Abstract

The advancement of technology and the availability of digital devices, such as smartphones and tablets, have contributed to excessive daily screen time among teenagers in the United States (US). Prolonged screen exposure is associated with negative physical and psychological effects, such as sleep deprivation, mood disorders, and elevated levels of anxiety or depression. The purpose of this quantitative, cross-sectional study was to examine the association between higher screen time exposure and increased prevalence of anxiety-related symptoms among adolescents in the US. A quantitative, cross-sectional design and social cognitive model provided the methodological framework for evaluating the relationship between the two variables. A sample of 111 US adolescents aged 12 to 17 years was used. Secondary data were obtained from the National Health Interview Survey-Teen (NHIS-Teen), a survey conducted from July 2021 to December 2023 by the National Center for Health Statistics. Pearson's correlational analysis coefficient was used to evaluate the association between the study variables. The results showed a positive correlation between daily screen time exposure and the prevalence of anxiety-related symptoms among US adolescents *(r*(109) = .549, $p < .001$). The implications of the findings for practice and future research include the implementation of school-based policies and educational programs to promote self-efficacy in learners' screen use, and the importance of conducting longitudinal studies to establish causal associations between EDST and anxiety disorders.

Keywords: adolescents, anxiety-related disorders**,** excessive screen time exposure, anxiety-related symptoms

Background

Purpose & Research Design

Dependent & Independent Variables

Sample and Data Type

Basic Findings

Data Analysis Technique

Implications