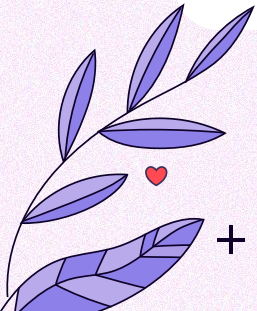
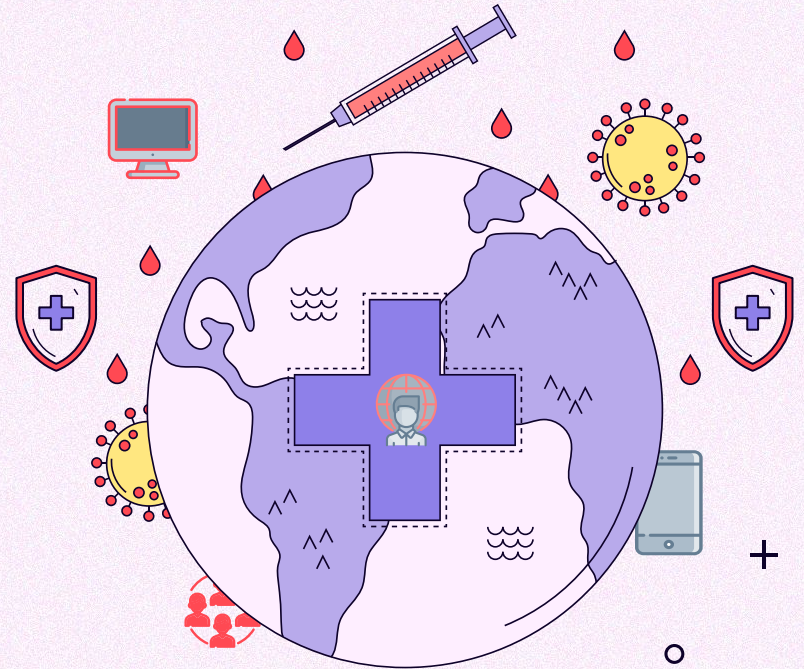


IMPACT OF EXCESS SCREEN TIME ON THE HUMAN BODY IN THE PANDEMIC

Eyinade Olugbadehan



Research Topic Purpose



MOTIVATING RESEARCH IN ISSUE

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I propose further research done about the pandemic linked to the prolonged usage of devices affecting our health. It could advance modern science by figuring out the vulnerability of the human mind during isolation and the treatments.

The excess use of devices in the pandemic has negatively affected our physical and mental health.



WHY SHOULD YOU CARE?



The issue of isolation and phone dependency affects youth(15-24) the most and even younger people in extreme cases. It prevails heavily among youth who frequent social media causing mental distress and poor physical health.

Multiple studies showed that students were the ones that displayed poorer mental health. The pandemic affected their education, personal lives and work.

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- In the age we currently live in, the use of technological devices has skyrocketed.

Society has gotten dependent on them, making them embedded in our day-to-day activities.

Despite all the benefits we get from it, recent studies have shown that the overuse of our devices is affecting our minds and body.

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The effects are now creating problems preventing us from functioning well in doing our usual tasks and routine.



