

Outcome	Specific Outcome (risks & benefits)	Exposure	Lead Author, Date	<i>r</i> with 95% CI	I ²	K	N					
Aggression	Towards peers	TV programs and movies: General	Mares, 2005	0.26 [0.20, 0.33]		15	747					
Cognition	Cognitive functioning	Screen–based intervention: Cognitive training	Oldrati, 2020	0.25 [0.12, 0.37]	80%	24	1547					
	Executive functioning	Screen–based intervention: Cognitive training	Scionti, 2019	0.14 [0.06, 0.21]		59	773					
	Executive Functioning	Screen–based intervention: Cognitive training	Oldrati, 2020	0.10 [–0.11, 0.30]	65%	7	352					
	Executive Functioning (accuracy)	Screen–based intervention: Education (via computer)	Takacs, 2019	0.21 [0.12, 0.28]	57%	28	1563					
	Executive Functioning (inhibition)	Screen–based intervention: Education (via computer)	Takacs, 2019	0.09 [0.02, 0.16]		15	894					
	Executive Functioning (working memory)	Screen–based intervention: Education (via computer)	Takacs, 2019	0.23 [0.14, 0.32]		21	1220					
	Executive Functioning (cognitive flexibility)	Screen–based intervention: Education (via computer)	Takacs, 2019	0.12 [0.04, 0.22]		12	617					
	Moral reasoning and perception of out–groups	Screen–based intervention: Sesame Street	Mares, 2013	0.09 [0.06, 0.13]		17	5837					
	Reducing stereotypes	TV programs and movies: General	Mares, 2005	0.22 [0.18, 0.26]		37	1814					
	Verbal skills	Screen–based intervention: Cognitive training	Oldrati, 2020	0.16 [–0.02, 0.33]	63%	8	398					
	Visuospatial skills	Screen–based intervention: Cognitive training	Oldrati, 2020	0.21 [0.09, 0.33]	56%	9	469					
Healthy behavior	Self–efficacy	Video games: Health promoting content	Zhou, 2019	0.13 [0.04, 0.22]		5	438					
	Self–efficacy	Video games: Physically active	Andrade, 2019	0.13 [–0.02, 0.28]	0%	3	165					
Prosocial Behavior	Altruism	TV programs and movies: General	Mares, 2005	0.44 [0.40, 0.48]		20	856					>
Psychological health	Adjustment	Screen–based intervention: Cognitive training	Oldrati, 2020	0.21 [0.04, 0.35]	49%	8	429					
	Anxiety	Social Media: Instant messaging	Liu, 2019	–0.21 [–0.27, –0.15]	0%	3	984					
	Depression	Screen use: General	Liu, 2016	0.04 [0.01, 0.07]	82%	21	127714					
	Depression	Social Media: Instant messaging	Liu, 2019	0.00 [–0.22, 0.22]	93%	2	804					
	Depression	Video games: General	Liu, 2019	0.05 [–0.01, 0.12]	0%	2	869					
	Depression	Video games: Physically active	Andrade, 2019	0.10 [–0.10, 0.30]	0%	2	91					
	Enjoyment	Video games: Health promoting content	Zhou, 2019	0.20 [0.09, 0.30]		4	440					
	Enjoyment	Video games: Physically active	Andrade, 2019	0.36 [0.03, 0.59]	0%	2	39					
	Internalizing	TV programs and movies: Scary content	Pearce, 2016	0.18 [0.14, 0.22]	68%	31	12454					
Satisfaction	Social Media: Instant messaging	Liu, 2019	–0.03 [–0.09, 0.03]	0%	1	1210						
Risky behavior	Media literacy	Screen–based intervention: Media literacy (web–based)	Vahedi, 2018	0.22 [0.14, 0.30]		3	138					
	Risk taking (attitude)	Screen–based intervention: Media literacy (web–based)	Vahedi, 2018	–0.03 [–0.20, 0.13]		3	138					
	Risk taking (general)	Social Media: General	Vannucci, 2020	0.21 [0.16, 0.25]	97%	27	67407					
	Safe sex	Social Media: General	Vannucci, 2020	0.21 [0.15, 0.28]	95%	14	23096					
	Sexual activity	Screen use: Sexy media	Ferguson, 2017	0.08 [0.05, 0.11]	77%	25	17402					
	Sexual activity (initiation of sex)	Screen use: Sexy media	Ferguson, 2017	0.08 [0.04, 0.12]	83%	16	17019					
Self–perceptions	General	Video games: Physically active	Andrade, 2019	0.21 [0.03, 0.37]	0%	3	120					
	Self–esteem	Video games: Physically active	Andrade, 2019	–0.18 [–0.31, –0.04]	5%	4	213					
Social interactions	General	TV programs and movies: General	Mares, 2005	0.22 [0.21, 0.29]		36	2056					

–0.4–0.20.00.20.4

Effect on Psychology Outcomes (r with 95%CI)