

Associations Between Exposures and Health-related Outcomes

Outcome	Specific Outcome	Exposure	Age Group	Population	Study Design	Lead Author, Date	r with 95% CI	I <sup>2</sup>	K	N										
Body composition	Body composition	TV programs and movies: General	Adolescents	General	Mixed or unspecified	Marshall, 2004	0.06 [ 0.03, 0.10]	0%	12	3,196										
	Body composition	Video games: General	Children	General	Mixed or unspecified	Marker, 2022	0.09 [ 0.03, 0.16]	94%	13	20,004										
	Body composition	Video games: Physically active	Mixed	General	Experimental	Hernandez-Jimenez, 2019	-0.12 [-0.25, 0.01]	86%	19	1,347										
Cognition	Cognitive Functioning	Screen use: General (mobile phone or tablet)	Young children	General	Observational - mixed	Mallawaarachchi, 2022	-0.07 [-0.17, 0.04]	80%	10	2,001										
	Information processing	Video games: General	Mixed	General	Experimental	Powers, 2013	0.11 [ 0.06, 0.15]	66%	56	5,189										
Developmental	General	Screen use: General (mobile phone or tablet)	Young children	General	Observational - mixed	Mallawaarachchi, 2022	-0.09 [-0.14, -0.03]	82%	26	9,070										
Diet	Food intake	Advertising: Unhealthy food	Children	General	Experimental	Boyland, 2016	0.23 [ 0.10, 0.37]	90%	13	1,756										
	Food intake (calories)	Advertising: Advergames	Mixed	General	Experimental	Folkvord, 2018	0.18 [ 0.10, 0.25]	82%	15	3,842										
Healthy behavior	General	Screen-based intervention: Health behaviours	Mixed	General	Mixed or unspecified	Cushing, 2010	0.11 [ 0.05, 0.17]	88%	33	9,525										
Psychological health	Depression	Internet use: General	Mixed	General	Cross-sectional only	Shin, 2022	0.25 [ 0.22, 0.27]	98%	118	527,696										
	Depression	Internet use: General	Mixed	General	Longitudinal only	Shin, 2022	0.15 [ 0.09, 0.21]	94%	13	17,540										
	Depression	Social Media: General	Adolescents	General	Observational - mixed	Ivie, 2020	0.12 [ 0.05, 0.19]	98%	12	93,740										
	General	Social Media: General	Mixed	General	Mixed or unspecified	Yin, 2019	0.08 [ 0.01, 0.15]	86%	12	5,522										
	Internalizing	Screen use: General	Mixed	General	Mixed or unspecified	Eirich, 2022	0.06 [ 0.04, 0.08]	88%	43	93,914										
	Psychosocial factors	Screen use: General (mobile phone or tablet)	Young children	General	Observational - mixed	Mallawaarachchi, 2022	-0.08 [-0.16, 0.00]	78%	12	2,888										
Risky behavior	Risk taking (general)	Social Media: General	Adolescents	General	Mixed or unspecified	Vannucci, 2020	0.21 [ 0.16, 0.25]	98%	27	66,407										
	Risky sexual behaviour	Social Media: General	Adolescents	General	Mixed or unspecified	Vannucci, 2020	0.21 [ 0.14, 0.28]	96%	14	23,096										
	Sexual activity	Screen use: Sexual content	Mixed	General	Mixed or unspecified	Ferguson, 2017	0.08 [ 0.05, 0.11]	76%	25	18,127										
	Sexual activity (initiation of sex)	Screen use: Sexual content	Mixed	General	Mixed or unspecified	Ferguson, 2017	0.08 [ 0.04, 0.12]	84%	16	17,019										
	Substance abuse	Social Media: General	Adolescents	General	Mixed or unspecified	Vannucci, 2020	0.19 [ 0.14, 0.24]	96%	14	36,228										
Sleep	Duration	TV programs and movies: General	Adolescents	General	Mixed or unspecified	Bartel, 2015	-0.06 [-0.10, -0.01]	78%	10	9,798										

-0.6-0.4-0.20.00.20.4

r with 95% and 99.9% CIs