-BACKGROUND





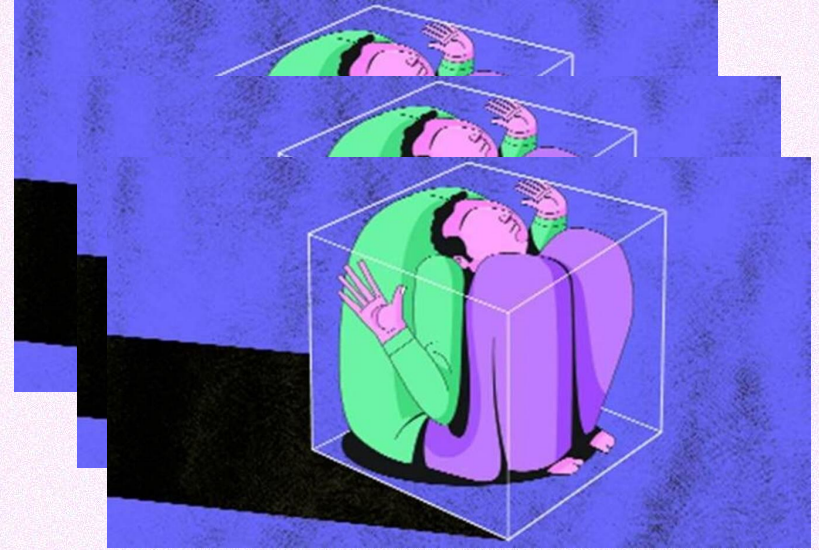
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- Isolation in the pandemic from the outside world has also taken a toll on human health. Lockdown has forced people to be stationary and into a sedentary lifestyle for an extensive period.

Lack of physical activity has harmful health consequences in causing diseases. Among children,

- studies show that their physical activities decreased a lot.



-BACKGROUND



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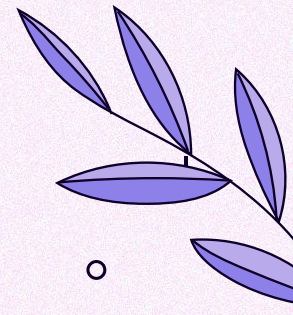
Table 3. Multivariate logistic regression for meeting the physical activity and screen time recommendation.

	All OR (95% CI) n = 8395	Mildly affected countries		Severely affected countries	
		6–11 years OR (95% CI) n = 1941	12–18 years OR (95% CI) n = 3640	6–11 years OR (95% CI) n = 1142	12–18 years OR (95% CI) n = 1672
Meeting PA recommendation					
Affected (mildly vs severely) ⁺	1.35 (0.92-1.97)	NA	NA	NA	NA
Restrictions (low level vs high level)	1.02 (0.60-1.71)	1.05 (0.80-1.38)	1.00 (0.66-1.51)	0.61 (0.26-1.42)	0.80 (0.44-1.46)
Quarantine order or self-isolation (being vs not being)	1.09 (0.91-1.29)	1.66 (1.01-2.73)	0.98 (0.74-1.30)	1.17 (0.77-1.78)	1.00 (0.73-1.37)
Structured daily schedule (mainly or every day vs rarely or not)	1.62 (1.24-2.13)	1.71 (1.24-2.36)	1.52 (1.12-2.06)	1.50 (0.74-3.03)	1.85 (0.94-3.67)
Online P.E. (sometimes, often or always vs hardly or never)	1.27(1.12-1.44)	1.27 (1.01-1.59)	1.24 (1.03-1.49)	1.33 (0.89-1.99)	1.55 (1.13-2.14)
Outside play (more than 2 h/d vs 2 h/d or less)	2.56 (1.98-3.32)	2.75 (1.94-3.90)	2.29 (1.92-2.74)	2.04 (0.96-4.34)	2.53 (1.37-4.68)
Meeting ST recommendation during the week					
Affected (mildly vs severely) ⁺	3.25 (2.38-4.45)	NA	NA	NA	NA
Restrictions (low level vs high level)	1.42 (1.07-1.90)	2.59 (1.74-3.86)	2.03 (0.62-6.69)	2.14 (1.34-3.40)	0.73 (0.42-1.27)
Quarantine order or self-isolation (being vs not being)	1.07 (0.92-1.24)	1.59 (0.96-2.64)	1.02 (0.79-1.31)	0.82 (0.60-1.13)	1.22 (0.93-1.61)
Structured daily schedule (mainly or every day vs rarely or not)	1.57 (1.23-2.00)	1.84 (1.21-2.77)	1.55 (1.08-2.23)	1.27 (0.67-2.40)	1.61 (0.79-3.27)
Online P.E. (sometimes, often or always vs hardly or never)	1.20 (1.08-1.34)	1.46 (1.18-1.81)	1.17 (0.99-1.37)	1.42 (1.05-1.91)	1.15 (0.87-1.53)
Outside play (more than 2 h/d vs 2 h/d or less)	1.26 (0.99-1.60)	1.56 (1.15-2.12)	1.50 (0.94-2.39)	1.03 (0.69-1.53)	0.67 (0.40-1.13)
Meeting ST recommendation on weekend					
Affected (mildly vs severely) ⁺	1.48 (1.05-2.10)	NA	NA	NA	NA
Restrictions (low level vs high level)	1.74 (1.28-2.37)	2.43 (1.87-3.16)	2.46 (1.63-3.70)	1.64 (1.23-2.19)	1.30 (0.69-2.47)
Quarantine order or self-isolation (being vs not being)	1.01 (0.88-1.17)	1.36 (0.84-2.20)	1.00 (0.79-1.28)	0.81 (0.60-1.09)	1.10 (0.85-1.42)
Structured daily schedule (mainly or every day vs rarely or not)	1.64 (1.38-1.95)	1.55 (1.15-2.08)	1.60 (1.24-2.05)	1.56 (0.94-2.61)	1.41 (0.93-2.14)
Online P.E. (sometimes, often	1.21 (1.09-1.34)	1.30 (1.06-1.59)	1.26 (1.07-1.47)	1.04 (0.79-1.36)	1.30 (1.01-1.68)

