Electronic screen use and mental well-being of 10-12-year-old children

# Details

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## Sample

The present study used population-wide cross-sectional data from the 2007 Youth in Iceland study, which is a population-based survey that monitors trends in a wide range of demographic and health-related variables in 10–12-year-old children in all primary schools in Iceland. The survey was conducted by the Icelandic Center for Social Research and Analysis (ICSRA) in collaboration with the Icelandic Ministry of Education, Science and Culture. A total of 10 829 students completed the questionnaire (response rate: 81.7% of the national Icelandic population, boys: 50.5%). An estimated 90% of the approximately 320 000 inhabitants of Iceland are of Norse-Celtic descent, with 80% of the population belonging to the Lutheran State Church and no other religious institution having >3.0% of the population registered in its services; consequently, exogenous variables, such as race and religion, which are often used in research in other countries, were not included in the present analyses.

# Abstract

Background: Today’s children spend a great deal of time viewing electronic screen material, but the consequences of such behaviors, if any, are unknown. This study sought to identif (i) the magnitude of total daily electronic screen time and (ii) the relations between electronic screen use and mental well-being indicators, in a sample of 10–12-year-old children. Methods: We analysed cross-sectional, population-based data of 10–12-year-old children from the 2007 Youth in Iceland school survey (n = 10 829, response rate: 81.7%, boys: 50.5%). Logistic regression models with odds ratios and 95% confidence intervals were conducted to assess the odds of each selected mental well-being indicator, depending on the number of daily hours spent on each electronic screen-based activity. All analyses were conducted separately for boys and girls and adjusted for family structure. Results:The prevalence of self-reported screen use of 4 hours per day or more ranges from 2.8% to 6.6% among boys and from 1.0% to 3.8% among girls. All five screen-based activities were significantly associated with all seven well-being indicators (P