populations that could have different patterns of screen time.

Another limitation is the lack of high-quality studies included in the review. Out of over 6,000 studies screened, only two were deemed to have high methodological quality. This raises concerns about the reliability and generalizability of the findings.

The article also lacks a clear discussion of potential confounding factors. While some correlates of screen time are identified, it is unclear whether these associations are independent or influenced by other variables. For example, parental screen time may be associated with child screen time, but this relationship could be confounded by other factors such as parental education or socioeconomic status.

Furthermore, there is limited discussion on the potential negative effects of excessive screen time in young children. The article briefly mentions associations between higher screen time and adiposity, sleep problems, and lower psychosocial health and cognitive development scores. However, these associations are not explored in depth or critically evaluated.

Additionally, there is a lack of exploration of counterarguments or alternative perspectives on screen time in young children. The article primarily focuses on identifying correlates without providing a balanced view on the benefits and risks associated with screen time.

The article also does not provide clear recommendations for interventions to reduce screen time in young children. While it mentions that interventions can be effective, it does not discuss specific strategies or approaches that have been successful.

Overall, while the article provides a comprehensive review of the correlates of screen time in young children, there are several limitations and biases that need to be considered. The lack of high-quality studies, limited scope, and potential confounding factors limit the generalizability and reliability of the findings. Additionally, the article lacks a balanced discussion of the potential negative effects of screen time and does not provide clear recommendations for interventions.

# Topics for further research:

* Negative effects of excessive screen time in young children
* Screen time interventions for reducing screen time in young children
* Alternative perspectives on screen time in young children
* Screen time and adiposity in young children
* Screen time and sleep problems in young children
* Screen time and cognitive development in young children

# Report location:

<https://www.fullpicture.app/item/a89fe15f707713e897f2fa6d28097f15>