



Press coverage: Changes and correlates of screen time in adults and children during the COVID-19 pandemic

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VERI researchers analysed 89 different studies focusing on increases in screen time before and during the pandemic, and found that all age groups increased their total screen time and that increases were associated with adverse effects on diet, sleep, mental health and eye health. Primary aged children (6–10 years) recorded the largest increases, followed by adults over 18, and adolescents (11–17 years old).

This article has received an [Altmetric score](#) of 167.

Media coverage of the article can be seen in the following table. Stories were published in over 150 media outlets with a total monthly reach of over 983 million visits.

Date	Source	Outlet	Headline	Monthly Visits
21/06/2022	Online	Tuko.co.ke	Screen Time Issues for Children: What's Right and What Can You Do About It?	350,058
23/06/2022	Online	The U.S. Sun	Young kids now spend an extra hour-	23,726,704

			and-a-half glued to screens each day — and it's harming their health, scientists warn	
23/06/2022	Online	MailOnline	Screen time of primary-age children increased by an hour and 23 minutes a day during the pandemic	373,275,366
23/06/2022	Online	UAENews.ekumkum.com	Young kids spend extra 90 mins on screens a day & it's harming their health	1,534
23/06/2022	Online	Shropshire Star	Primary school-aged children saw biggest rise in pandemic screen time use	1,845,304
23/06/2022	Online	Express & Star (West Midlands)	Primary school-aged children saw biggest rise in pandemic screen time use	5,959,716
23/06/2022	Online	Yahoo! Canada	Primary school-aged children saw biggest rise in pandemic screen time use	1,219,770
23/06/2022	Online	The Independent	Primary school-aged children saw biggest rise in pandemic screen time use	84,760,000
23/06/2022	Online	PublicNewsTime.com	Screen time of primary-age children increased by an hour and 23 minutes a day during the pandemic	1,697
23/06/2022	Online	Standard.co.uk	Primary school-aged children saw biggest rise in pandemic screen time use	19,238,046
23/06/2022	Online	Guernsey Press and Star	Primary school-aged children saw biggest rise in pandemic screen time use	336,069
23/06/2022	Online	The Press and Journal (Online)	Primary school-aged children saw biggest	1,285,067

			rise in pandemic screen time use	
23/06/2022	Online	Jersey Evening Post (Online)	Primary school-aged children saw biggest rise in pandemic screen time use	808,617
23/06/2022	Online	TodayUKNews.com	Screen time of primary-age children increased by an hour and 23 minutes a day during the pandemic	4,002
23/06/2022	Online	Lancashire Telegraph (Online)	Primary school-aged children saw biggest rise in pandemic screen time use	3,619,989
23/06/2022	Online	The Westmorland Gazette	Primary school-aged children saw biggest rise in pandemic screen time use	870,596
23/06/2022	Online	Messenger (Online)	Primary school-aged children saw biggest rise in pandemic screen time use	269,586
23/06/2022	Online	Wharfedale & Aireborough Observer (Online)	Primary school-aged children saw biggest rise in pandemic screen time use	27,734
23/06/2022	Online	Broadway Direct	Screen time of primary-age children increased by an hour and 23 minutes a day during the pandemic	50,251
23/06/2022	Online	Border Telegraph	Primary school-aged children saw biggest rise in pandemic screen time use	50,357
23/06/2022	Online	Bromsgrove Advertiser	Primary school-aged children saw biggest rise in pandemic screen time use	41,595
23/06/2022	Online	AOL	Primary school-aged children saw biggest rise in pandemic screen time use	10,251,582



