Based on a study with sample size 1,519 Swiss students from 127 vocational school classes

Duration of smartphone use on a typical day

|  |  |
| --- | --- |
| Hours | # (%) |
| 0-1 | 243 (16.0%) |
| 1-2 | 501 (33.0%) |
| 3-4 | 472 (31.1%) |
| 5-6 | 178 (11.7%) |
| >6 | 125 (8.2%) |

Smartphone addiction occurred in 256 (16.9%) of the 1,519 students. Smartphone addiction was assessed using the Smartphone Addiction Scale for Adolescents (SAS-SV) which looks at 5 factors: daily life disturbance, withdrawal, cyberspace oriented relationship, overuse, and tolerance.

Smartphone usage was associated with lower levels of physical activity. Students identified as having a smartphone addiction had 1 to 5 hours of moderate to vigorous physical activity per week whereas those without smartphone addiction had 2 to 6 hours per week.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Stress + | Stress - | Total |
| Smartphone addiction+ | 189 | 67 | 256 |
| Smartphone addiction- | 712 | 551 | 1263 |
| Total | 901 | 618 | 1519 |

Smartphone addiction was also associated with a higher perceived stress level. 73.8% of students with a smartphone addiction had a high perceived stress level. 56.4% of students without a smartphone addiction had a high perceived stress level.