



Screen Time and Problematic Internet Use among Children and Adolescents—Impacts on Physical and Mental Health

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

The role of technology in the education of children and adolescents is undisputed. The benefits of technology in providing digital literacy training to children are innumerable. Excessive, and unsupervised screentime can contribute to unhealthy living habits, reduced physical activity, poor physical fitness, and associated health issues. Inappropriate screentime can also reduce social interactions, which can hamper social and emotional development. Research needs to understand the specific conditions that will promote digital literacy while also minimizing its potential risks. This Special Issue represents a unique perspective on problems associated with screentime and Internet use. The focus will be on the potential detrimental effects associated with excessive and unsupervised screentime. Authors worldwide are invited to submit high-quality papers for consideration. Papers based on original research, systematic reviews, and meta-analyses addressing issues of mental ill health and psychological well-being, biological and psychosocial risk and protective factors, and interventional programs associated specifically with screentime and internet use are welcome.

