

The background features a stylized illustration of a computer monitor and two smartphones. The monitor is positioned in the center, with a smartphone on the left and another on the right. The entire scene is rendered in a light gray, semi-transparent style against a white background.

Screen time: Impact and Management

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In this session

What is Screen time?

Why is it important to talk about Screen time?

What are the adverse consequences of excessive Screen time?

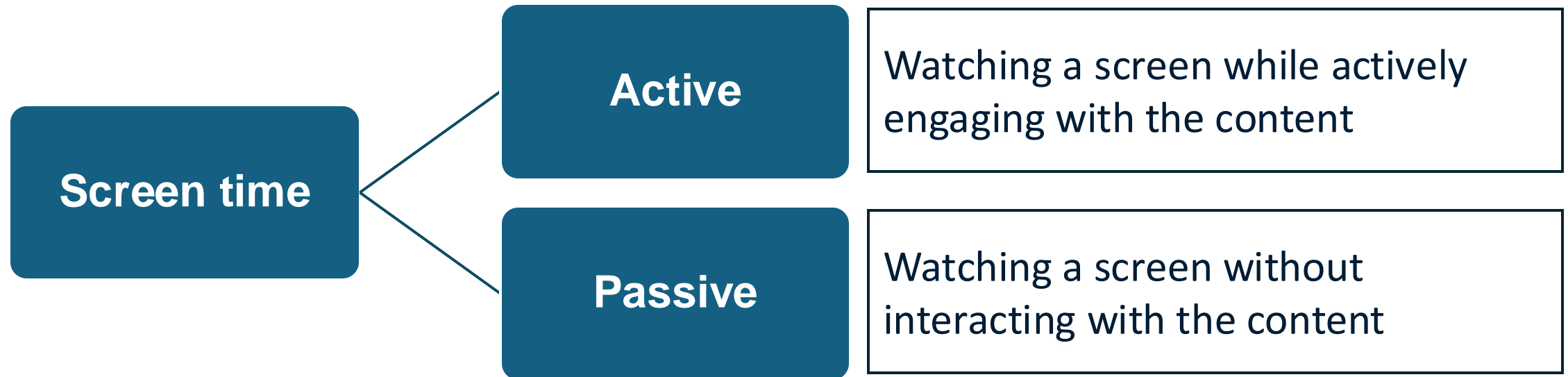
How to manage Screen time?

What is Screen time?

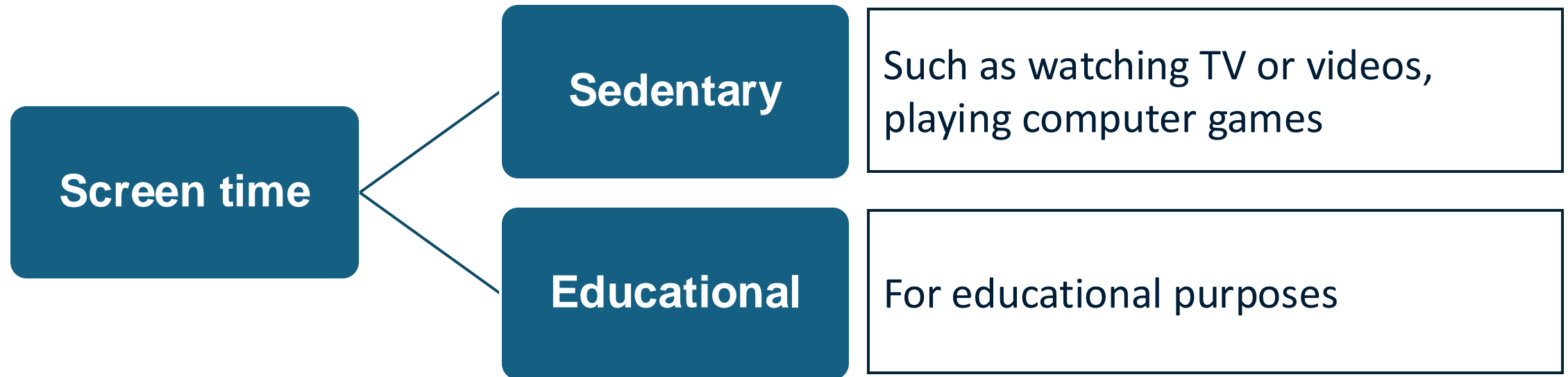
What is Screen time?

- "Screen time" is a term used for activities done in front of a screen
- This includes activities done using a smartphone, tablet, laptop, computer, television, gaming console, or other handheld device

What is Screen time?



What is Screen time?



