

Technology Use and Children: A Focus on the Family System



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- Moderator: Jonathan Comer, PhD, Florida International University



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Maureen C. Kenny, PhD Joint program with Div 37

Nov. 4 1 PM **New Thoughts About Assessment and Diagnosis of Autism**

Cathy Lord, PhD - **Free Member CE**

TBA **Distinguished Career Presentation**, Joan Asarnow, PhD

TBA Panel Discussion - **Students and Advocacy and Career Development**

01

Technology
Use and
Health

02

Families and
screen time

03

Family-
based
preventative
intervention

04

Module
examples

Outline

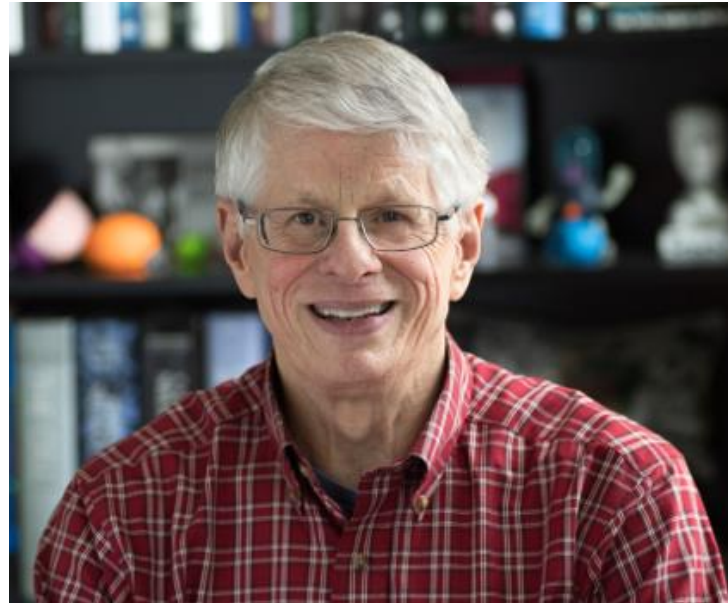
Disclosures

- NICHD F31HD082858 (Parent)
- CAPTR Grants (Sanders, Parent)
- NIMHD R01MD015401 (Parent)
- No conflicts of interest

Collaborators

FIU Doctoral Students

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Rex Forehand



Wesley Sanders



The University of Vermont

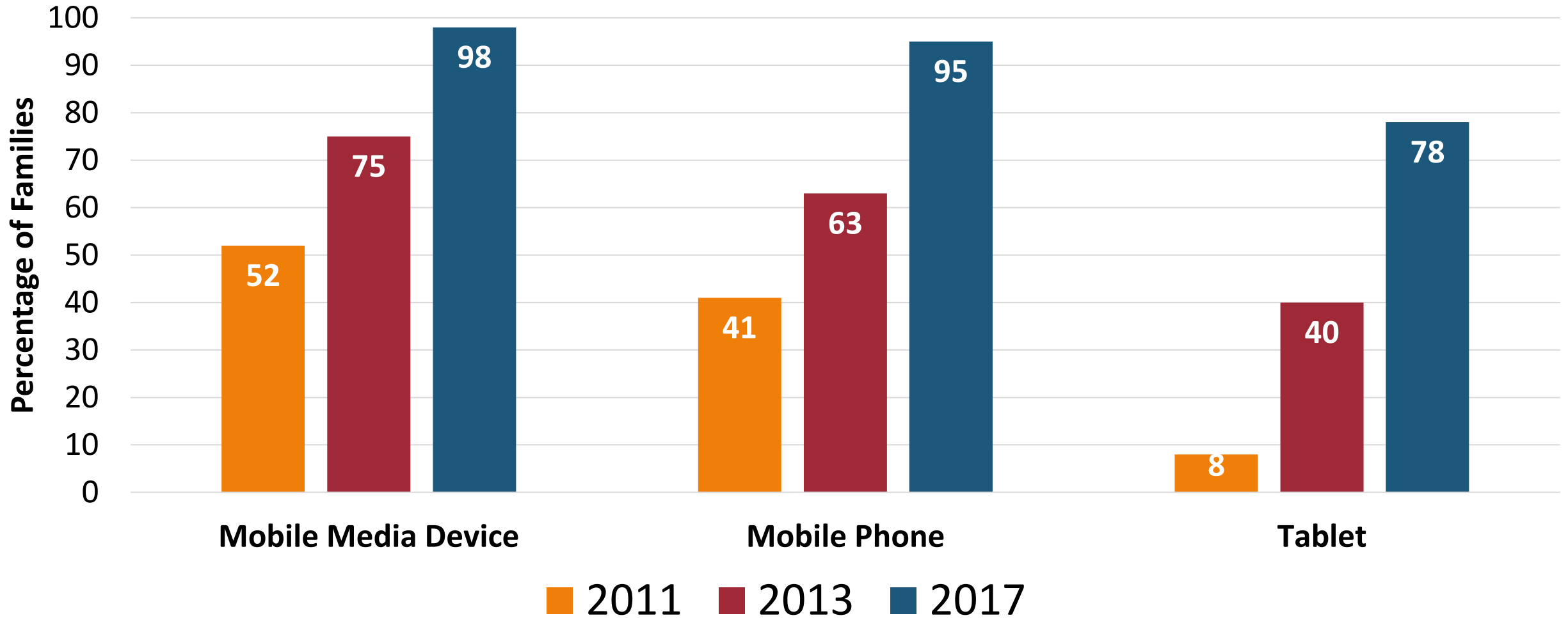


**VETERAN
AND FAMILY CARE**

The Rise of Gadgets

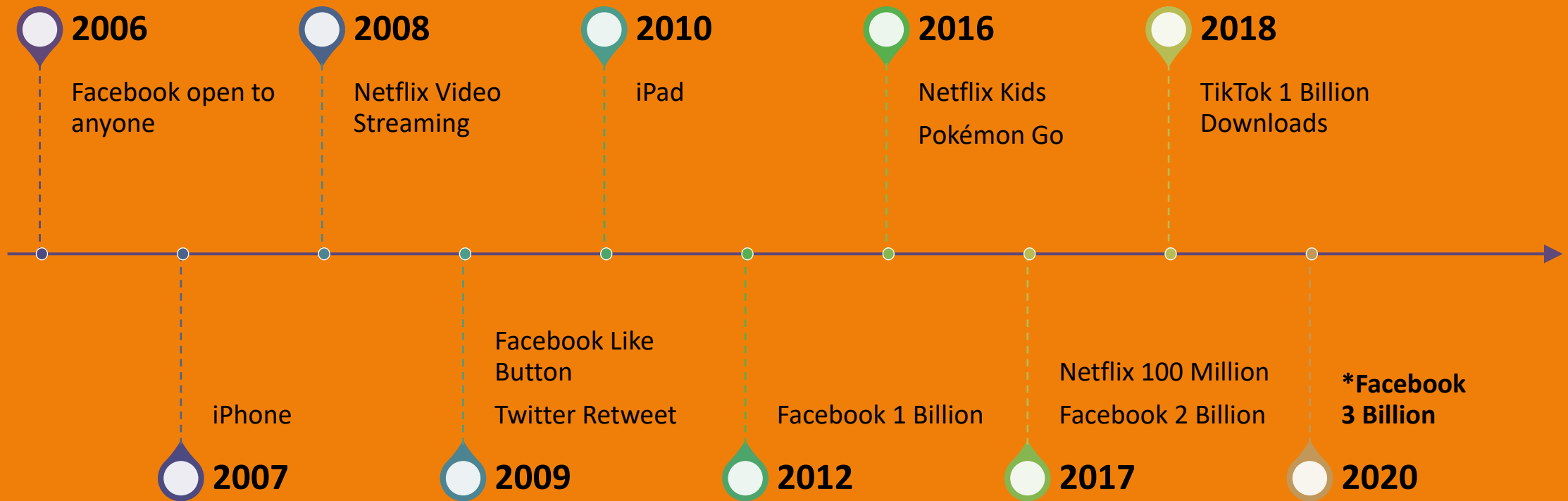
- Video Games
- Smart Phones
- Tablets
- Computers

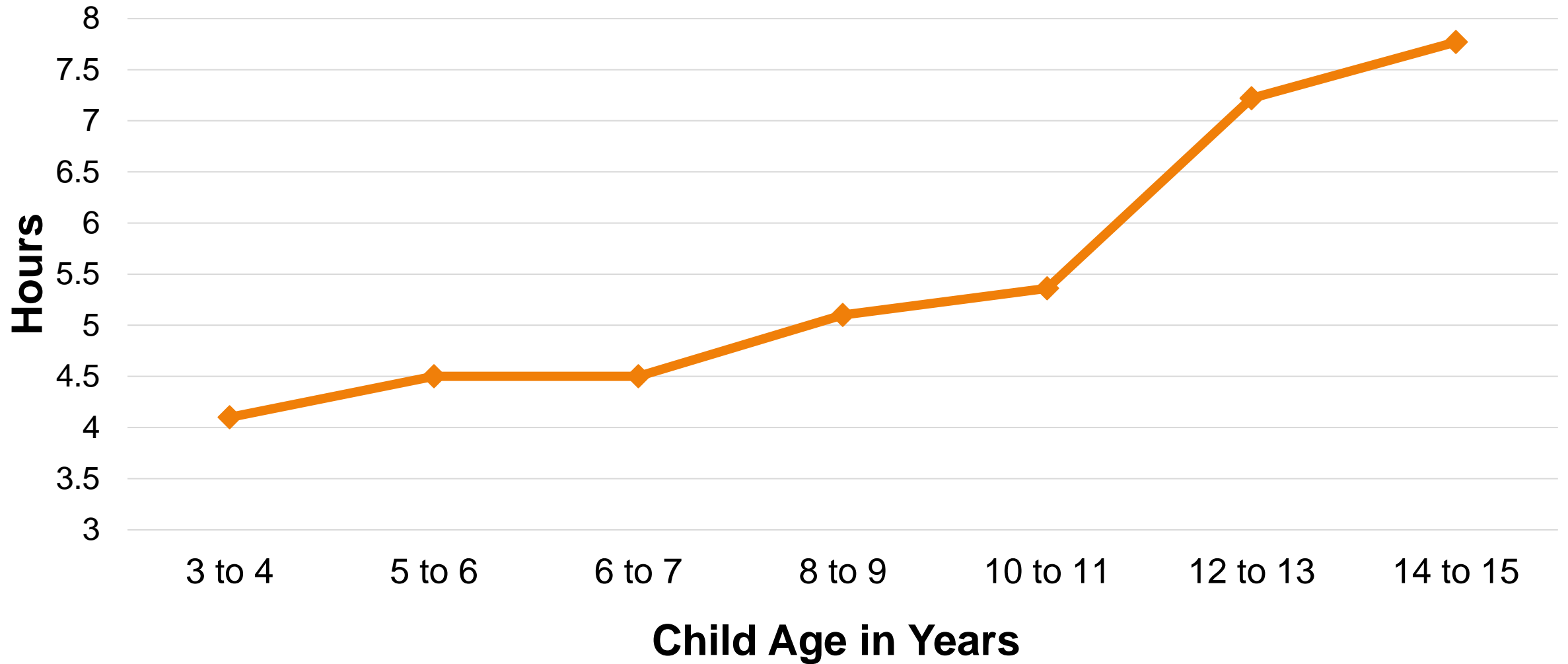




Mobile Media is Universal!