23/06/2022	Online	Runcorn & Widnes World	Primary school-aged children saw biggest rise in pandemic screen time use	206,740
23/06/2022	Online	Echo (Online)	Primary school-aged children saw biggest rise in pandemic screen time use	1,434,254
23/06/2022	Online	DailyAdvent.com	Primary school-aged children saw biggest rise in pandemic screen time use	160,666
23/06/2022	Online	The Royal Borough Observer	Primary school-aged children saw biggest rise in pandemic screen time use	43,507
23/06/2022	Online	Belfast Telegraph	Primary school-aged children saw biggest rise in pandemic screen time use	4,042,639
23/06/2022	Online	News Break	Primary school-aged children saw biggest rise in pandemic screen time use	14,606
23/06/2022	Online	Ayr Advertiser Series	Primary school-aged children saw biggest rise in pandemic screen time use	157,445
23/06/2022	Online	Southern Daily Echo (Online)	Primary school-aged children saw biggest rise in pandemic screen time use	3,318,430
23/06/2022	Online	East London Guardian	Primary school-aged children saw biggest rise in pandemic screen time use	357,114
23/06/2022	Online	Hillingdon & Uxbridge Times	Primary school-aged children saw biggest rise in pandemic screen time use	30,969
23/06/2022	Online	St Helens Star	Primary school-aged children saw biggest rise in pandemic screen time use	703,167



23/06/2022	Online	Redditch & Alcester Advertiser	Primary school-aged children saw biggest rise in pandemic screen time use	194,978
23/06/2022	Online	This Is Oxfordshire	Primary school-aged children saw biggest rise in pandemic screen time use	22,013
23/06/2022	Online	Western Telegraph	Primary school-aged children saw biggest rise in pandemic screen time use	556,123
23/06/2022	Online	Chard & Ilminster News	Primary school-aged children saw biggest rise in pandemic screen time use	139,596
23/06/2022	Online	News Shopper Series	Primary school-aged children saw biggest rise in pandemic screen time use	816,923
23/06/2022	Online	News & Star (Carlisle) (Online)	Primary school-aged children saw biggest rise in pandemic screen time use	1,611,736
23/06/2022	Online	Hampshire Chronicle	Primary school-aged children saw biggest rise in pandemic screen time use	546,868
23/06/2022	Online	Clydebank Post (Online)	Primary school-aged children saw biggest rise in pandemic screen time use	185,173
23/06/2022	Online	MSN UK	Primary school-aged children saw biggest rise in pandemic screen time use	131,838
23/06/2022	Online	Stirling News	Primary school-aged children saw biggest rise in pandemic screen time use	2,801
23/06/2022	Online	The Bolton News (Online)	Primary school-aged children saw biggest rise in pandemic screen time use	3,111,250

23/06/2022	Online	Witney Gazette	Primary school-aged children saw biggest rise in pandemic screen time use	220,308
23/06/2022	Online	The Press (York) (Online)	Primary school-aged children saw biggest rise in pandemic screen time use	2,668,754
23/06/2022	Online	Asian Image	Primary school-aged children saw biggest rise in pandemic screen time use	378,830
24/06/2022	Online	Big World Tale	Screen time of primary-age children increased the most during pandemic	1,661
24/06/2022	Online	United Kingdom - Knowledia News	Screen time of primary-age children increased by an hour and 23 minutes a day during the pandemic	10,242
24/06/2022	Online	Daily Star Post	Young kids now spend an extra hour-and-a-half glued to screens each day — and it's harming their health, scientists warn	1,064
24/06/2022	Online	News Break	Young kids now spend an extra hour-and-a-half glued to screens each day — and it's harming their health, scientists warn	14,606
24/06/2022	Online	Express Informer	Screen time of primary-age children increased by an hour and 23 minutes a day during the pandemic	178
24/06/2022	Online	Hull Live	Primary school-aged children saw biggest rise in pandemic screen time use	147,990
24/06/2022	Online	WalesOnline	Primary school-aged children saw biggest	11,890,000



			rise in pandemic screen time use	
24/06/2022	Online	PlymouthLive	Primary school-aged children saw biggest rise in pandemic screen time use	1,912,245
24/06/2022	Online	LeicestershireLive	Primary school-aged children saw biggest rise in pandemic screen time use	5,569,061
24/06/2022	Online	Mundo Hispanico Online	Advierten sobre el daño que causa a los niños pasar tanto tiempo frente a una pantalla	55,901
24/06/2022	Online	NottinghamshireLive	Primary school-aged children saw biggest rise in pandemic screen time use	6,095,763
24/06/2022	Online	Lincolnshire Live	Primary school-aged children saw biggest rise in pandemic screen time use	2,113,557
24/06/2022	Online	DevonLive.com	Primary school-aged children saw biggest rise in pandemic screen time use	4,655,486
24/06/2022	Online	Essex Live	Primary school-aged children saw biggest rise in pandemic screen time use	2,283,417
24/06/2022	Online	HertsLive	Primary school-aged children saw biggest rise in pandemic screen time use	834,453
24/06/2022	Online	DerbyshireLive	Primary school-aged children saw biggest rise in pandemic screen time use	4,240,605
24/06/2022	Online	Daily Post	Primary school-aged children saw biggest rise in pandemic screen time use	6,685,557
24/06/2022	Online	KentLive	Primary school-aged children saw biggest	3,500,232