METHODS

Kovacs, V. A., Starc, G., Brandes, M., Kaj, M., Blagus, R., Leskošek, B., Suesse, T., Dinya, E., Guinhouya, B. C., Zito, V., Rocha, P. M., Gonzalez, B. P., Kontsevaya, A., Brzezinski, M., Bidiugan, R., Kiraly, A., Csányi, T., & Okely, A. D. (2021). Physical activity, screen time and the COVID-19 school closures in Europe – an observational study in 10 countries. *European Journal of Sport Science*, 1–10.

<https://doi.org/10.1080/17461391.2021.1897166>



METHODS

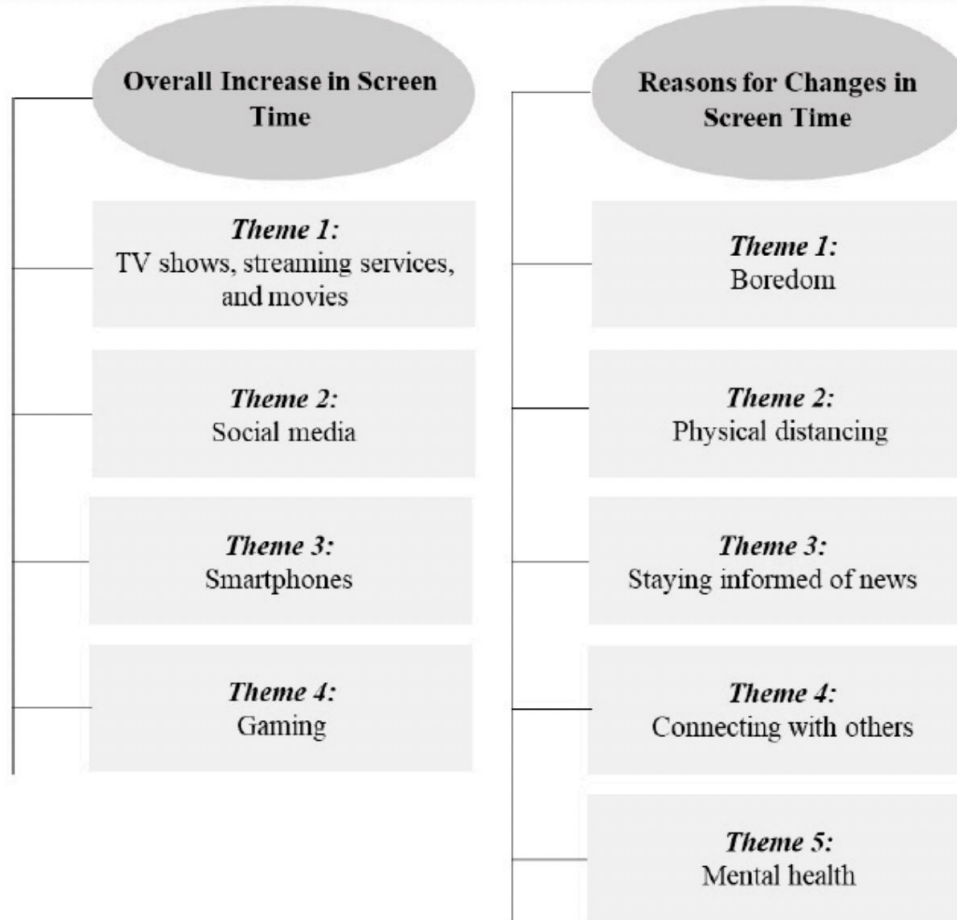
Table 1. Participant demographics and screen time behaviors (n = 720).