Technology Evolution

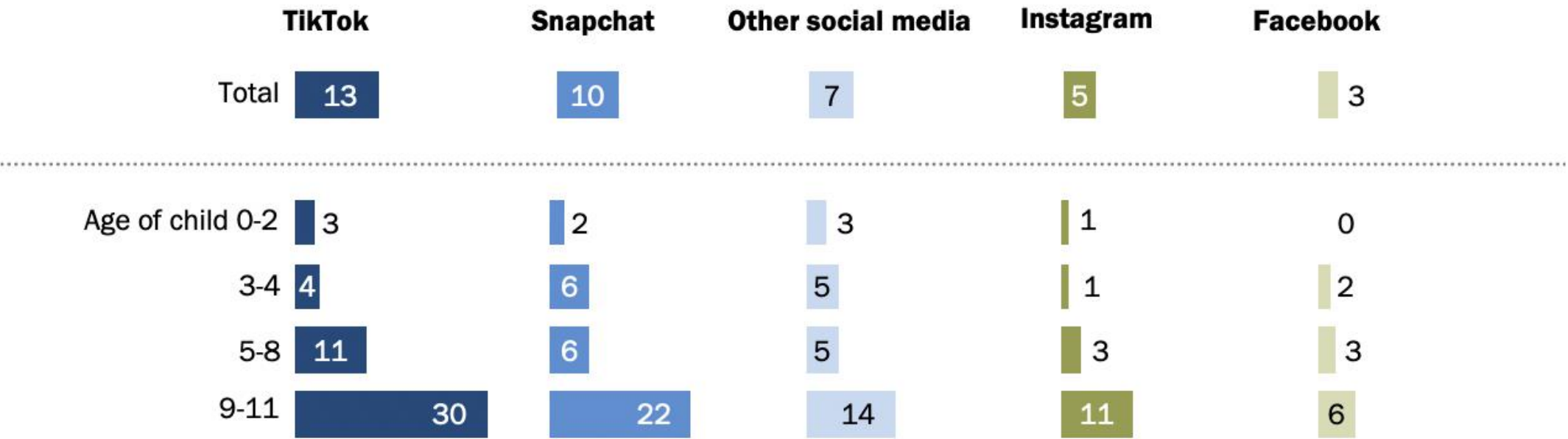




Developmental Shifts

Parents of an older child are more likely to say child uses social media sites

% of U.S. parents of a child age 11 or younger who say that, as far as they know, their child uses ...



Note: If parent has multiple children, they were asked to focus on one child when answering this question. Those who did not give an answer are not shown.

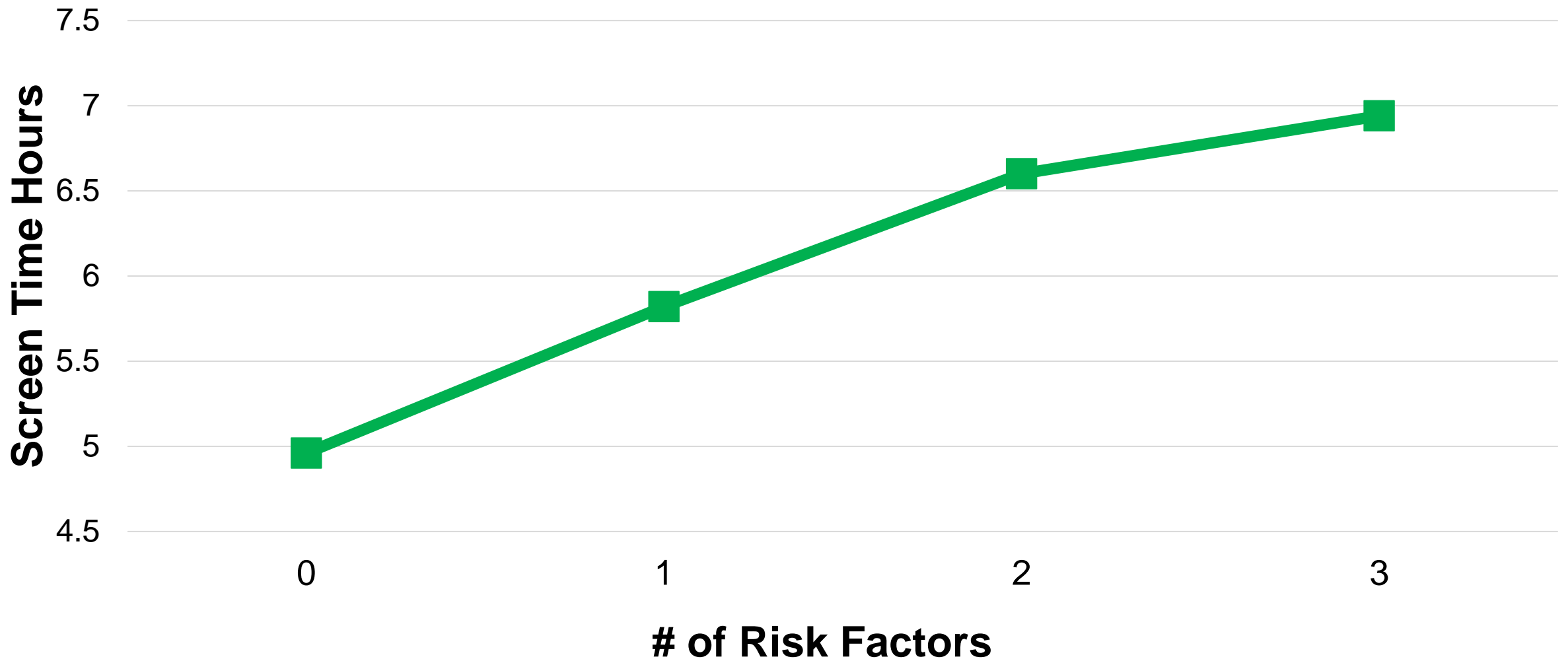
Source: Survey of U.S. adults conducted March 2-15, 2020.
“Parenting Children in the Age of Screens”

PEW RESEARCH CENTER

Screen Time

- **5-6 hours** a day using digital technology
- More hours than any other activity
- **New challenge** for parents





Cumulative Risk



Positives

- Educational
- Cognitive
- Motivational
- Social



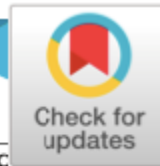
The Downside

- Small links to aggression & mood
- Links to obesity / sedentary behavior
- Distraction from other activities
- Exposure to age-inappropriate

**/the
social
dilemma_**

THE TECHNOLOGY THAT CONNECTS US ALSO CONTROLS US

N



Annual Research Review: Adolescent mental health in the digital age: facts, fears, and future directions

Candice L. Odgers,¹ and Michaeline R. Jensen²

nature
human behaviour

ARTICLES

<https://doi.org/10.1038/s41562-018-0506-1>

The association between adolescent well-being and digital technology use

Amy Orben^{1*} and Andrew K. Przybylski^{1,2}

The widespread use of digital technologies by young people has spurred speculation that their regular use negatively impacts psychological well-being. Current empirical evidence supporting this idea is largely based on secondary analyses of large-scale social datasets. Though these datasets provide a valuable resource for highly powered investigations, their many variables and observations are often explored with an analytical flexibility that marks small effects as statistically significant, thereby leading to potential false positives and conflicting results. Here we address these methodological challenges by applying specification curve analysis (SCA) across three large-scale social datasets (total $n = 355,358$) to rigorously examine correlational evidence for the effects of digital technology on adolescents. The association we find between digital technology use and adolescent well-being is negative but small, explaining at most 0.4% of the variation in well-being. Taking the broader context of the data into account suggests that these effects are too small to warrant policy change.

Reexamining the Findings of the American Psychological Association's 2015 Task Force on Violent Media: A Meta-Analysis

Christopher J. Ferguson¹ , Allen Copenhaver², and Patrick Markey³

¹Department of Psychology, Stetson University; ²Criminal Justice, Lindsey Wilson College; and ³Department of Psychology, Villanova University

How Much Is Too Much? Examining the Relationship Between Digital Screen Engagement and Psychosocial Functioning in a Confirmatory Cohort Study

Andrew K. Przybylski, PhD, Amy Orben, DPhil, Netta Weinstein, PhD

J Am Acad Child Adolesc Psychiatry 2020;59(9):1080–1088.