			rise in pandemic screen time use	
24/06/2022	Online	CornwallLive	Primary school-aged children saw biggest rise in pandemic screen time use	4,872,980
24/06/2022	Online	NorthantsLive	Primary school-aged children saw biggest rise in pandemic screen time use	238,333
24/06/2022	Online	Somerset Live	Primary school-aged children saw biggest rise in pandemic screen time use	552,921
24/06/2022	Online	Surrey Live	Primary school-aged children saw biggest rise in pandemic screen time use	2,180,347
24/06/2022	Online	Belfast Live	Primary school-aged children saw biggest rise in pandemic screen time use	4,041,616
24/06/2022	Online	United Kingdom - Knowledia News	Primary school-aged children saw biggest rise in pandemic screen time use	10,242
24/06/2022	Online	CoventryLive	Primary school-aged children saw biggest rise in pandemic screen time use	3,577,165
24/06/2022	Online	Grimsby Live	Primary school-aged children saw biggest rise in pandemic screen time use	2,787,954
24/06/2022	Online	Gloucestershire Live	Primary school-aged children saw biggest rise in pandemic screen time use	2,663,792
24/06/2022	Online	InYourArea (Reading) (Closed)	Primary school-aged children saw biggest rise in pandemic screen time use	1,722,644
24/06/2022	Online	Cambridgeshire Live	Primary school-aged children saw biggest	1,474,455

			rise in pandemic screen time use	
24/06/2022	Online	Cheshire Live	Primary school-aged children saw biggest rise in pandemic screen time use	1,012,078
24/06/2022	Online	Staffordshire Live	Primary school-aged children saw biggest rise in pandemic screen time use	657,512
24/06/2022	Online	MyLondon	Primary school-aged children saw biggest rise in pandemic screen time use	8,757,440
24/06/2022	Online	Guardian Online	Primary-age children's screen time went up by 83 minutes a day during pandemic – study	102,000,000
24/06/2022	Online	Yahoo! Canada	Primary-age children's screen time went up by 83 minutes a day during pandemic – study	1,219,770
24/06/2022	Online	News Break	Primary-age children's screen time went up by 83 minutes a day during pandemic – study	14,606
24/06/2022	Online	Yahoo! News UK & Ireland	Primary-age children's screen time went up by 83 minutes a day during pandemic – study	6,785,597
24/06/2022	Online	NewsBomb.gr	Η πανδημία αύξησε τον χρόνο που περνάνε τα παιδιά μπροστά στις οθόνες κατά μία ώρα και 20 λεπτά	8,312,885
24/06/2022	Online	Pedfire	Primary-age children's screen time went up by 83 minutes a day during	1,682

			pandemic – study Children	
24/06/2022	Online	GCN (Gay Community News)	Primary-age children's screen time went up by 83 minutes a day during pandemic – study	120,118
24/06/2022	Online	Tromaktiko.gr	Η πανδημία αύξησε τον χρόνο που περνάνε τα παιδιά μπροστά στις οθόνες κατά μία ώρα και 20 λεπτά	18,565
24/06/2022	Online	MSN UK	Primary-age children's screen time went up by 83 minutes a day during pandemic – study	131,838
24/06/2022	Online	True Viral News	Primary-age children's screen time went up by 83 minutes a day during pandemic –..	13,196
24/06/2022	Online	Mirage News Australia	Primary-age children see biggest rise in screen time	103,357
24/06/2022	Online	PhuketTimes	Primary-age children's screen time went up by 83 minutes a day during pandemic – study Children	80
24/06/2022	Online	Koha	Fëmijët kaluan 83 minuta më shumë para ekranit gjatë pandemisë	19,101
24/06/2022	Online	Foreign Affairs.co.nz	MIL-OSI UK Cities: Primary-age children see biggest rise in screen time	
24/06/2022	Online	HEAD TOPICS	Young kids spend extra 90 mins on screens a day & it's harming their health	948,732