Importance of Screen time



Increased screen time in all age groups

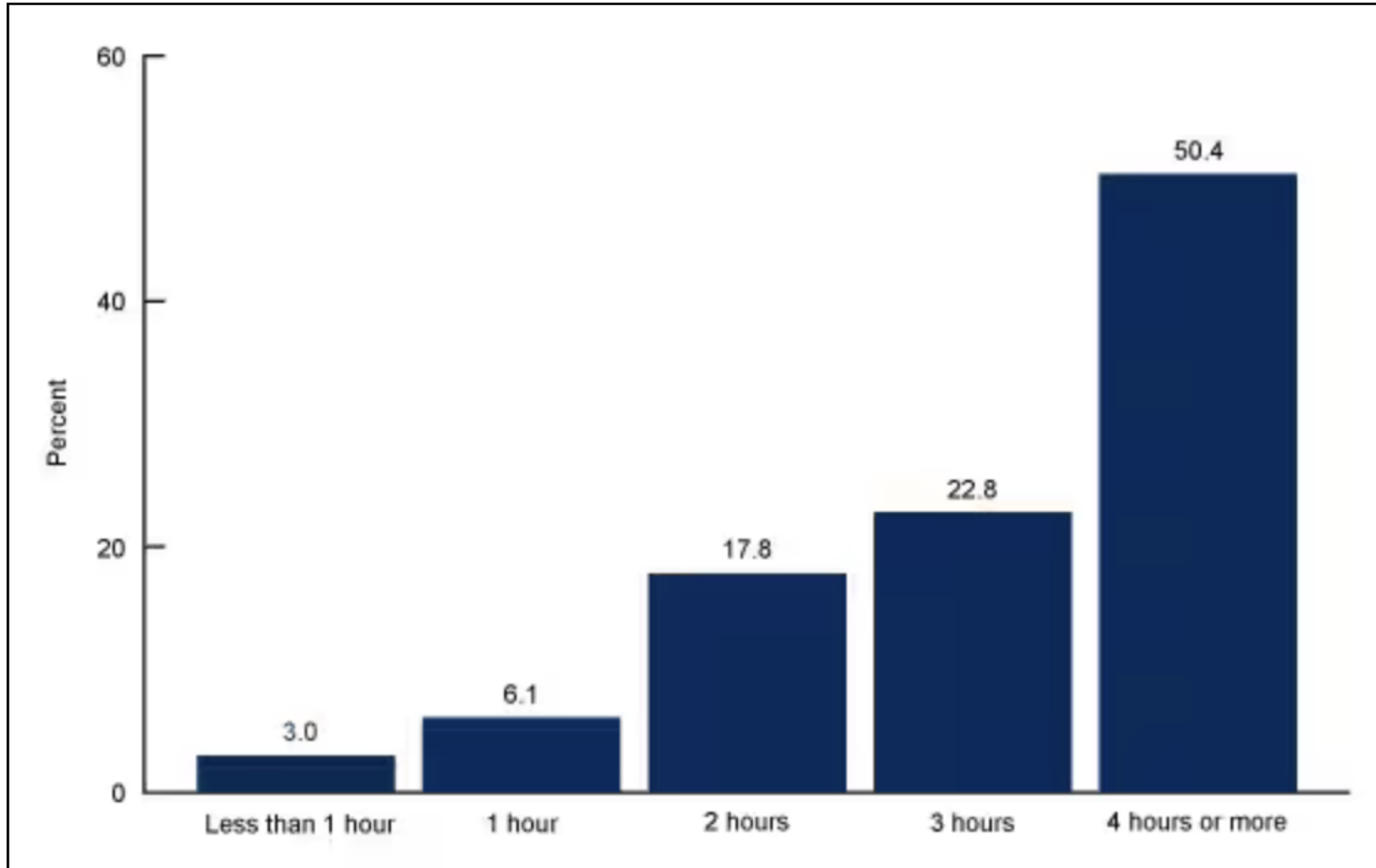


Increasing use of digital devices



Potential negative effects on physical, mental, and social well-being

Figure 1. Percent distribution of teenagers ages 12–17, by hours of daily screen time: United States, July 2021–December 2023



National Center for Health Statistics, National Health Interview Survey – Teen, July 2021–December 2023.

Global Prevalence of Meeting Screen Time Guidelines Among Children 5 Years and Younger

