

Effect Size Characteristics		
Characteristics of included and excluded effect sizes		
Variable	Effect Size Used	
	Not Used, N = 197 <sup>†</sup>	Used, N = 255 <sup>†</sup>
Review Year		
1982	0 (0%)	1 (0.4%)
1994	0 (0%)	3 (1.2%)
2002	0 (0%)	1 (0.4%)
2003	0 (0%)	1 (0.4%)
2004	4 (2.0%)	13 (5.1%)
2005	0 (0%)	4 (1.6%)
2008	0 (0%)	1 (0.4%)
2009	0 (0%)	2 (0.8%)
2010	0 (0%)	2 (0.8%)
2011	3 (1.5%)	3 (1.2%)
2012	1 (0.5%)	2 (0.8%)
2013	4 (2.0%)	12 (4.7%)
2014	1 (0.5%)	7 (2.7%)
2015	8 (4.1%)	16 (6.3%)
2016	16 (8.1%)	9 (3.5%)
2017	10 (5.1%)	8 (3.1%)
2018	6 (3.0%)	16 (6.3%)
2019	38 (19%)	50 (20%)
2020	25 (13%)	49 (19%)
2021	28 (14%)	24 (9.4%)
2022	53 (27%)	31 (12%)
Outcome Category		
Education	41 (21%)	89 (35%)
Health Behaviour	55 (28%)	64 (25%)
Physical Health	62 (31%)	32 (13%)
Psychology	39 (20%)	69 (27%)
(missing)	0	1
Broad Outcome		
Aggression	0 (0%)	4 (1.6%)
Antisocial Behaviour	0 (0%)	3 (1.2%)
Body composition	45 (23%)	26 (10%)
Cardiometabolic health	4 (2.0%)	3 (1.2%)
Cognition	10 (5.1%)	21 (8.2%)
Developmental	0 (0%)	5 (2.0%)
Diet	17 (8.6%)	15 (5.9%)
Eye health	10 (5.1%)	0 (0%)
Healthy behavior	1 (0.5%)	4 (1.6%)
Learning	29 (15%)	44 (17%)
Literacy	10 (5.1%)	33 (13%)
Numeracy	2 (1.0%)	11 (4.3%)
Physical activity	18 (9.1%)	21 (8.2%)
Physical health	3 (1.5%)	1 (0.4%)
Prosocial Behavior	0 (0%)	3 (1.2%)
Psychological health	23 (12%)	26 (10%)
Risky behavior	10 (5.1%)	7 (2.7%)
Science	0 (0%)	1 (0.4%)
Screen time	3 (1.5%)	4 (1.6%)
Self-perceptions	1 (0.5%)	2 (0.8%)
Sleep	11 (5.6%)	20 (7.8%)
Social interactions	0 (0%)	1 (0.4%)
Broad Exposure		
Advertising	14 (7.1%)	5 (2.0%)
Computer use	9 (4.6%)	11 (4.3%)
e-Books	0 (0%)	5 (2.0%)
Internet use	1 (0.5%)	7 (2.7%)
Screen use	77 (39%)	48 (19%)
Screen-based intervention	56 (28%)	92 (36%)
Social Media	6 (3.0%)	10 (3.9%)
TV advertising	1 (0.5%)	0 (0%)
TV programs and movies	10 (5.1%)	32 (13%)
Video games	23 (12%)	45 (18%)
Number of Contributing Studies		
(missing)	5 (3, 9)	9 (5, 16)
	9	3
Pooled Sample Size	1,884 (665, 8,487)	2,053 (744, 5,990)
Age Group		
Adolescents	21 (11%)	57 (22%)
Children	47 (24%)	76 (30%)
Mixed	114 (58%)	102 (40%)
Young children	15 (7.6%)	20 (7.8%)
Sample Type		
Atypically developing	1 (0.5%)	3 (1.2%)
Autism	6 (3.0%)	1 (0.4%)
Chronic disease	1 (0.5%)	4 (1.6%)
Dyscalculia	0 (0%)	1 (0.4%)
General	184 (93%)	231 (91%)
Math difficulties	1 (0.5%)	2 (0.8%)
Overweight and obese	4 (2.0%)	10 (3.9%)
Poor readers	0 (0%)	3 (1.2%)
Study Design		
Cross-sectional only	4 (2.0%)	16 (6.3%)
Experimental	108 (55%)	130 (51%)
Longitudinal only	8 (4.1%)	12 (4.7%)
Mixed or unspecified	48 (24%)	81 (32%)
Observational - mixed	29 (15%)	16 (6.3%)
Study-level Data Available	150 (76%)	188 (74%)
Meets Statistical Certainty Criteria		
Meets Criteria	8 (4.1%)	44 (17%)
Unclear	189 (96%)	211 (83%)
<sup>†</sup> n (%); Median (IQR)		