NeuroImage 185 (2019) 140–153



Contents lists available at ScienceDirect

NeuroImage

journal homepage: www.elsevier.com/locate/neuroimage



Screen media activity and brain structure in youth: Evidence for diverse structural correlation networks from the ABCD study

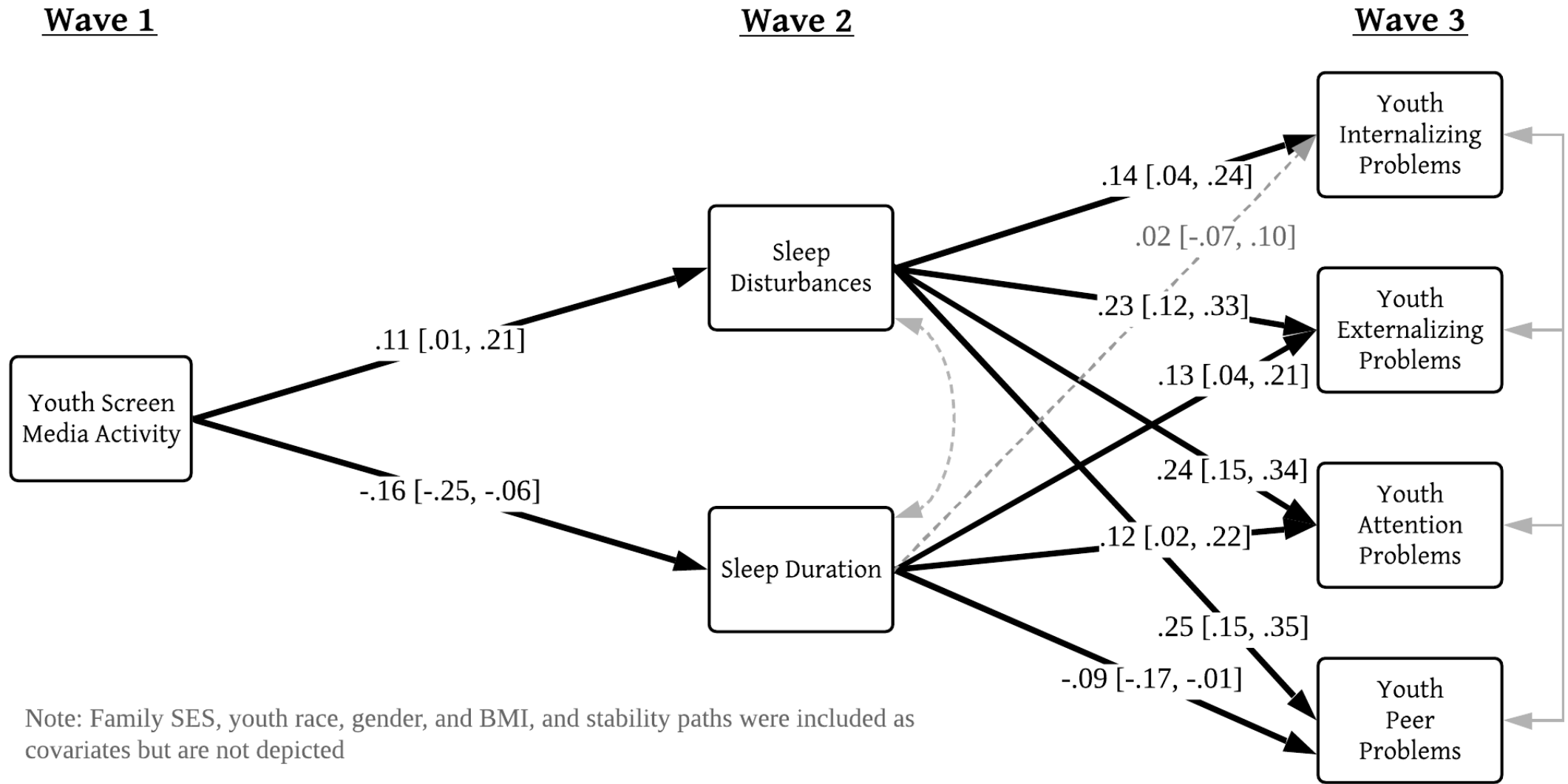
Martin P. Paulus^{a,b,*}, Lindsay M. Squeglia^c, Kara Bagot^b, Joanna Jacobus^b, Rayus Kuplicki^a, Florence J. Breslin^a, Jerzy Bodurka^a, Amanda Sheffield Morris^{a,e}, Wesley K. Thompson^d, Hauke Bartsch^f, Susan F. Tapert^b





Small negative association...

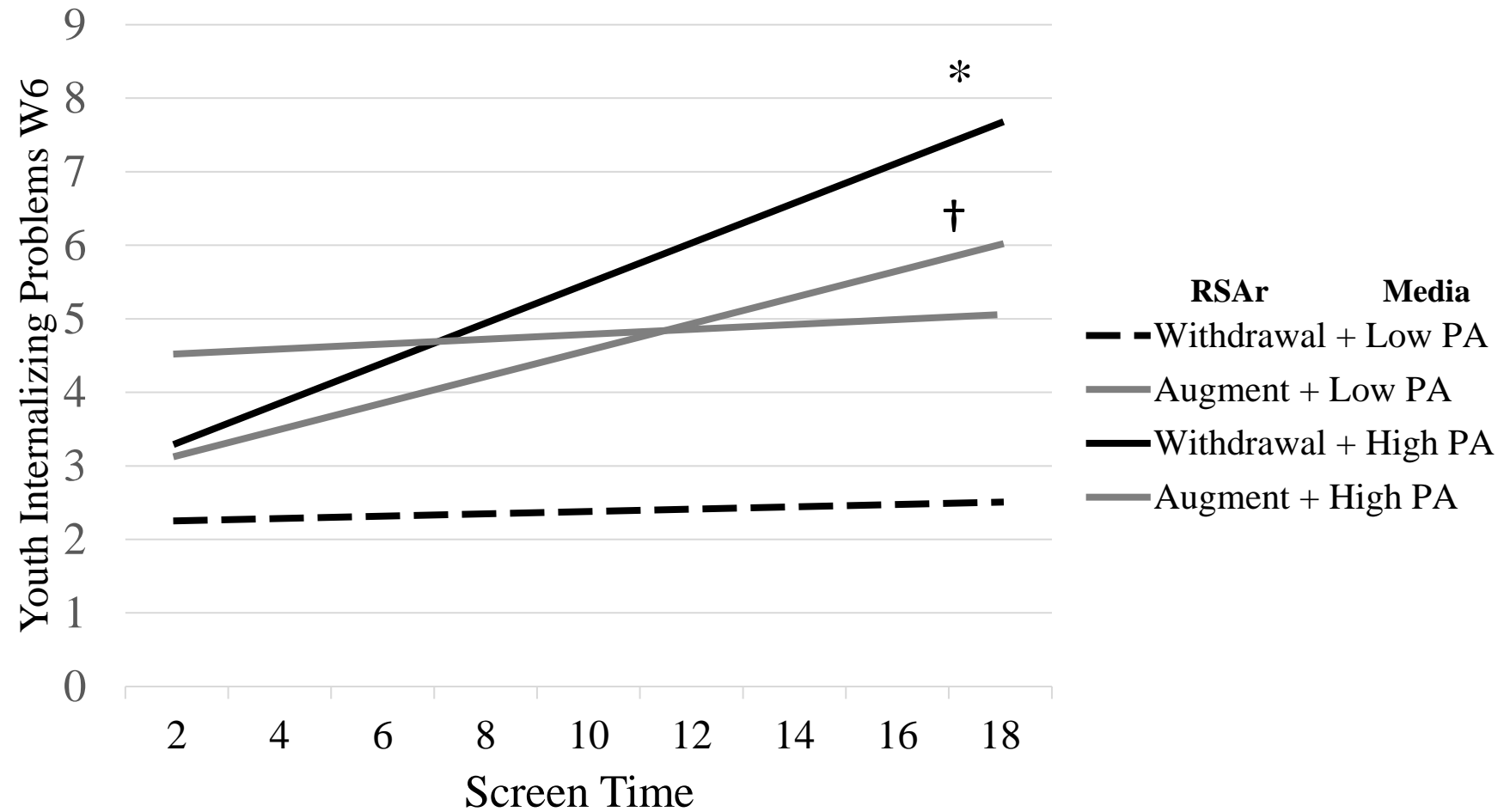
What about mediators or moderators?



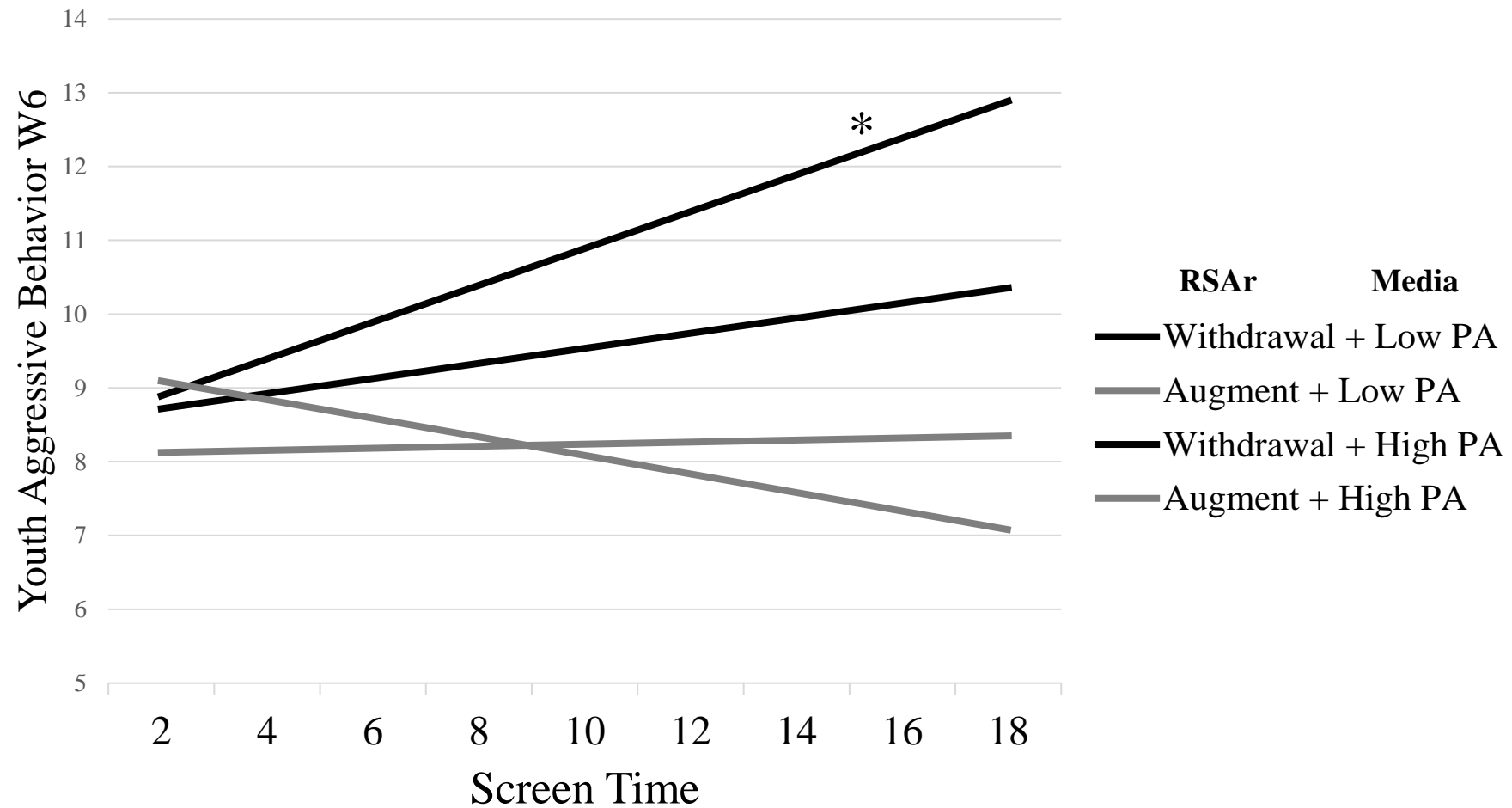
Parent, Sanders, & Forehand, 2016; Parent et al., under review

Sleep as a Mechanism

For Whom



Differential Susceptibility



Sanders, **Parent** et al., 2018

Is Screen Time Bad?

