Title: Effect of Screen Time on Behavior of Preschoolers in Islamabad

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Background

This research was significant in finding out the effects of screen time on behavior of preschoolers, which could provide scientific grounds to the control of digital screen time.

Methods

- A cross sectional survey
- Four private preschools of Islamabad.
- Sample size: 200
- Children ages 3-5 years
- Multistage random sampling.
- Socio demographic characteristics and screen time of the children were acquired by parental questionnaires.
- Children were grouped based on daily screen time of ≤ 60 min or > 60 min. Analysis were made based on the CBCL/1.5-5 results.

Total Screen Time of Preschoolers

ASEBA - The Achenbach System of Empirically Based Assessment. (n.d.). <https://aseba.org/>
Klakk, H., Wester, C. T., Olesen, L. G., Rasmussen, M. G., Kristensen, P. L., Pedersen, J., & Grøntved, A. (2020). The development of a questionnaire to assess leisure time screen-based media use and its proximal correlates in children (SCREENS-Q). *BMC Public Health*, 20(1), 1-12. <https://doi.org/10.1186/s12889-020-08810-6>
Preschooler (3-5 years old) | CDC. (n.d.) <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/preschoolers.html>
Xie, G., Deng, Q., Cao, J., & Chang, Q. (2020). Digital screen time and its effect on preschoolers' behavior in China: Results from a cross-sectional study. *Italian Journal of Pediatrics*, 46(1), 1-7. <https://doi.org/10.1186/s13052-020-0776-x>

Results

- Increased screen time was found to be statistically significant with child's age, education level and employment status of mothers.
- Preschooler with screen time of > 60 min tend to suffer more from withdrawn syndrome, sleep problems and Autism spectrum problems as compared to preschoolers with screen time ≤ 60 min.
- The strongest predictor of the outcome variable was found to be mothers education level.

DSM-5 Oriented Syndromes Scales

Child Behavior Checklist Variables

Conclusions

- Excessive screen time is a deleterious factor associated with behavioral problems of preschoolers.

Retrieved from <https://health.choc.org/much-screen-time-much>

Use of Screen Media Devices for Preschool related activities

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