A Systematic Review and Meta-analysis

JAMA Pediatr. 2022

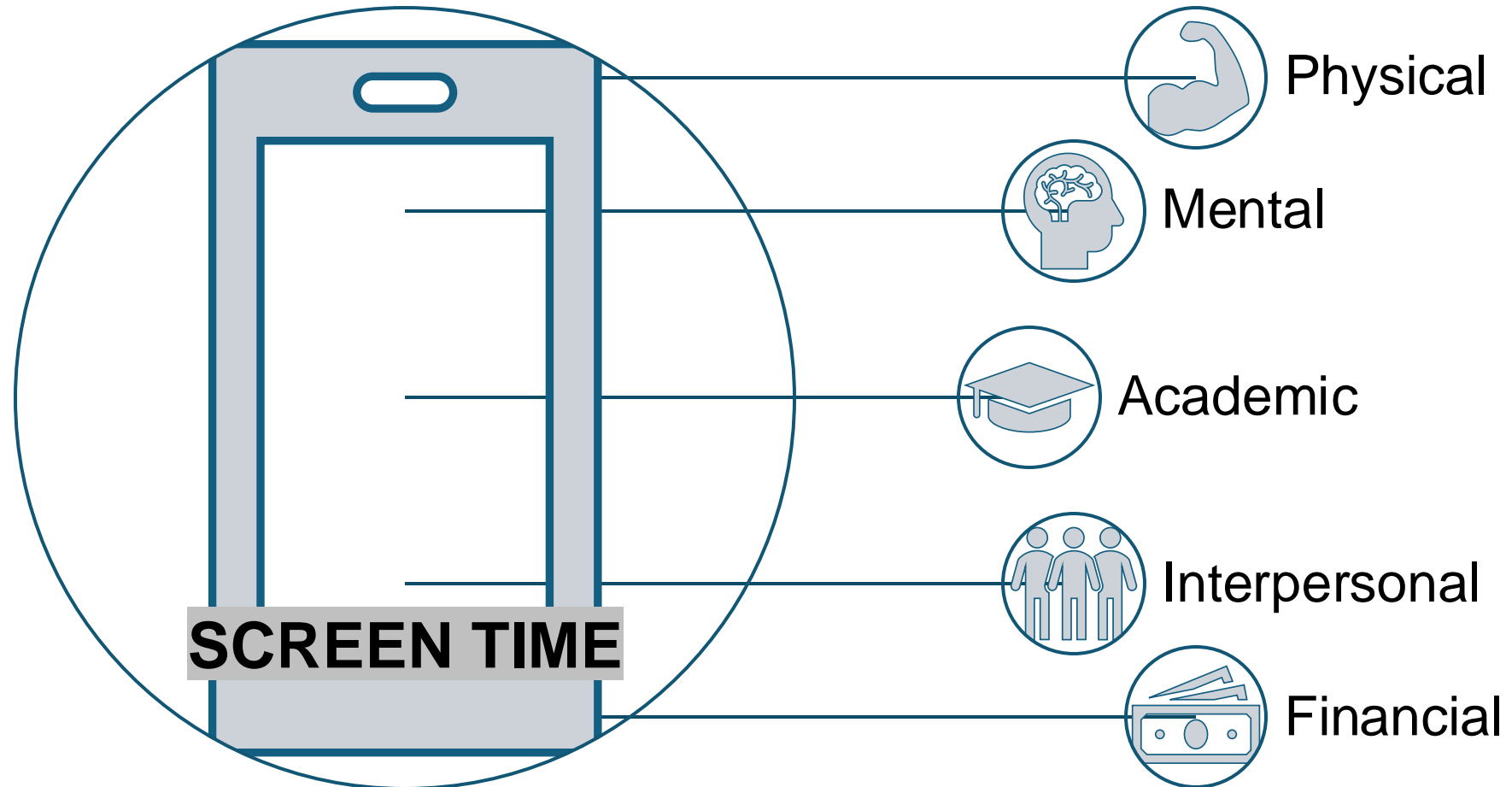
63 studies

89 163 participants

- Children who met the guidelines for screen time
- Children younger than 2 years- **24.7%**
- Children aged 2- 5 years- **35.6%**

