

Associations Between Exposures and Health-related Outcomes											
Outcome	Specific Outcome	Exposure	Age Group	Pop.	Study Design	Lead Author, Date	r with 95% CI	I ²	K	N	
Body composition	Body composition	TV programs and movies: General	Adolescents	General	Mixed or unclear	Marshall, 2004	0.06 [0.03, 0.10]	0%	12	3,196	
	Body composition	Video games: General	Children	General	Mixed or unclear	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 or tablet)	Young	General	Observational	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 or tablet)	Young	General	Observational	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 unclear	Cushing, 2010	0.11 [0.05, 0.17]	88%	33	9,525	
Psychological health	Depression	Internet use: General	Mixed	General	Cross-sectional	Shin, 2022	0.25 [0.22, 0.27]	98%	118	27,696	
	Depression	Internet use: General	Mixed	General	Longitudinal	Shin, 2022	0.15 [0.09, 0.21]	94%	13	17,540	
	Depression	Social Media: General	Adolescents	General	Observational	Ivie, 2020	0.12 [0.05, 0.19]	98%	12	93,740	
	General	Social Media: General	Mixed	General	Mixed or unclear	Yin, 2019	0.08 [0.01, 0.15]	86%	12	5,522	
	Internalizing	Screen use: General	Mixed	General	Mixed or unclear	Eirich, 2022	0.06 [0.04, 0.08]	88%	43	93,914	
	Psychosocial factors	Screen use: General (mobile or tablet)	Young	General	Observational	Mallawaarachchi, 2022	-0.08 [-0.16, 0.00]	78%	12	2,888	
Risky behavior	Risk taking (general)	Social Media: General	Adolescents	General	Mixed or unclear	Vannucci, 2020	0.21 [0.16, 0.25]	98%	27	66,407	
	Risky sexual behaviour	Social Media: General	Adolescents	General	Mixed or unclear	Vannucci, 2020	0.21 [0.14, 0.28]	96%	14	23,096	
	Sexual activity	Screen use: Sexual content	Mixed	General	Mixed or unclear	Ferguson, 2017	0.08 [0.05, 0.11]	76%	25	18,127	
	Sexual activity (initiation)	Screen use: Sexual content	Mixed	General	Mixed or unclear	Ferguson, 2017	0.08 [0.04, 0.12]	84%	16	17,019	
	Substance abuse	Social Media: General	Adolescents	General	Mixed or unclear	Vannucci, 2020	0.19 [0.14, 0.24]	96%	14	36,228	
Sleep	Duration	TV programs and movies: General	Adolescents	General	Mixed or unclear	Bartel, 2015	-0.06 [-0.10, -0.01]	78%	10	9,798	
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