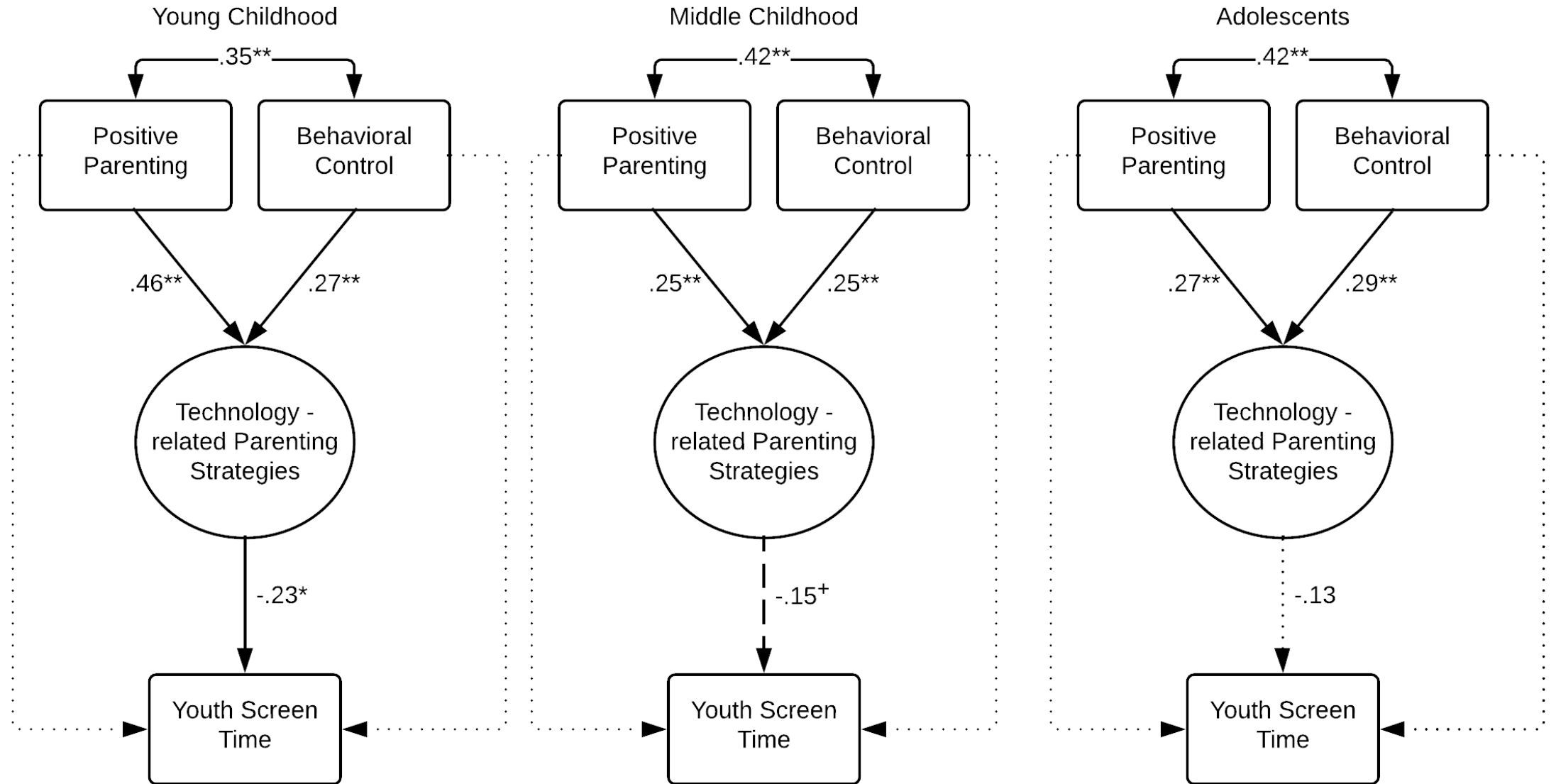
It depends...

Maybe don't call it screen time...



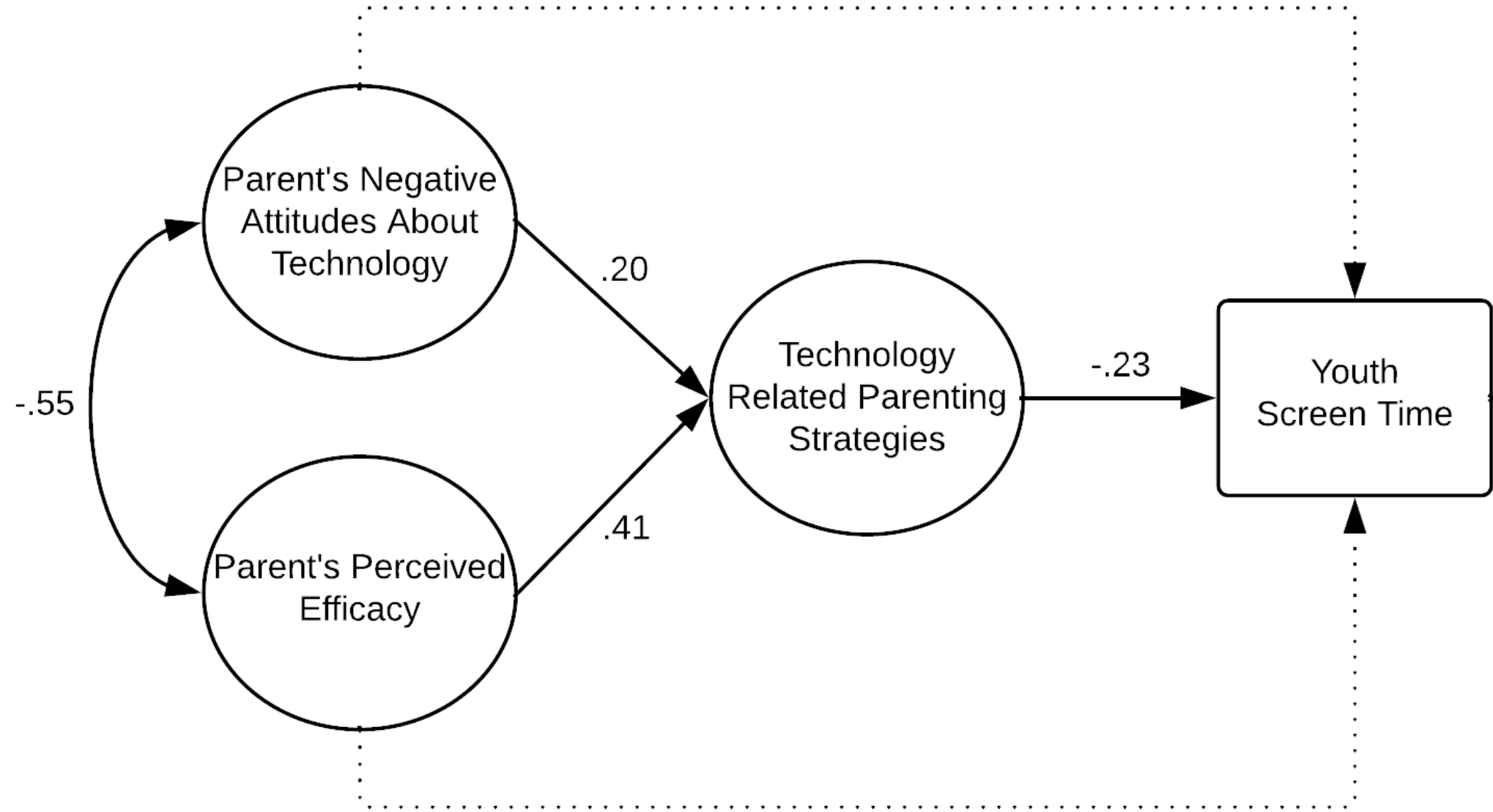
What about the family?

Spillover effects



Sanders, Parent et al., 2016a

Tech Parenting

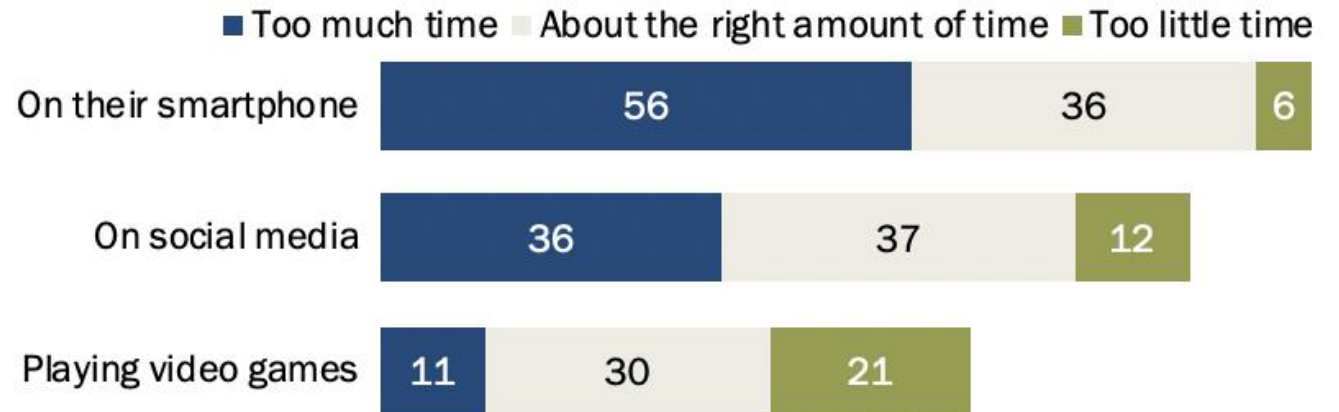


Parental Cognitions

What about parent screen time?