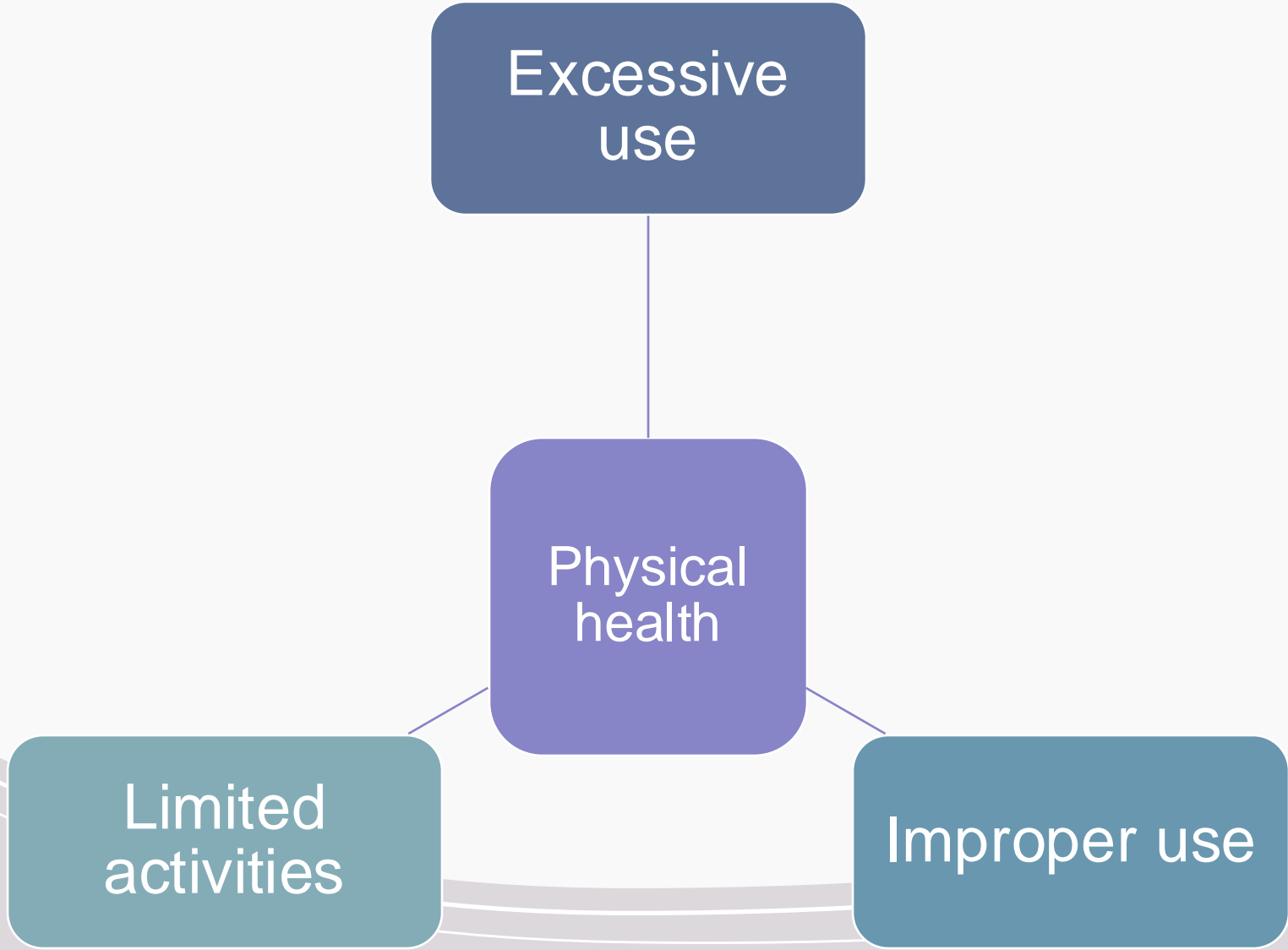
Impact of Screen time

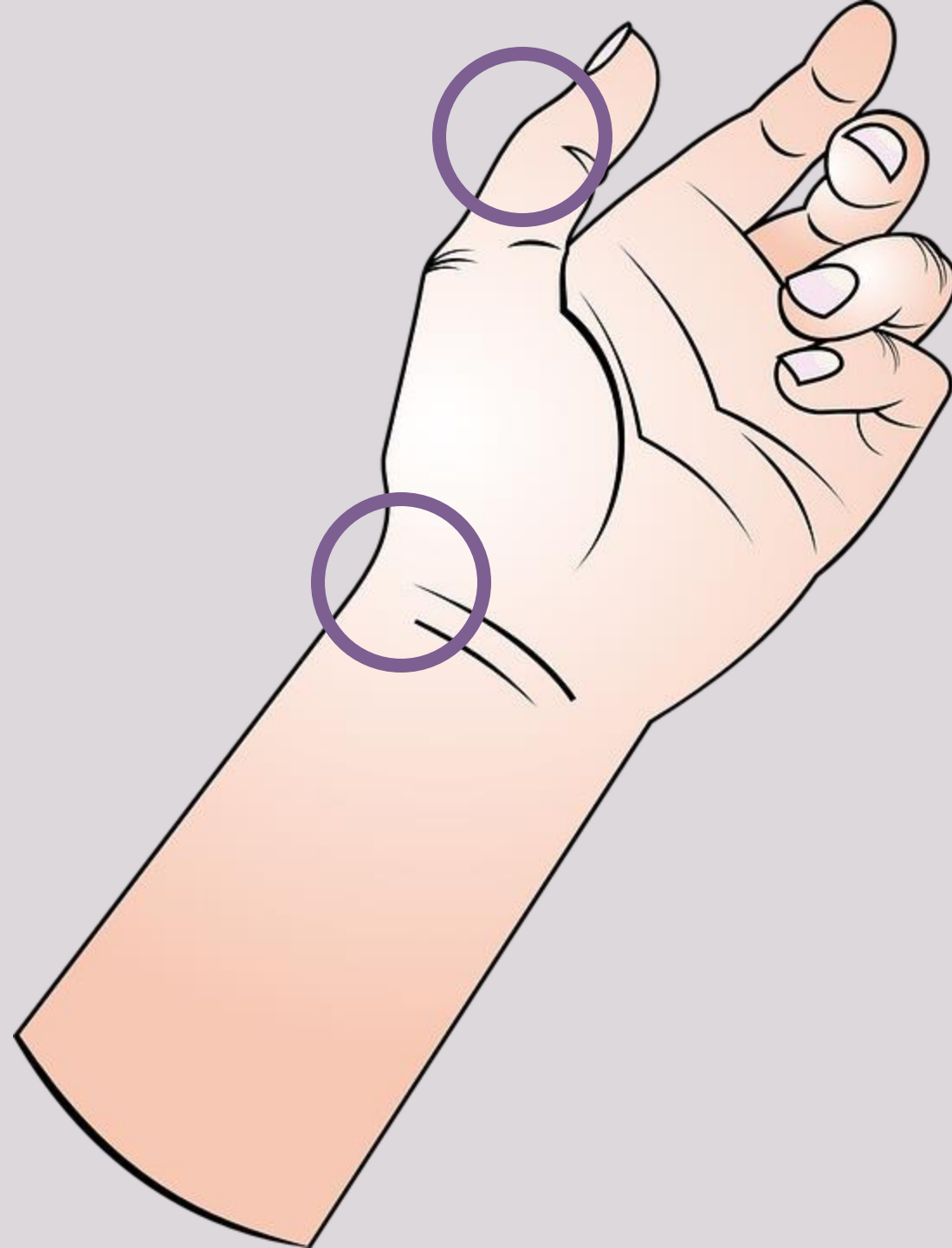
Impact of Screen time



Physical health



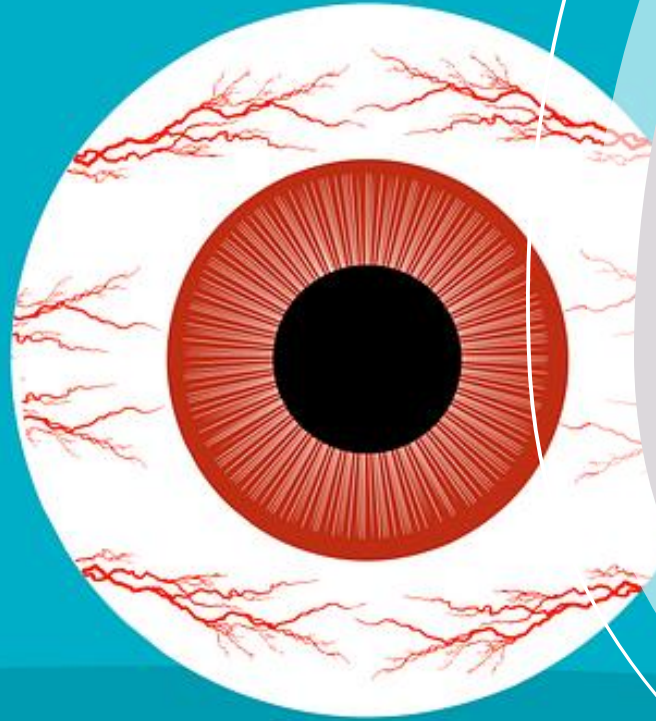








Headaches



Ocular (eyes)

Computer vision syndrome

Eye irritation (Dry eyes, itchy eyes, red eyes)