Variable	Total
Age, Mean (SD)	24.7 (2.0)
Gender, n (%)	
Male	263 (36.5)
Female	447 (62.1)
Different identity	10 (1.4)
Ethnicity / Race, n (%)	
White	213 (29.6)
Asian American	172 (23.9)
Black or African American	130 (18.2)
Hispanic or Latino	119 (16.6)
Other ^a	85 (11.8)
Socioeconomic Status, n (%)	
Low	231 (32.7)
Low-middle	146 (20.6)
Middle	119 (17.0)
Upper-Middle	131 (18.5)
High	79 (11.2)
Perceived Influence of COVID-19 on media use, n (%)	
Yes, very much	360 (50.3)
Yes, somewhat	185 (25.8)
No	171 (23.9)
Weekly Recreational Screen Time, Mean hours (SD) ^b	
EAT 2018	25.9 (11.9)
C-EAT	28.5 (11.6) *
Change in Weekly Screen Time from EAT 2018 to C-EAT, Mean hours (SD) ^b	
Increase (n = 348)	13.1 (8.3)
Decrease (n = 229)	12.4 (8.6)
No Change (n = 139)	n/a

Wagner, B. E., Folk, A. L., Hahn, S. L., Barr-Anderson, D. J., Larson, N., & Neumark-Sztainer, D. (2021). Recreational screen time behaviors during the COVID-19 pandemic in the U.S.: A mixed-methods study among a diverse population-based sample of emerging adults. *International Journal of Environmental Research and Public Health*, 18(9), 4613.

<https://doi.org/10.3390/ijerph18094613>

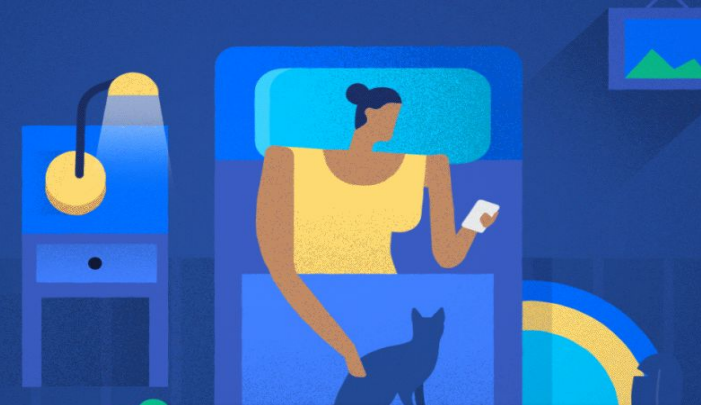
METHODS



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<https://doi.org/10.3390/ijerph18094613>

Figure 1. Main themes emerging from qualitative data on change in screen time behaviors.



OUTCOME





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CONCLUSION

References

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