Roughly six-in-ten parents say they spend too much time on their smartphone

% of U.S. parents of who say they spend ___ on the following

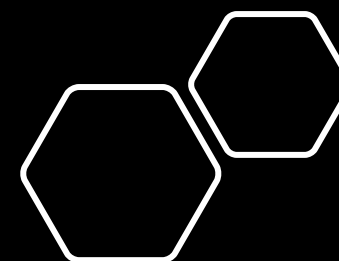
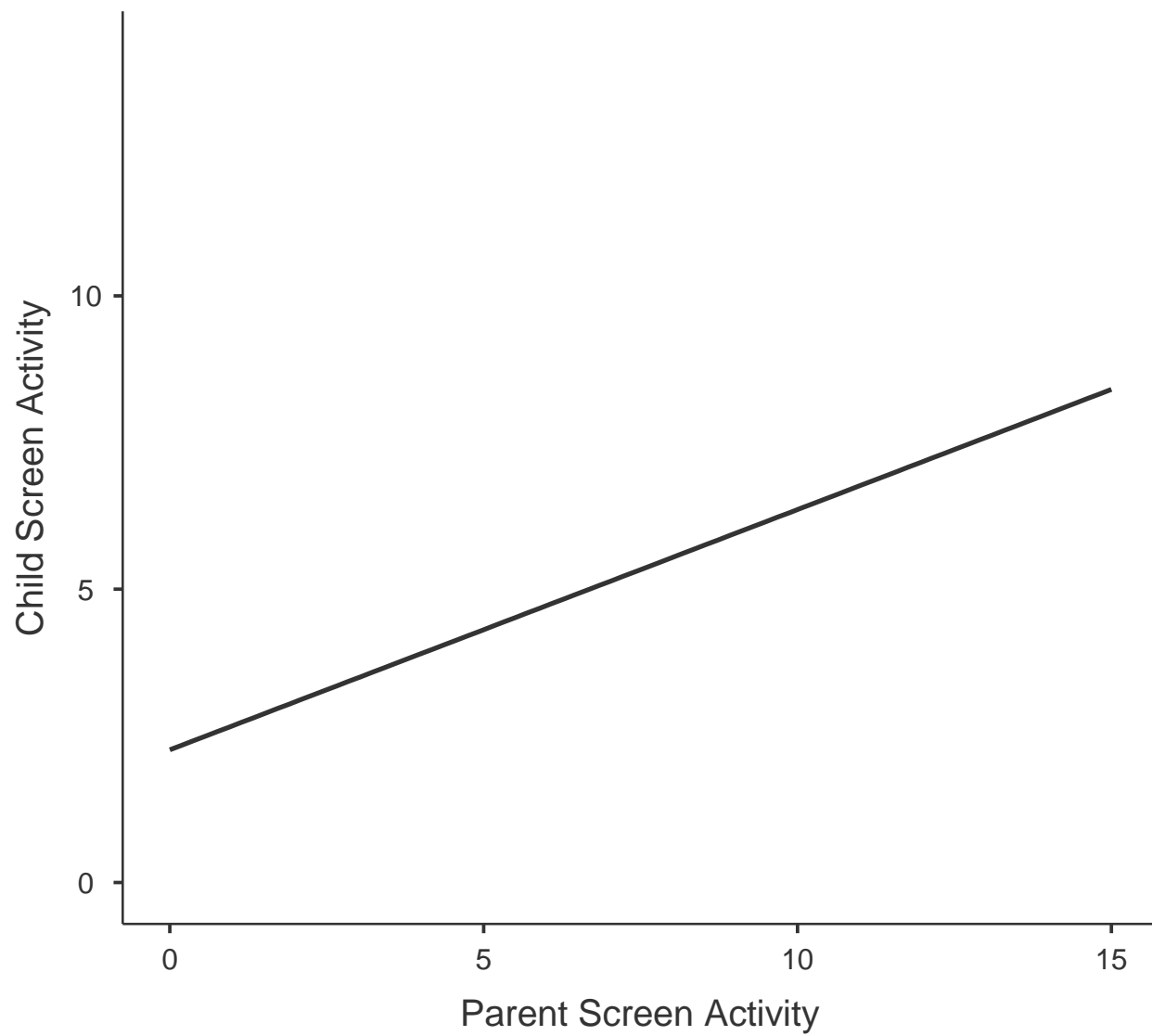


Note: Based on parents who have at least one child under the age of 18 but may also have an adult child or children. These items were only asked among those who use these digital technologies but are presented here among all parents. Those who did not give an answer are not shown.

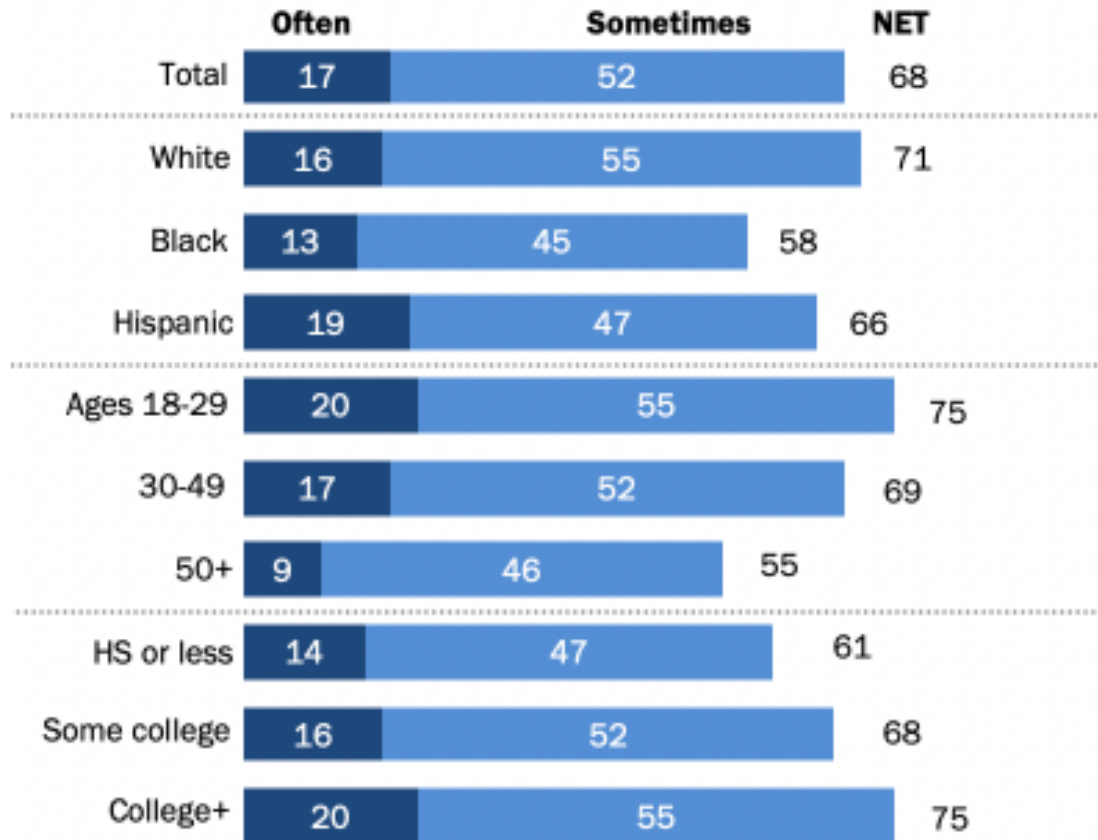
Source: Survey of U.S. adults conducted March 2-15, 2020.

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% of U.S. parents who say they ___ feel distracted by their smartphone while they are spending time with their children ...



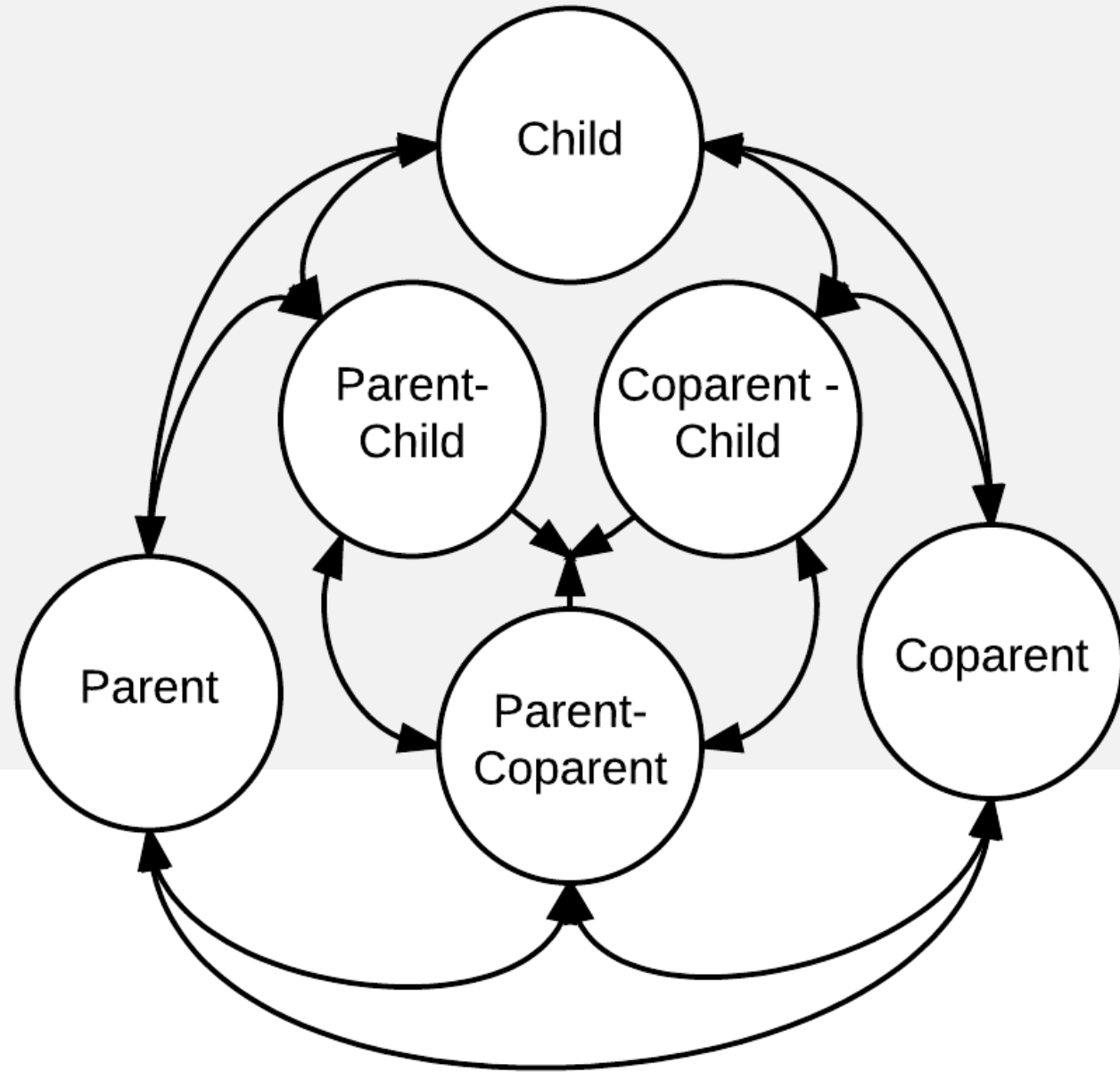
Source: Survey of U.S. adults conducted March 2-15, 2020.
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Parent screen time interference



