

## Calculation of Average Screen Time

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

The screenshot shows the ISE Increasing Well-Being with Data Analytics interface. At the top, there is a header with the ISE logo and the text 'Increasing Well-Being with Data Analytics'. Below the header, there are four buttons: 'Phone', 'Tablet', 'App', and 'Website'. A date input field shows '04.05.2023'. Below this, there is a section titled 'Add screen time' with a table. The table has columns: 'Name', 'Hours', 'Minutes', 'Frequency', and 'Errors'. The 'Name' column has a text input field with 'name'. The 'Hours' column has a text input field with 'hours'. The 'Minutes' column has a text input field with 'min'. The 'Frequency' column has a text input field with 'frequ'. Below the table, there 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", ]
```

**Calculate the sum for each day:**

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

**Calculate the total mean of you Screen\_time:**

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

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