Associations Between Exposures and Health-related Outcomes

Outcome	Specific Outcome	Exposure	Age Group	Lead Author, Date	r with 95% CI	I²	K	N	
Body composition	Body composition	Screen use: General	Mixed	Fang, 2019	0.14 [0.11, 0.17]	86%	19	47,164	
	Body composition	TV programs and movies: General	Mixed	Poorolajal, 2020	0.11 [0.08, 0.14]	98%	56	343,999	
	Body composition	TV programs and movies: General	Children	Zhang, 2016	0.11 [0.08, 0.15]	96%	24	104,911	
	Body composition	TV programs and movies: General	Adolescents	Marshall, 2004	0.06 [0.03, 0.10]	0%	12	3,196	
	Body composition	Video games: General	Mixed	Poorolajal, 2020	0.01 [-0.05, 0.07]	98%	11	151,910	
	Body composition	Video games: General	Children	Marker, 2022	0.09 [0.03, 0.16]	94%	13	20,004	
	Body composition	Video games: Physically active	Mixed	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	Mallawaarachchi, 2022	-0.07 [-0.17, 0.04]	80%	10	2,001	
	Information processing	Video games: General	Mixed	Powers, 2013	0.11 [0.06, 0.15]	66%	56	5,189	
Developmental	General	Screen use: General (mobile phone or tablet)	Young children	Mallawaarachchi, 2022	-0.09 [-0.14, -0.03]	82%	26	9,070	
Diet	Food intake	Advertising: Unhealthy food	Children	Boyland, 2016	0.23 [0.10, 0.37]	90%	13	1,756	
	Food intake (calories)	Advertising: Advergames	Mixed	Folkvord, 2018	0.18 [0.10, 0.25]	82%	15	3,842	
Eye health	Myopia	Screen use: General (phone or tablet)	Mixed	Foreman, 2021	0.07 [0.01, 0.14]	92%	10	12,573	
Healthy behavior	General	Screen-based intervention: Health behaviours	Mixed	Cushing, 2010	0.11 [0.05, 0.17]	88%	33	9,525	
Psychological health	Depression	Screen use: General	Mixed	Liu, 2016	0.04 [0.01, 0.07]	96%	21	138,942	
	Depression	Social Media: General	Adolescents	Ivie, 2020	0.12 [0.05, 0.19]	98%	12	93,740	
	Depression	Social Media: General (duration)	Mixed	Liu, 2022	0.12 [0.10, 0.15]	84%	30	55,480	
	Depression	TV programs and movies: General	Mixed	Zou, 2021	0.11 [0.04, 0.17]	98%	12	50,238	
	General	Social Media: General	Mixed	Yin, 2019	0.08 [0.01, 0.15]	86%	12	5,522	
	Internalizing	Screen use: General	Mixed	Eirich, 2022	0.06 [0.04, 0.08]	88%	43	93,914	
	Psychosocial factors	Screen use: General (mobile phone or tablet)	Young children	Mallawaarachchi, 2022	-0.08 [-0.16, 0.00]	78%	12	2,888	
Risky behavior	Risk taking (general)	Social Media: General	Adolescents	Vannucci, 2020	0.21 [0.16, 0.25]	98%	27	66,407	
	Risky sexual behaviour	Social Media: General	Adolescents	Vannucci, 2020	0.21 [0.14, 0.28]	96%	14	23,096	
	Sexual activity	Screen use: Sexual content	Mixed	Ferguson, 2017	0.08 [0.05, 0.11]	76%	25	18,127	
	Sexual activity (initiation of sex)	Screen use: Sexual content	Mixed	Ferguson, 2017	0.08 [0.04, 0.12]	84%	16	17,019	
	Substance abuse	Social Media: General	Adolescents	Vannucci, 2020	0.19 [0.14, 0.24]	96%	14	36,228	
Sleep	Duration	Screen use: General	Young children	Li, 2020	-0.37 [-0.49, -0.25]	100%	10	56,720	
	Duration	TV programs and movies: General	Adolescents	Bartel, 2015	-0.06 [-0.10, -0.01]	78%	10	9,798	
	Problems	Screen use: General (excessive)	Adolescents	Mei, 2018	0.09 [0.07, 0.12]	96%	22	253,190	

r with **95%** and 99.9% CIs