Technology & the Family System

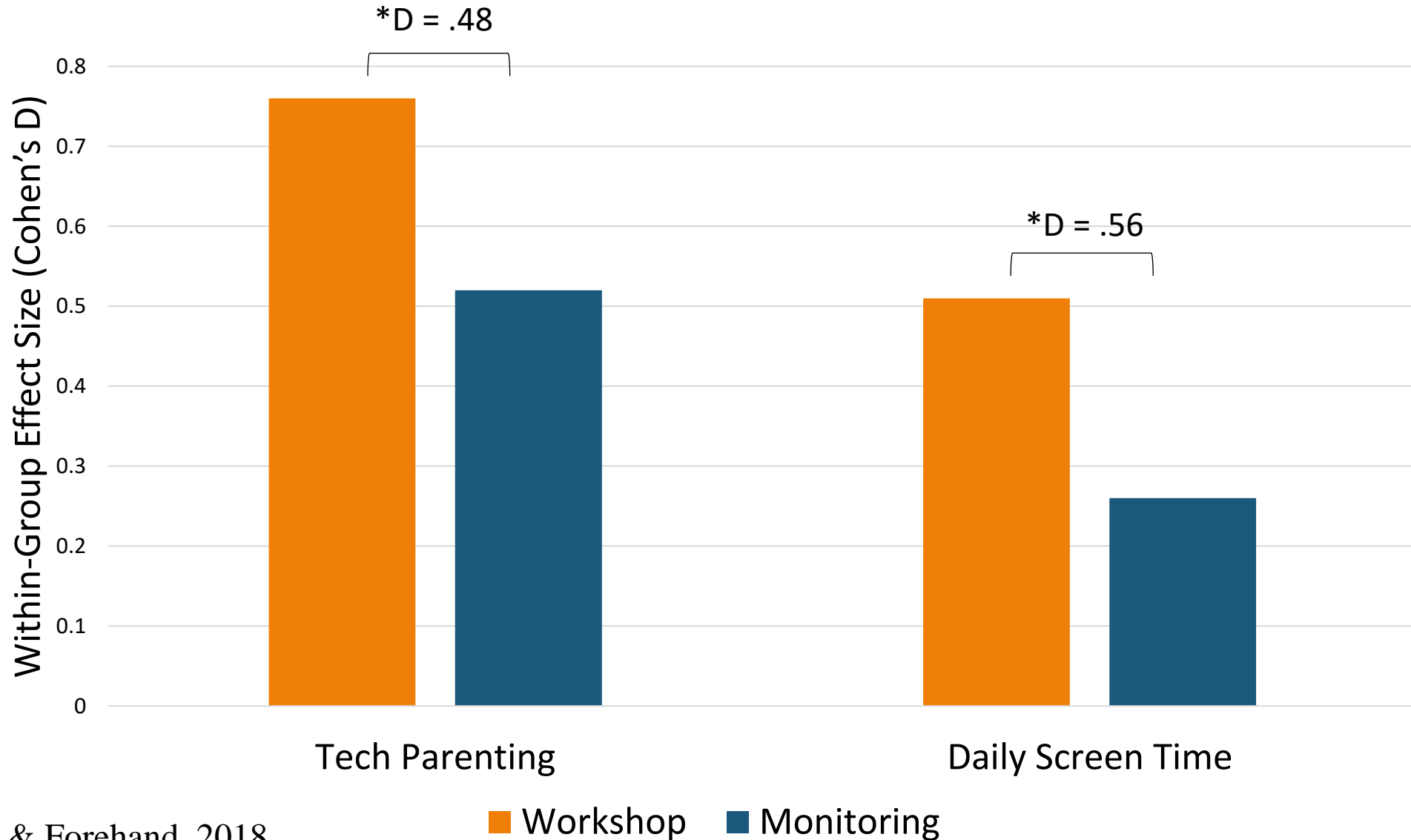


A Brief Workshop

- Teach parents to manage child's screen time
- 1 Session (2 hrs.)
- 39 parents of 5-12 year old children
- Assigned to intervention or wait list
- Intervention:
 - Didactics & hands-on approach focused on technology-specific parenting
 - How to set parental controls and make a family media plan in hands-on part



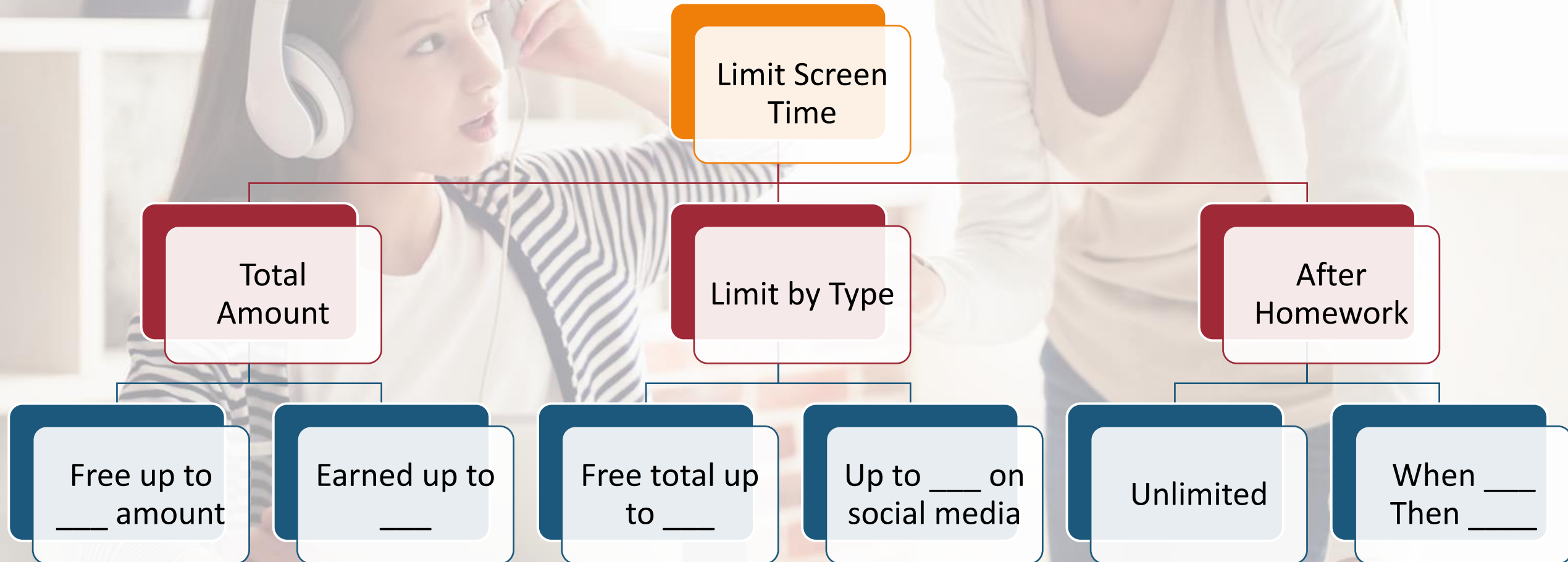
A Feasibility Pilot Study



7 Steps!

Family Media Plans

1. Types of Limiting



's Home Reward Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>_____</div> <div>-</div> <div>-</div>	<div>_____ Mins</div> <div>Yes / No</div>	<div>_____ Mins</div> <div>Yes / No</div>	<div>_____ Mins</div> <div>Yes / No</div>	<div>_____ Mins</div> <div>Yes / No</div>	<div>_____ Mins</div> <div>Yes / No</div>	<div>_____ Mins</div> <div>Yes / No</div>	<div>_____ Mins</div> <div>Yes / No</div>
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Total Game Time Earned	<div>_____ Mins</div>	<div>_____ Mins</div>	<div>_____ Mins</div>	<div>_____ Mins</div>	<div>_____ Mins</div>	<div>_____ Mins</div>	<div>_____ Mins</div>

2. Bedtime – Screen Time



4. Modeling Screen Time

Same rules!