24/06/2022	Online	Newscabal	Primary-age children's screen time went up by 83 minutes a day during pandemic – study	3,124
24/06/2022	Online	Bristol Live	Primary school-aged children saw biggest rise in pandemic screen time use	92,052
24/06/2022	Online	Limerick Leader (Online)	REVEALED: What age group saw the most significant rise in pandemic screen time use?	1,228,131
24/06/2022	Online	Leinster Express (Online)	REVEALED: What age group saw the most significant rise in pandemic screen time use?	86,385
24/06/2022	Online	Tipperary Live	REVEALED: What age group saw the most significant rise in pandemic screen time use?	234,065
24/06/2022	Online	Derry Now	REVEALED: What age group saw the most significant rise in pandemic screen time use?	824,555
24/06/2022	Online	Leitrim Observer (Online)	REVEALED: What age group saw the most significant rise in pandemic screen time use?	124,466
24/06/2022	Online	Longford Leader (Online)	REVEALED: What age group saw the most significant rise in pandemic screen time use?	121,776
24/06/2022	Online	Metro.co.uk	Research reveals how much extra screen time we logged during Covid	39,330,456
24/06/2022	Online	Offaly Express	REVEALED: What age group saw the most significant rise in	174,700

			pandemic screen time use?	
24/06/2022	Online	Donegal Post	REVEALED: What age group saw the most significant rise in pandemic screen time use?	397
24/06/2022	Online	Dundalk Democrat (Online)	REVEALED: What age group saw the most significant rise in pandemic screen time use?	79,719
24/06/2022	Online	IKnowAllNews.com	Research reveals how much extra screen time we logged during Covid	2,482
24/06/2022	Online	German Daily News	Die Bildschirmzeit von Kindern im Grundschulalter stieg während der Pandemie um 83 Minuten pro Tag – Studie Kinder	131
24/06/2022	Online	Independent Schools Council	Union warns of potential delays to exam results as AQA staff are balloted for strike action	
24/06/2022	Online	HEAD TOPICS	Primary-age children's screen time went up by 83 minutes a day during pandemic – study	948,732
24/06/2022	Online	CNN Greece	Ανησυχητική μελέτη: Τα παιδιά δημοτικού πέρασαν 83 περισσότερα λεπτά στην οθόνη κατά την καραντίνα	6,635,204
24/06/2022	Online	Medical Xpress	Primary-age children had biggest daily increase in screen time during the pandemic	1,470,238
24/06/2022	Online	News Break	Primary-age children had biggest daily	14,606

			increase in screen time during the pandemic	
24/06/2022	Online	Geo TV	Children aged between 6 and 10 saw most increase in screen time during pandemic: study	1,173,162
24/06/2022	Online	PentaPostagma.gr	Μελέτη: Τα παιδιά δημοτικού πέρασαν πολλή ώρα μπροστά στην οθόνη κατά την καραντίνα	
24/06/2022	Online	Zazoom	Durante la pandemia il tempo passato dai bambini davanti a uno schermo è aumentato	847,707
24/06/2022	Online	PRO News	Ανησυχητική μελέτη για τα παιδιά δημοτικού: Πέρασαν πολλή ώρα μπροστά στην οθόνη κατά την καραντίνα	403,740
24/06/2022	Online	Giornalettismo	Durante la pandemia il tempo passato dai bambini davanti a uno schermo è aumentato	119,269
24/06/2022	Online	NewsAmed.com	Screen time of primary-age children increased by an hour and 23 minutes a day during the pandemic	155
24/06/2022	Online	Patrisnews	Ανησυχητική μελέτη: Τα παιδιά δημοτικού πέρασαν 83 περισσότερα λεπτά στην οθόνη κατά την καραντίνα	19,293
24/06/2022	Online	Bug Online	Za vrijeme pandemije svi su više vremena provodili pred ekranima, pogotovo djeca	46,380
24/06/2022	Online	Yahoo! News UK & Ireland	Primary school-aged children saw biggest	6,785,597

