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Screen time and mental health in a Spanish children cohort

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Abstract

Background: In recent years the use of screens has been increasing among children and the need to study the relationship of screen time, especially on mental health and prosocial behavior, has become very relevant to adopt strategies that can guarantee a healthy development of children.

Objective: To assess the associations between screen time (ST) and the Strengths and Difficulties Questionnaire (SDQ) and its scales.

Methods: A cross-sectional study in 1508 children from the Childhood Obesity Risk Assessment Longitudinal Study (CORALS) cohort was conducted. To assess the associations between ST and the SDQ and its scales, multiple linear models were fitted and adjusted by several confounders.