The response rate was approximately 5% from a large sample population. Most of the respondents were graduate students (144 out of 157), which limits generalizability. The 31 non-iPhone users who had to estimate their screen time was a flaw in the study design. This potentially introduces a lot of inaccuracy. Health score should be more rigorously defined and research based. In addition, deleting respondents who did not fully complete the survey introduces bias. Being married or taking 12 or more credit hours was associated with unhealthy outcomes.

Spending too much time in front of a phone can replace going outside, and getting the physical activity needed to stay healthy. In addition, the blue light from a phone has been shown to disrupt sleep patterns which can lead to less energy and poorer overall health.