

Effects of Children's Screen Time Scale

Below is a list of things that may be affected, either positively or negatively, by children having screen time. We are interested in what effect you think your child's overall use of screens has on each of these.

For each item, select the number that best describes what type of overall effect you think your child's current use of screen time has. Please note that we are asking about what effect you think your child's overall **use of screens** has, rather than the effect of screen time rules or boundaries, or your child's reaction to limits on their screen time.

What overall effect do you think your child's current use of screens has on the following?

	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
	Extremely negative					No effect	Extremely positive				
My child's overall behaviour	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
My child's emotions	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
My child's eating	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
My child's sleep	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
My child's physical health	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
My child's physical activity levels	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
My child's gross motor skills (e.g. rolling, crawling, running, jumping)	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
My child's fine motor skills (e.g. picking up small objects, using a spoon, drawing)	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
My child's language development	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
My child's early learning (e.g. colours, numbers, letters)	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
My child's social development (e.g. sharing, getting on with others)	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
My child's ability to focus or pay attention	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
How well my child can play by themselves	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
My child's use of imagination or creativity in their play	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
My child's skills in using technology (e.g. smartphones, tablets, computers)	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5

How easily I can complete household tasks/chores (e.g. cooking a meal)	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
How easily I can take a break while caring for my child	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
How easily I can meet my own needs while caring for my child	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
How well I get on with my child	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
How much I talk to/with my child	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
How much I play with my child	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
How patient I am with my child	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
How well I am able to manage my child's behaviour	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5

Citation:

Halpin, S., Mitchell, A. E., Baker, S., & Morawska, A. (2021). Parenting and child behaviour barriers to managing screen time with young children. *Journal of Child and Family Studies*, 30: 824-838. <https://doi.org/10.1007/s10826-020-01881-4>

Mitchell, A.E., Baker, S., Morawska, A., & Halpin, S. (2018). *Effects of Children's Screen Time Scale*. Brisbane: Parenting and Family Support Centre.