

**Examining the Association Between Screen Time Exposure and Anxiety-Related Symptoms  
Among Adolescents**

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**My Dissertation**  
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## Chapter 6: Conclusion

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 United States (US). A Spearman's rank test was conducted to evaluate the association between daily screen time and the prevalence of anxiety-related symptoms among US adolescents. The results showed that there was a positive correlation between excessive digital screen time (EDST) and anxiety symptoms ( $r(109) = .549, p < .001$ ). The findings were consistent with evidence from existing literature sources, such as Alsaigh et al. (2022), Kerr et al. (2025), Mohd Saat et al. (2024), and Tang et al. (2021). This chapter contains (a) recommendations, (b) contributions to practice, and (c) a conclusion.

### Recommendations

The recommendations made were based on the significant findings obtained in this cross-sectional study. The results indicated that EDST was associated with an increased prevalence of anxiety symptoms among US adolescents. Consequently, the first recommendation is the need for implementing a screen use routine assessment in mental health facilities to manage high screen time and prevent adverse outcomes such as sleep deprivation, increased social nervousness, low mood, and social withdrawal (Alsaigh et al., 2022; Nagata et al., 2024). The second recommendation is that community health care nurses and leaders should conduct awareness and educational campaigns among parents and guardians on the importance of monitoring and managing teenagers' daily screen time through practices, such as self-assurance, goal setting, and positive affirmation (Bandura, 1977; Ding & Li, 2023).

The third recommendation is the implementation of school-based policies that promote the use of self-efficacy educational programs to facilitate healthy screen habits among

adolescents (Mohd Saat et al., 2024). The fourth recommendation is the need for conducting further research involving longitudinal studies to investigate the causal relationship between EDST and anxiety, which is crucial for developing future interventions and policies; this cross-sectional study was limited to showing the correlation between the two variables. The fifth recommendation is the assessment of how screen content mediates the association between EDST and the prevalence of anxiety disorders among adolescents (Tang et al., 2021). Examining this mediation relationship is imperative to facilitate the implementation of measures for regulating what teenagers view on their screens, especially when not monitored (Tang et al., 2021).

### **Contributions to Practice**

The outcomes of this study showed a statistically significant positive relationship between excessive screen time and the high prevalence of anxiety symptoms in teenagers. Therefore, the study is essential to the health care practice because the findings contribute to the existing knowledge regarding the effects of EDST on the rising incidences of psychiatric disorders among adolescents. The findings can be used to support the implementation of community and school-based programs that are focused on promoting self-efficacy in screen use among teens, as they are more vulnerable to extreme utilization of digital devices and have a higher susceptibility to mental health disorders (Alsaigh et al., 2022; Zhang et al., 2025).

In addition, mental health care providers can apply the study findings to incorporate EDST assessment as a practice during psychiatric evaluation. The outcomes also highlight the importance of health care providers, such as community nurses, educating parents and caregivers in managing teens' daily screen use to prevent exposure to negative social media platforms (Nagata et al., 2024). The findings further imply that the four concepts of social cognitive theory:

mastery experiences, vicarious experiences, verbal or social persuasion, and emotional state, can be used to improve the mental health outcomes of a vulnerable population through practices such as self-assurance, goal setting, and positive affirmation (Bandura, 1977).

### **Conclusion**

The problem addressed in this study was excessive daily screen use among US adolescents, which is associated with increased feelings of loneliness, sleeplessness, mood disorders, and elevated levels of anxiety, among other effects. Although various health care guidelines and efforts have been implemented to address the issue, EDST remains a problem in teenagers due to the continued advancement of technology and accessibility of electronic devices, such as smartphones, computers, and tablets. Therefore, the purpose of this quantitative, cross-sectional study was to examine the association between higher screen time exposure and elevated prevalence of anxiety-related symptoms among adolescents in the US. The researcher used a cross-sectional, analytical design to estimate the prevalence of a mental disorder in teenagers and to evaluate the relationship between the study variables at a single point in time.

Secondary data were obtained from the National Health Interview Survey-Teen (NHIS-Teen), which was conducted from July 2021 to December 2023. The data comprised a sample of 111 US adolescents. A Spearman's rank test was conducted to evaluate the association between daily screen time and the prevalence of anxiety-related symptoms among US adolescents. The results indicated that there was a positive correlation between EDST and anxiety symptoms ( $r(109) = .549, p < .001$ ). The implications of the study findings for practice include the implementation of educational programs among US teenagers about the potential risks of excessive screen use.

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