Blurred vision

Headaches

Backaches

Neck aches

Muscle fatigue



Aural (ear) health



Sleep-wake cycle



Eating habits



Excessive weight gain



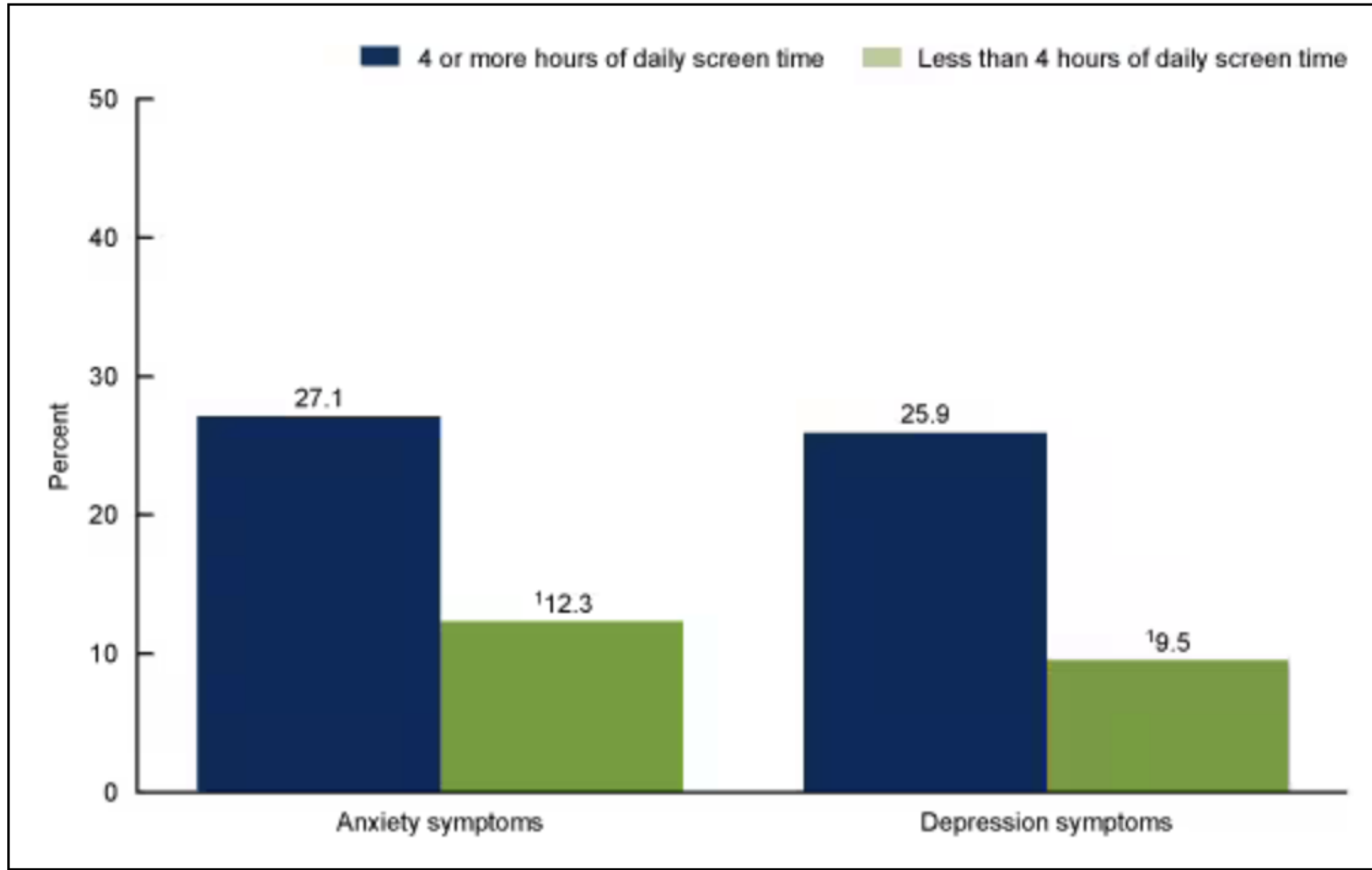
Mental health





Depression Anxiety

Figure 4. Percentage of teenagers ages 12–17 who had symptoms of anxiety or depression in the past 2 weeks, by daily screen time: United States, July 2021–December 2023



Depression and Anxiety

Social Media Anxiety: Fear of missing out (FOMO),
pressure to stay connected

Notifications & Overload: Constant alerts trigger stress
response

Other psychological effects

Reduction in attention span

Less in- person communication

Difficulty reading non-verbal cues



Exposure to violence and aggression



Excessive and problematic use of devices/ internet

Excessive and problematic use of devices/ internet

- Loss of control
- Neglect of alternate activities
- Continued use despite of negative consequences