- Not at meals?
- Not in bed?
- Limit time and light before bed

Model limits

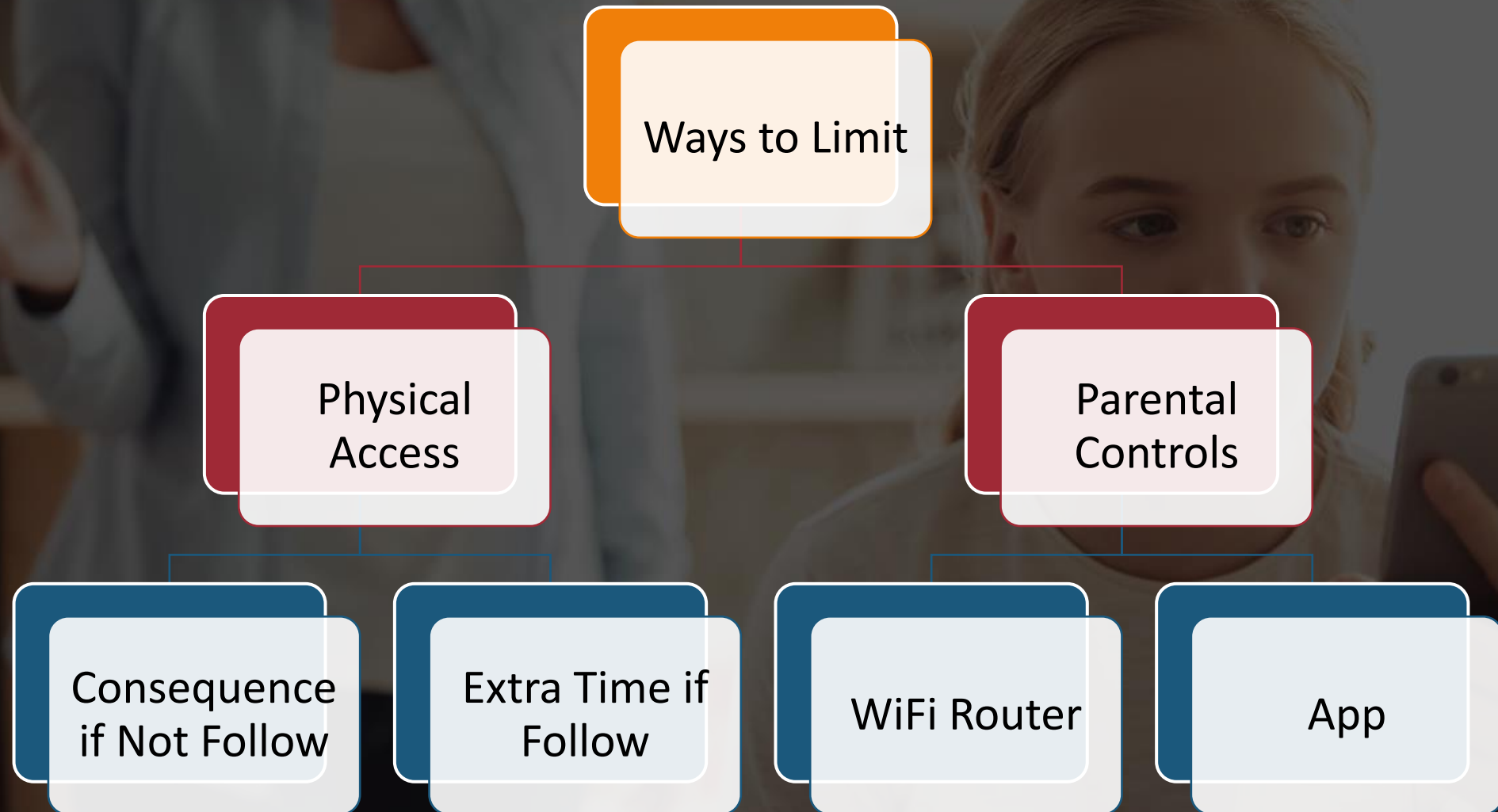
- Lower social media time?
- Set similar limits on your phone
- Prioritize family activities





(5) Join In!

- Watch programming with your child
- Play games with them
- Point out important things
- Discuss character traits
- Know the rating systems

7. How to Limit Access



You've reached your daily limit for Facebook



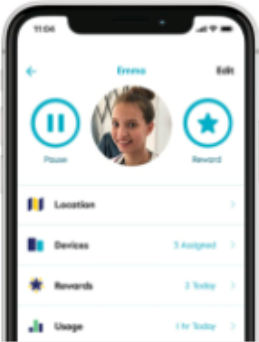


How To Set Up Google Family Link



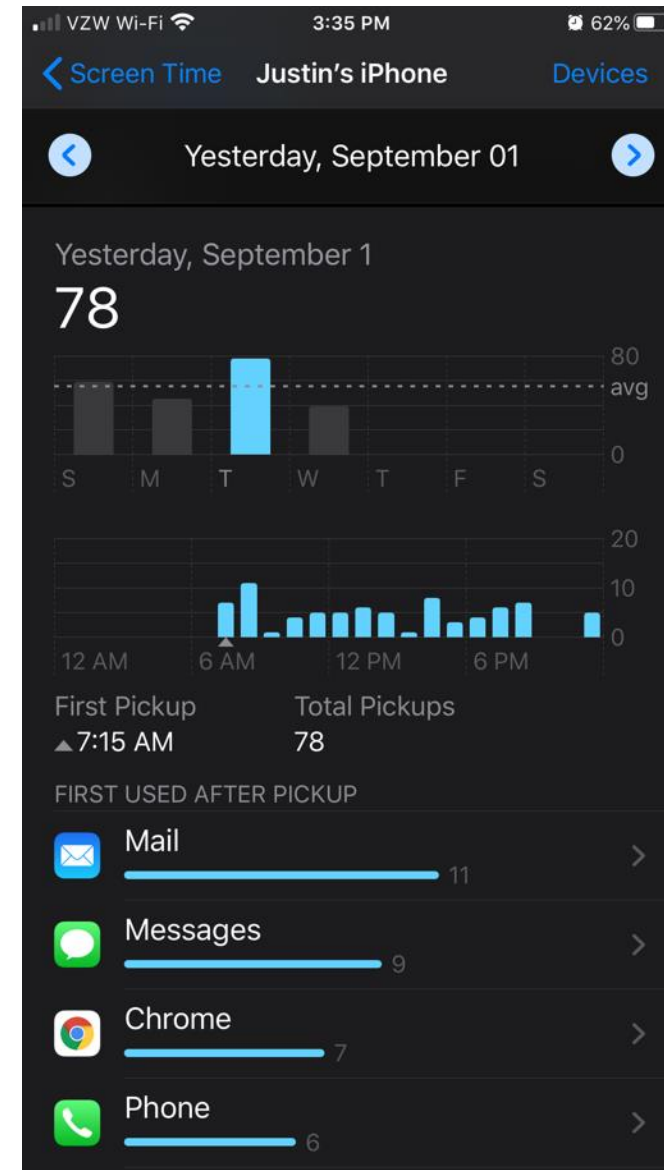
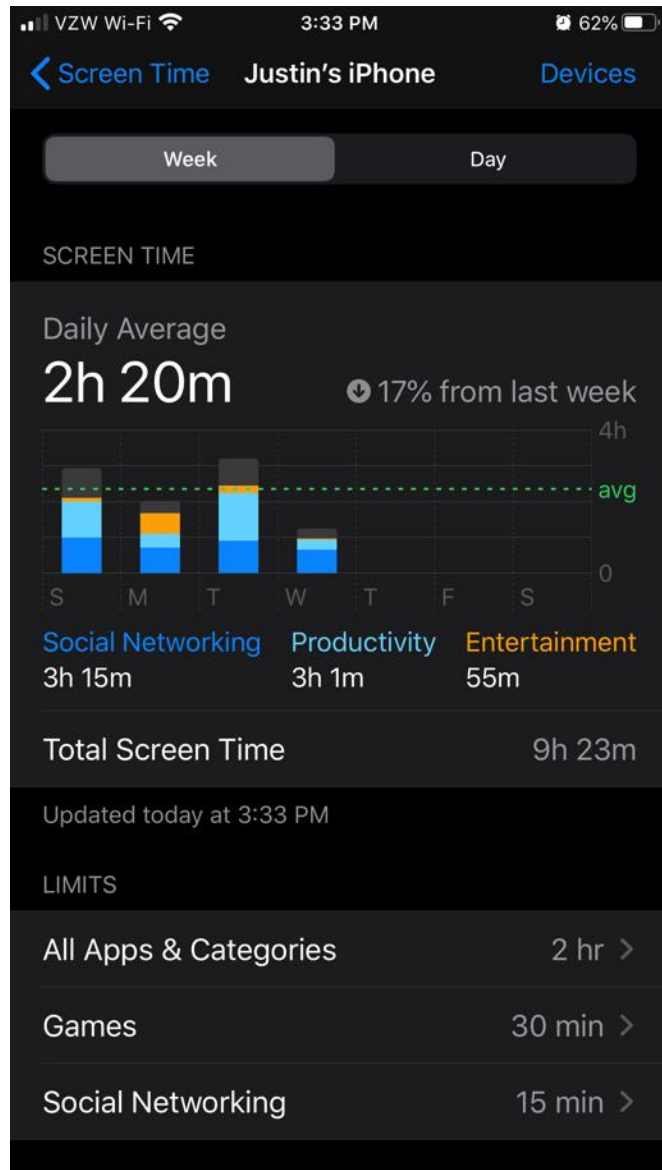


