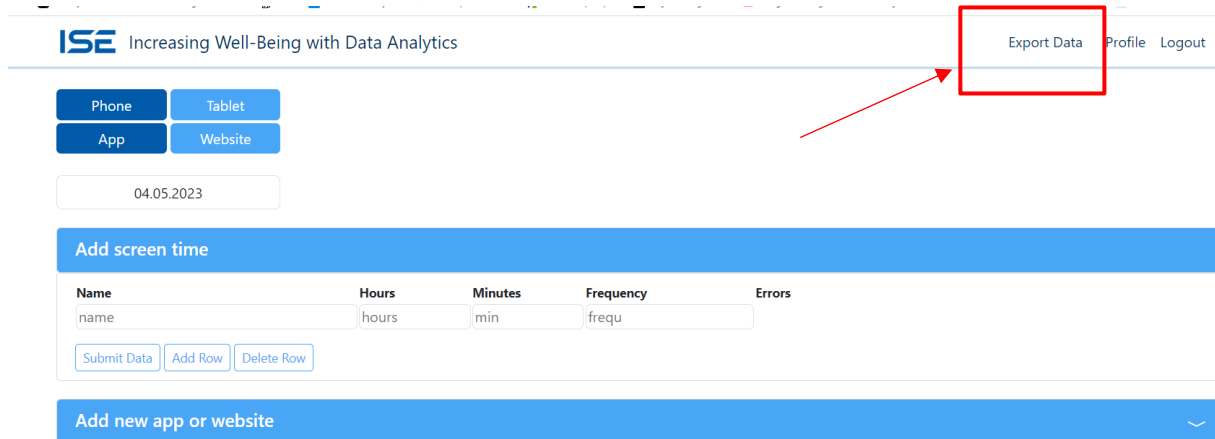


Calculation of Average Screen Time

To export your data, click the “Export Data” button:



The screenshot shows the ISE web application interface. At the top, there is a header with the ISE logo and the text "Increasing Well-Being with Data Analytics". To the right of the header are links for "Export Data", "Profile", and "Logout". Below the header, there are four buttons: "Phone", "Tablet", "App", and "Website". A date input field shows "04.05.2023". Below this is a section titled "Add screen time" with a table. The table has columns for "Name", "Hours", "Minutes", "Frequency", and "Errors". The "Name" column has a text input field with "name" entered. The "Hours" column has a text input field with "hours" entered. The "Minutes" column has a text input field with "min" entered. The "Frequency" column has a text input field with "frequ" entered. Below the table are three buttons: "Submit Data", "Add Row", and "Delete Row". At the bottom, there is a blue button labeled "Add new app or website" with a dropdown arrow.

Import your data into R:

```
data = read.csv("**Your_Path/wellbeing_data_export.csv**")
```

```
df = data
```

Take just your app data because the web browser time has your website data already included:

```
df = df[df$type == "app", ]
```

Formate Date Column

```
library(stringr)
```

```
df$date <- str_remove(df$date, " 00:00:00\\|+00:00")
```

```
df$date = as.Date(df$date)
```

Specify time series:

```
start_date = "2023-05-04" #"YYYY-MM-DD"
```

```
end_date = "2023-05-11" #"YYYY-MM-DD"
```

```
df = df[df$date >= start_date & df$date <= end_date, ]
```

Calculate the sum for each day:

```
summe = aggregate(df$time_spent, list(df$date), sum)
```

Calculate the total mean of your Screen_time:

```
mean(summe$x) # In seconds
```

```
mean(summe$x)/60 # In minutes
```