**World Health
Organization**

Gaming Disorder

Academic Problems





Academic problems

Lack of interest

Poor concentration

Absenteeism

Lower grades

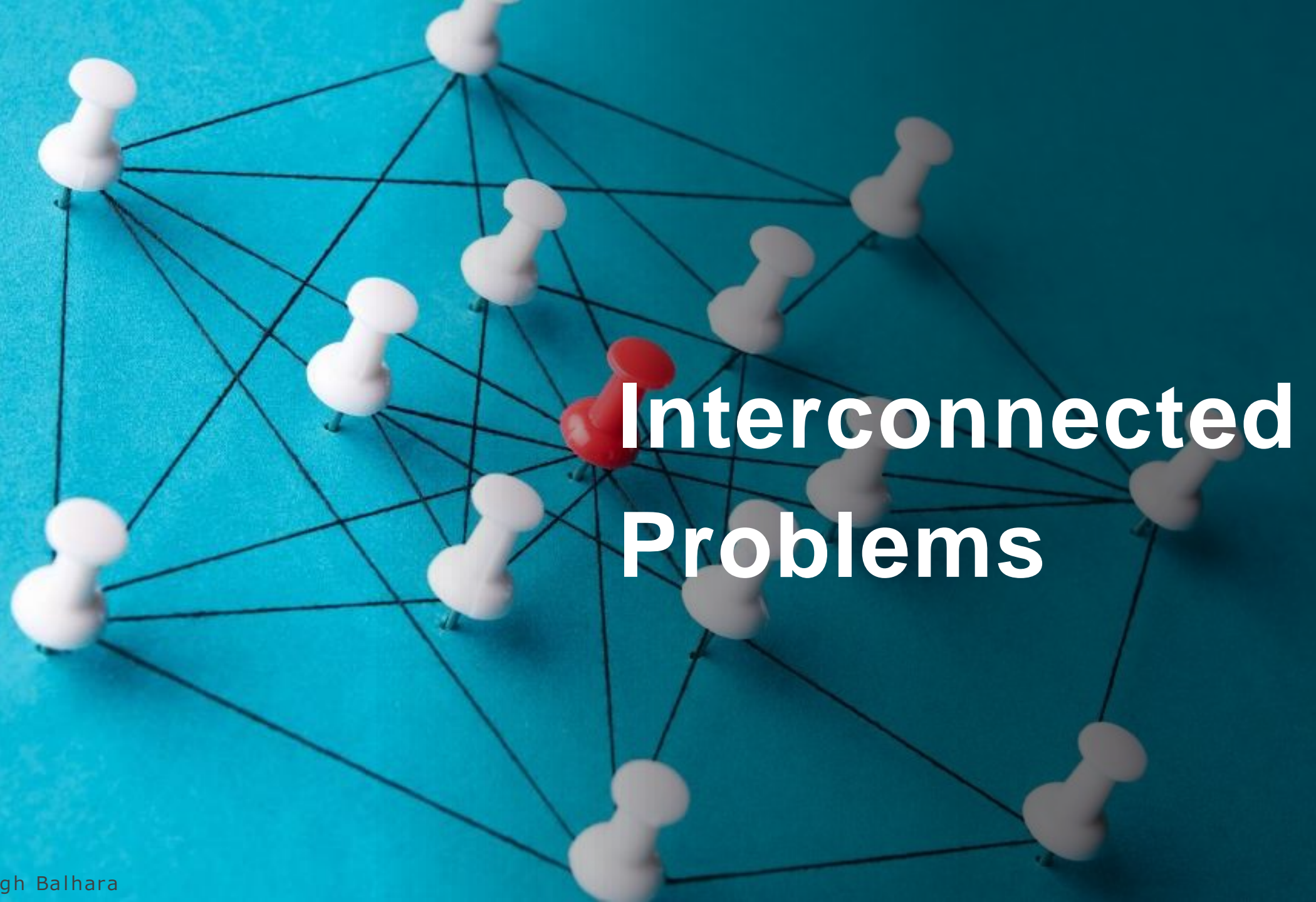
Failure in exams

Interpersonal Problems

The background features a stylized illustration of human figures. A large, light blue figure is centered in the upper half. Below it, two smaller figures in a darker blue are positioned on the left and right. The bottom of the image is framed by a white curved line that arches across the width of the slide.

Financial Problems

The image features a stack of green banknotes, likely representing money, positioned diagonally. Two yellow, 3D rectangular blocks are placed on top of the stack, one slightly behind and to the left of the other. The background is a light gray gradient, and a curved white line runs across the bottom of the image.