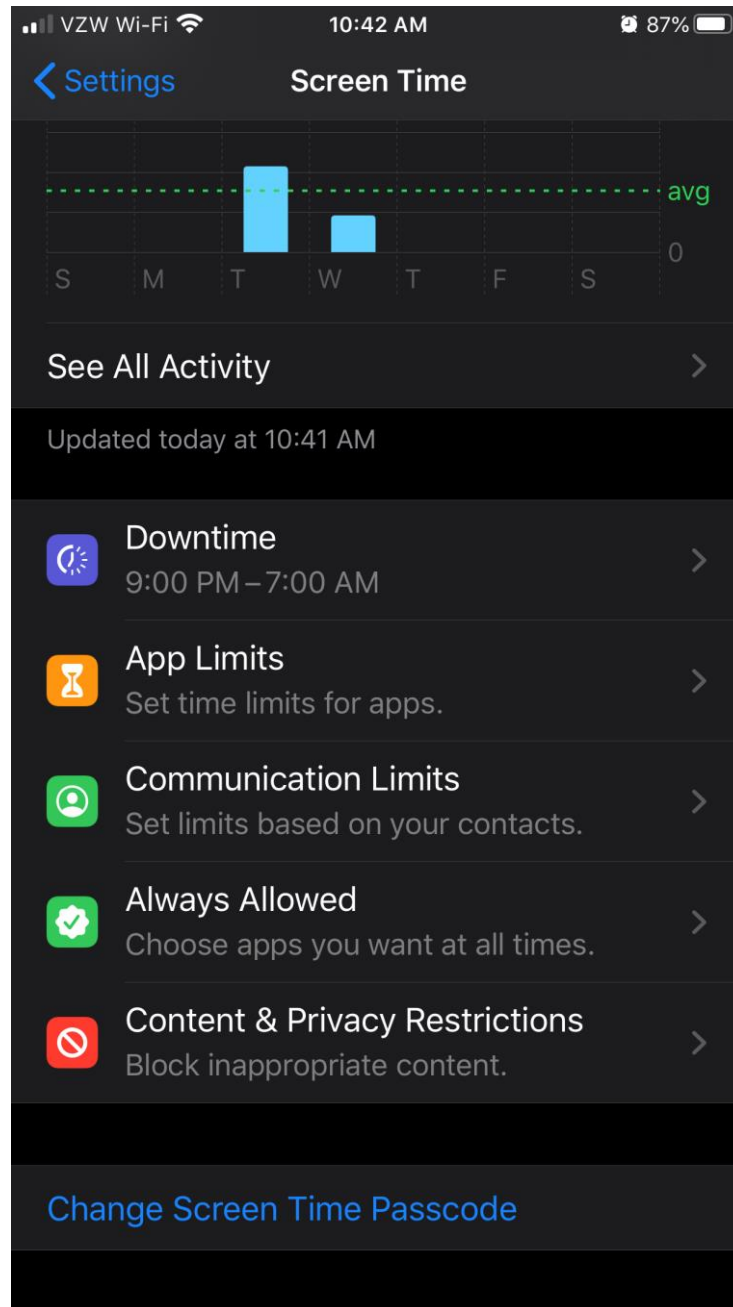
Circle Parental Controls App

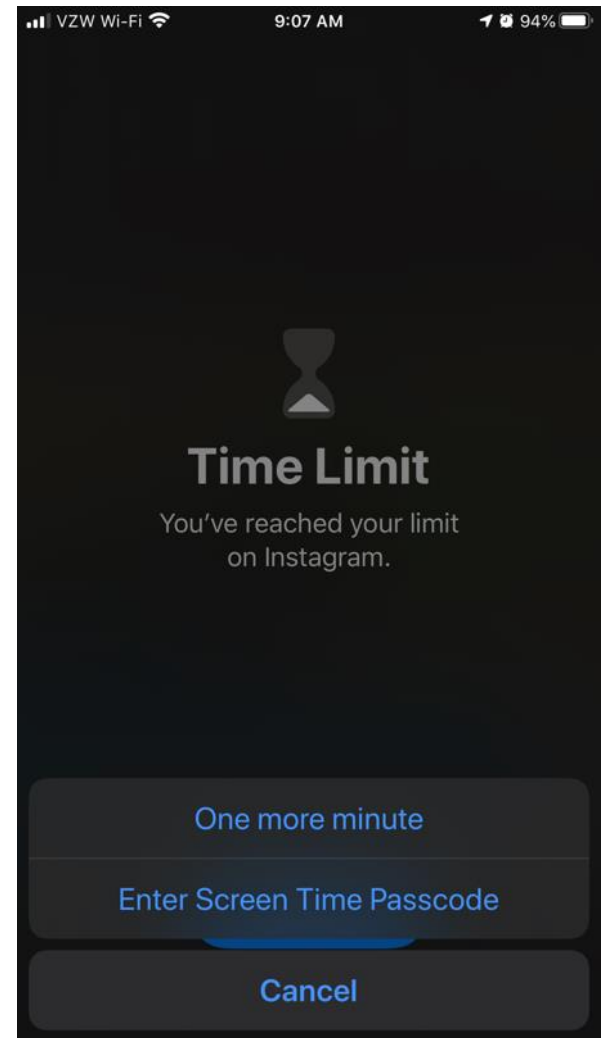
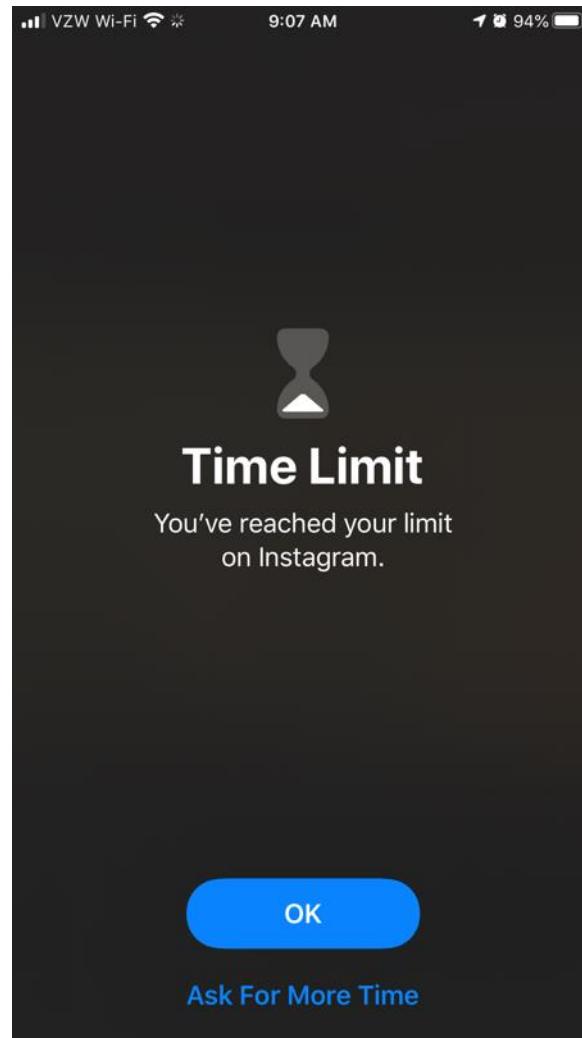


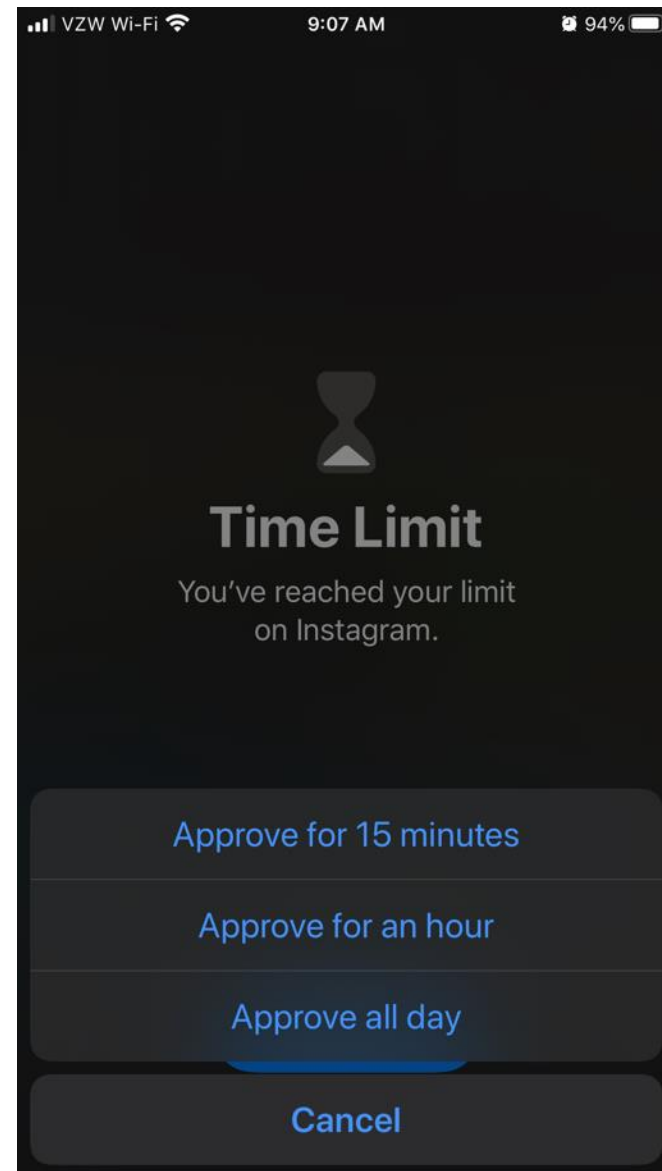
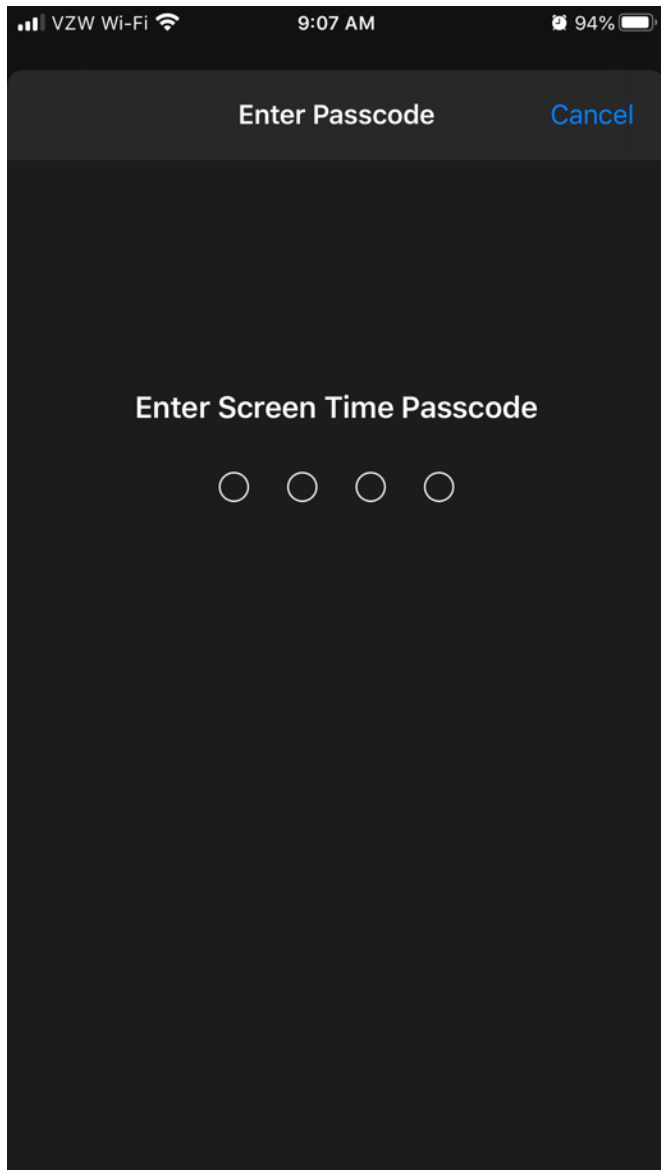
Manage **mobile devices** across all networks, from anywhere, using only the Circle app.











Take Home Points

Parents matter!

Foster hope, reduce intimidation

Embrace vs. reject – Join in!

A whole family approach

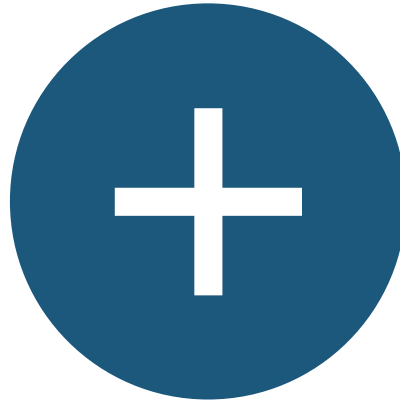
Avoid prescriptive, unattainable rules

Technology can help set limits

Formats



GROUP



1:1 ADD-ON



ONLINE



Questions?

Still have questions? Please post them on the
SCCAP Listserv to continue the community
discussion

div53@lists.apa.org

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• Without website link

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