



MODULE: INTRODUCTION TO RESEARCH (BMHP5005)

ASSESSMENT 2: VIVA VOCE

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INTRODUCTION

- **WHAT IS YOUR LITERATURE REVIEW ABOUT?** To examine and give us more information how screen time affects children and their relationships.
- **AIM:** What is the impact of screen time and technology on child well-being in terms of physical and mental health, and social connectedness.
- **OBJECTIVES:** : Based on the studies, relevant to the chosen topic to identify and analyse the findings.

METHODS

- **EXPLAIN THE METHODS THAT YOU USED**

- systematic literature review

- **WHAT KEYWORDS DID YOU USE FOR YOUR SEARCH?**

- screen time, electronic devices, children, families, well-being, physical and mental health, the effect of technology on children.

- **WHICH DATABASES DID YOU USE FOR YOUR SEARCH – PUBMED.**

- WHAT INCLUSION AND EXCLUSION CRITERIA DID YOU USE?**

- **inclusion criteria:** peer-reviewed articles, publications only in English, focusing on England and United Kingdom, for the period between 2016-2021.

- **exclusion criteria:** publications before 2016, meta-analysis, systematic reviews.

LITERATURE REVIEW

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Jasmine N. Khouja, Markus R. Munafo, Kate Tilling et al. Is screen time associated with anxiety and depression in young people? Results from a UK birth cohort (2019)	To examine association between screen time and anxiety and depression in young people	Quantitative and qualitative methods survey: questionnaire and interview 14,665 children and their families 7 - 18 years, <25 - 30+ - Families with 7 - 18 years old children	Increased use of electronic devices is associated with increased risk of depression and anxiety among the children.
Lizzy Winstone, Becky Mars, Claire M. A. Haworth and Judi Kidger Social media use and social connectedness among adolescents in the United Kingdom: a qualitative exploration of displacement and stimulation (2021)	To examine the relationship between social media use and social connectedness (encompassing peers and family) through the experiences and perspectives of children in South-West England.	Qualitative method: interview 24 children (Year 9 students) 13-14 years old children, 19 girls and 5 boy	There are a relationships between social media use and connectedness consistent with a 'rich-get-richer' and a 'poor-get-poorer' effect for family and peer connectedness – and a 'poor-get-richer' effect in peer connectedness for those who find face-to face interactions difficult.
Natalie Pearson, Stuart J. H. Biddle, Paula Griffiths, Julie P. Johnston and Emma Haycraft Clustering and correlates of screen-time and eating behaviours among young Children (2018)	To examine the screen-time and unhealthy dietary behaviours in young children.	Mixed method: Cross-sectional – questionnaire - Parents of 126 children, from the UK, aged 5–6 years (49% boys) 5-6 years old and their parents	Parents' own behaviour has been identified as an important influence on the co-occurrence of screen time and unhealthy dietary behaviours in children.

RESULTS

- WHAT WERE THE KEY FINDINGS OR RESULTS OF THE LITERATURE YOU REVIEWED?
- WHAT KEY THEMES DID YOU IDENTIFY?



DISCUSSION

- DISCUSS THE THEMES THAT YOU HAVE FOUND AND DESCRIBE WHY YOUR FINDINGS ARE IMPORTANT FOR HEALTH AND SOCIAL CARE.
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CONCLUSION

- SUMMARISE THE MAIN POINTS OF YOUR RESEARCH.
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REFERENCES

Khouja., J. N. *et al.* (2019). 'Is screen time associated with anxiety and depression in young people? Results from a UK birth cohort' *BMC Public Health*, Vol.19, Issue (1). Available at: <https://pubmed.ncbi.nlm.nih.gov/30654771/> (Assessed: 17th November 2021).

Pierson, N. *et al.* (2018). 'Clustering and correlates of screen-time and eating behaviours among young children' *BMC Public Health*, Vol.18, Issue(1). Available at: <https://pubmed.ncbi.nlm.nih.gov/29914455/> (Assessed: 23rd November 2021).

Winstone, L. *et al.* (2021). 'Social media use and social connectedness among adolescents in the united kingdom: a qualitative exploration of displacement and stimulation' *BMC Public Health*, Vol.21, Issue (1). Available at: <https://pubmed.ncbi.nlm.nih.gov/34560872/> (Assessed: 23rd November 2021).