Interconnected Problems

Managing Screen time

Type of Screen time



Passive



Active

Purpose of Screen time



Educational



Communication



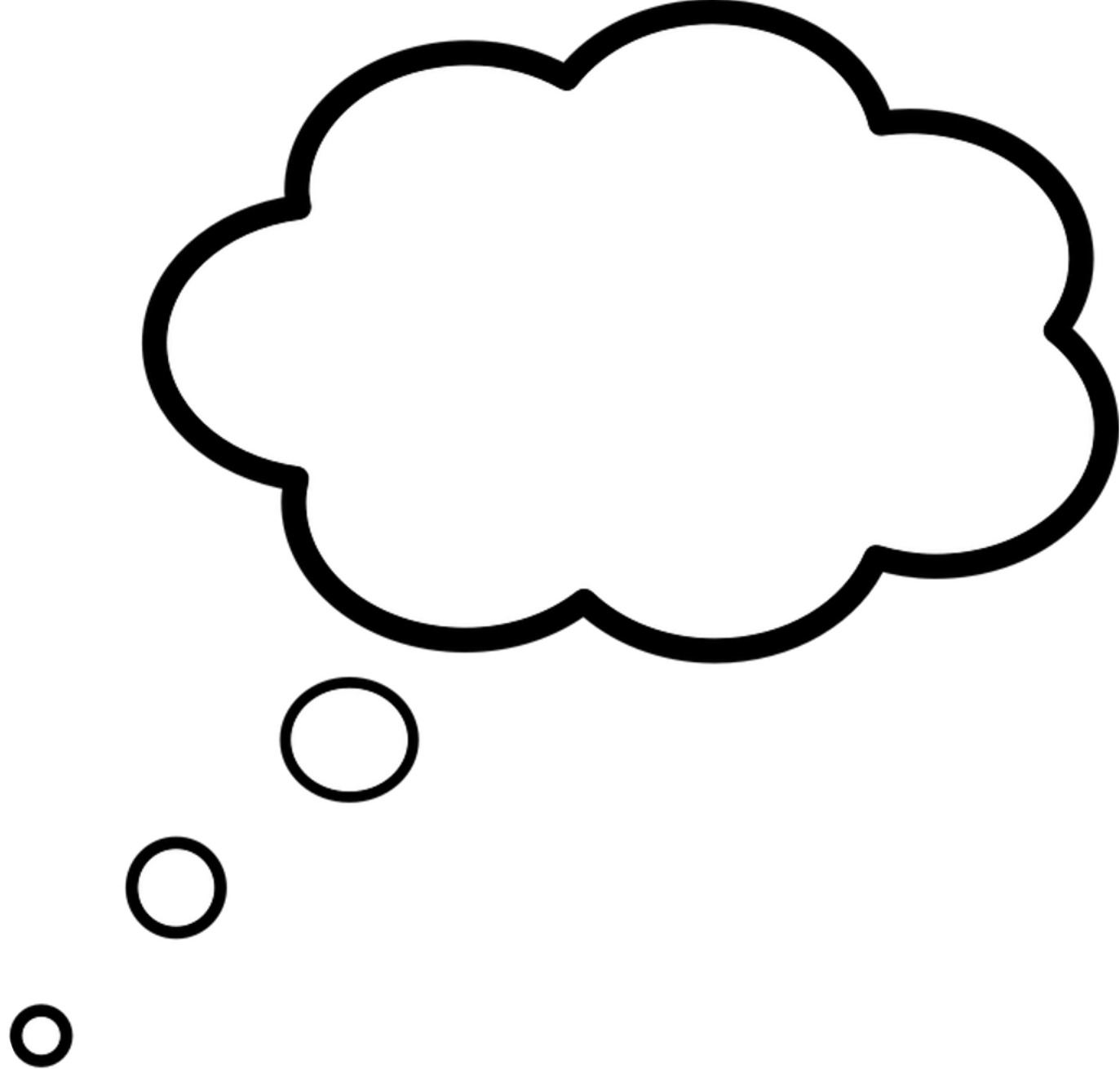
Daily activities



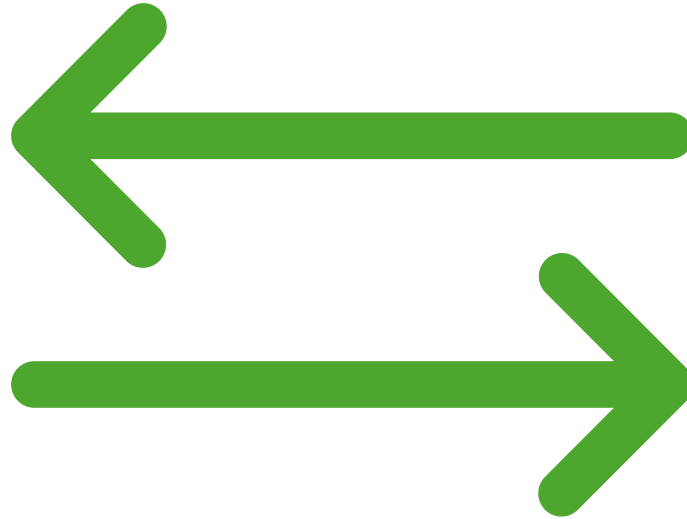
Recreational



Expectation



Do NOT use as a substitute



Focus on Daily routine

Set Screen time limits



Prioritizing Offline Activities

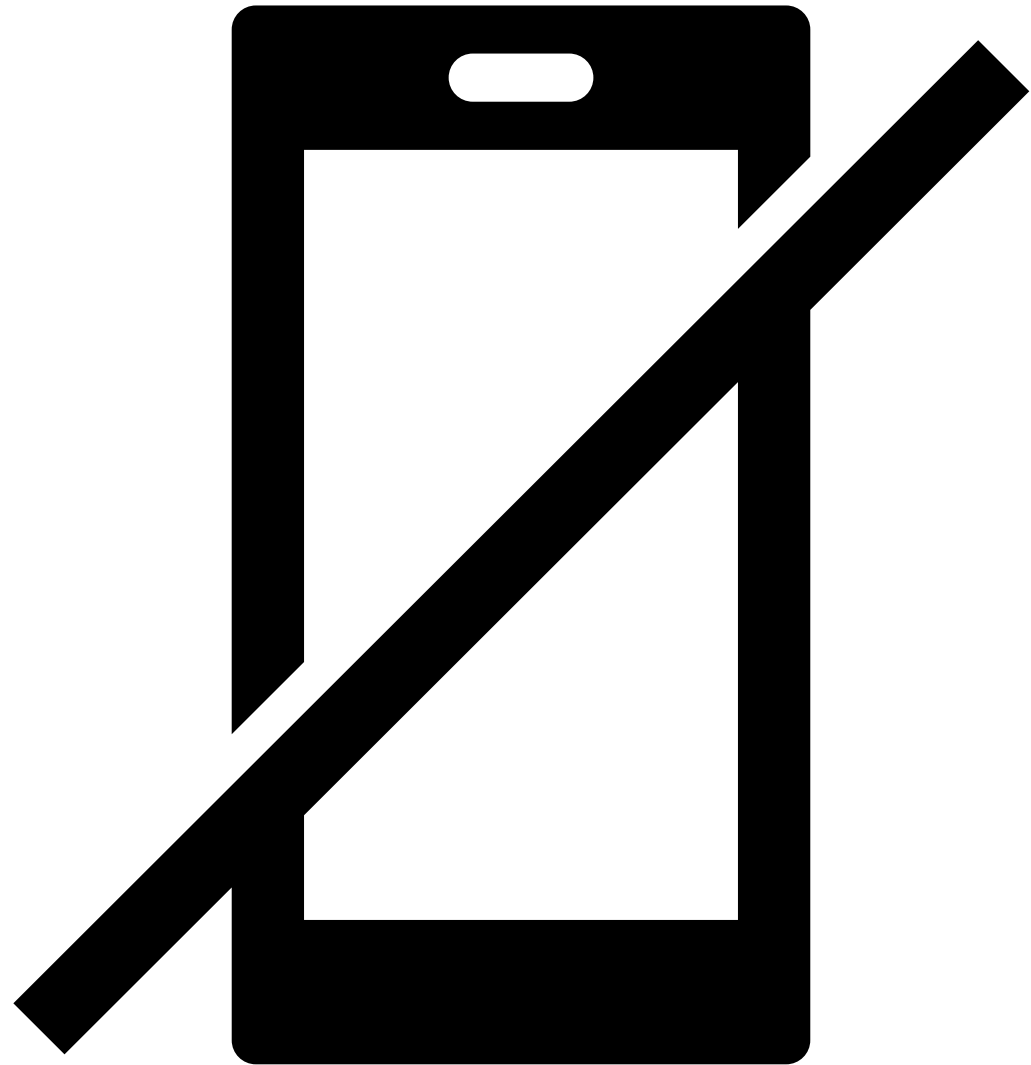


Physical activity



In- person interactions

Creating Screen- Free Zones





Mindful use

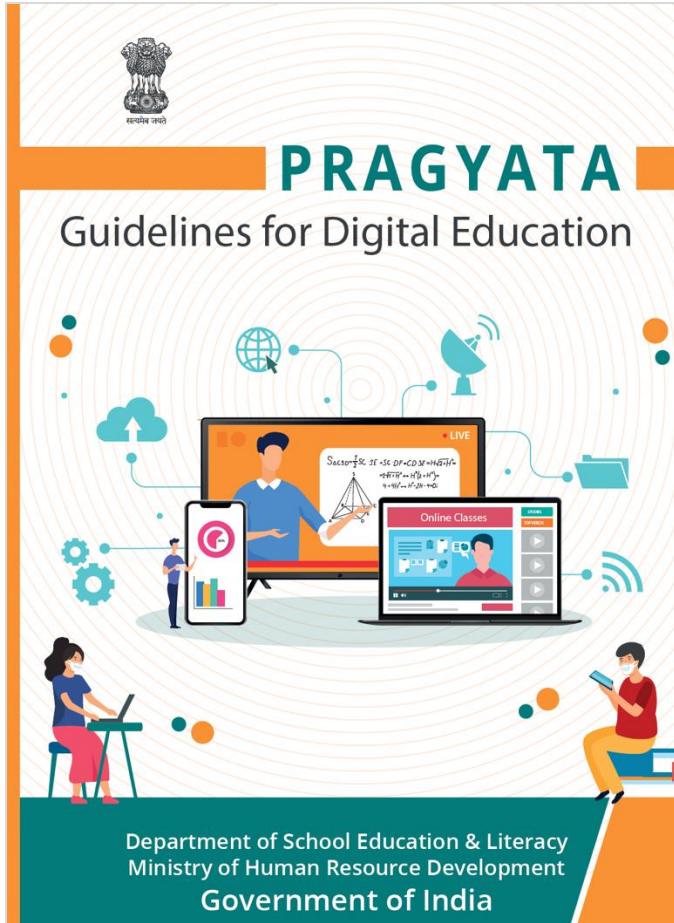
Screen free time



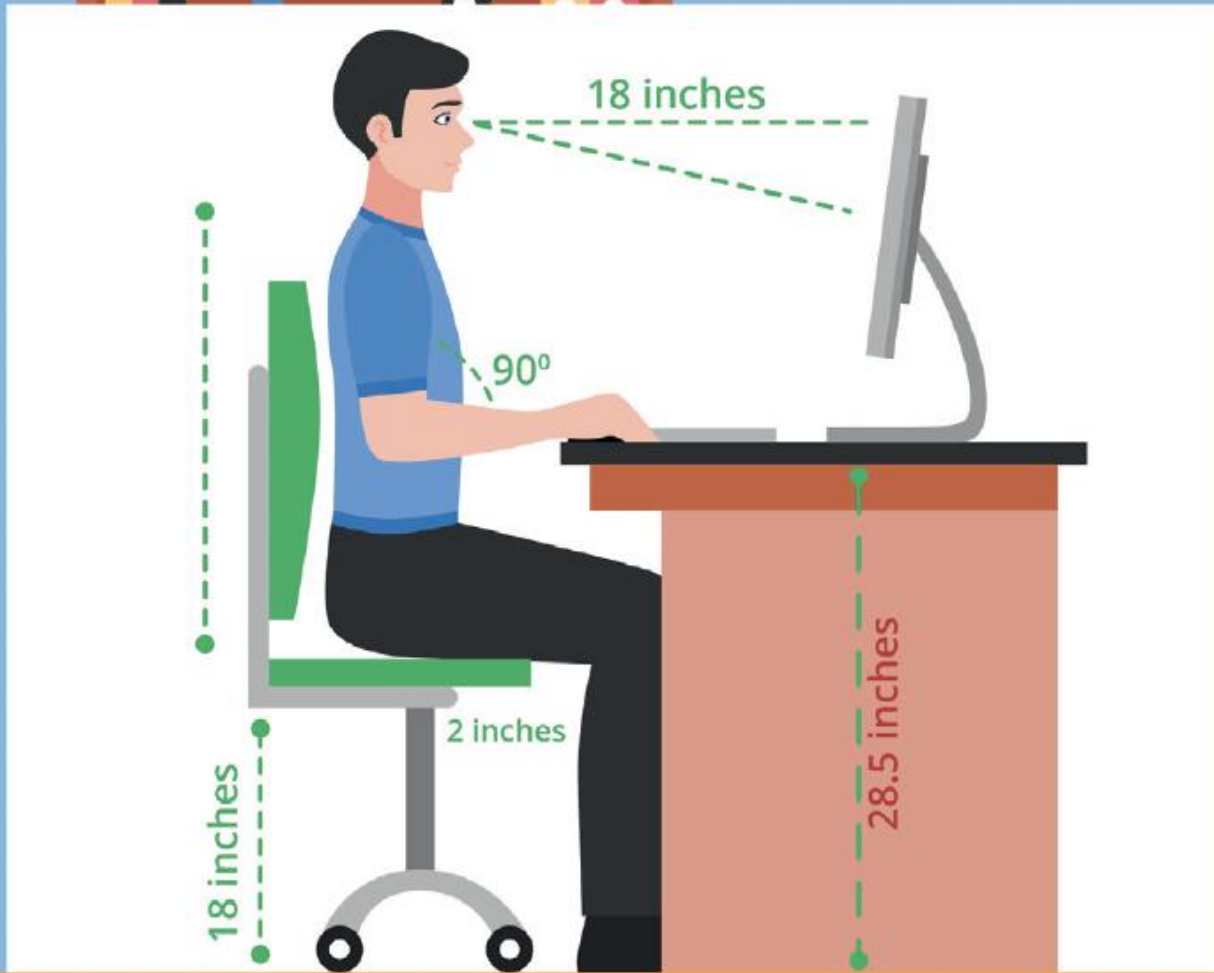
Meals



Before bedtime



PRAGYATA Guidelines



20
Minutes



SIT

08
Minutes



STAND

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02
Minutes



MOVE

DO



Alternate between sitting and standing as much as possible.

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DON'T



Sit or stand for long periods of time without interruption.

DO



Sit Up!

DON'T



Slouch!

DO



Check your posture and position every 20 minutes or so and readjust or move around.

DON'T



Feel bad if you've assume bad posture after being at your desk a while.



Seek professional help



**Leading a
balanced
healthy life**

Safe and Healthy Use of Devices and Internet

Thank you

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