			rise in pandemic screen time use	
24/06/2022	Online	IMAGE daily	Research finds kid's screentime went up 83 minutes a day during covid. Mums everywhere sigh.	195,264
25/06/2022	Online	Tech Times	Screen Time Among Primary School Children Increased by an Hour and 20 Minutes, Study Shows	384,091
25/06/2022	Online	TeessideLive	Primary school-aged children saw biggest rise in pandemic screen time use	3,180,499
25/06/2022	Online	Nestia	Research reveals how much extra screen time we logged during Covid	
25/06/2022	Online	StokeonTrentLive	Primary school-aged children saw biggest rise in pandemic screen time use	3,064,293
25/06/2022	Online	Newscabal	Research reveals how much extra screen time we logged during Covid	3,124
25/06/2022	Online	neolaia.gr	Ο χρόνος που περάσαμε μπροστά σε οθόνες αυξήθηκε πολύ κατά τη διάρκεια της καραντίνας	
25/06/2022	Online	NEOLAIA - BLOG	Ο χρόνος που περάσαμε μπροστά σε οθόνες αυξήθηκε πολύ κατά τη διάρκεια της καραντίνας	9,643
25/06/2022	Online	DailyAdvent.com	Coach Potato 2.0: Children's Screen Time Increased by 83 Minutes a Day During Pandemic	160,666

25/06/2022	Online	Crescer OnLine	Pandemia: crianças passaram, em média, 1 hora e meia a mais nas telas, diz novo estudo	358,172
25/06/2022	Online	Blog-News.it	Durante la pandemia il tempo passato dai bambini davanti a uno schermo è aumentato	781
25/06/2022	Online	Leinster Leader	REVEALED: What age group saw the most significant rise in pandemic screen time use?	3,676
25/06/2022	Online	Makeleio.gr	Ανησυχητική μελέτη για τα παιδιά δημοτικού: Πέρασαν πολλή ώρα μπροστά στην οθόνη κατά την καραντίνα	251,139
26/06/2022	Online	Breitbart	Couch Potato 2.0: Children's Screen Time Increased by 83 Minutes a Day During Pandemic	3,192,063
26/06/2022	Online	ITV (Online)	Screen time for children up by 90 minutes a day during pandemic, research shows	30,132,926
27/06/2022	Online	ΑΓΓΕΛΟΥ - ΚΕΝΤΡΟ ΕΞΑΤΟΜΙΚΕΥΜΕΝΗΣ ΑΓΩΓΗΣ	Ανησυχητική μελέτη: Τα παιδιά δημοτικού πέρασαν 83 περισσότερα λεπτά στην οθόνη κατά την καραντίνα	226
27/06/2022	Online	NewsBomb.gr	Πόσο αυξήθηκε ο χρόνος μπροστά στις οθόνες στη διάρκεια της πανδημίας - Οι επιπτώσεις	8,312,885
27/06/2022	Online	OnSports.gr	Πόσο αυξήθηκε ο χρόνος μπροστά στις οθόνες στη διάρκεια της	

			Πανδημία - Οι επιπτώσεις	
27/06/2022	Online	MSN Chile	Aumenta 83 minutos al día el tiempo que pasan los niños de primaria frente a las pantallas, según estudio	
27/06/2022	Online	DiarioPresente.mx	Aumenta 83 minutos al día el tiempo que pasan los niños de primaria frente a las pantallas, según estudio	
28/06/2022	Online	KhoaHocPhatTien.vn	Trẻ em tiểu học dùng màn hình nhiều hơn trong đại dịch	2,738
28/06/2022	Online	Health View	Κορωνοϊός: Πόσο αυξήθηκε ο χρόνος μπροστά στις οθόνες μέσα στην πανδημία	
28/06/2022	Online	msn	Digital Devices Cause Serious Health Consequences	64,480,000
28/06/2022	Online	Tromaktiko.gr	Κορωνοϊός: Πόσο αυξήθηκε ο χρόνος μπροστά στις οθόνες μέσα στην πανδημία	18,565
29/06/2022	Online	RedUSERS	Advierten sobre un peligroso incremento del tiempo frente a la pantalla en los niños	124,761
03/07/2022	Online	Haber 7	İlköğretim çağındaki çocukların yüzde 83'ünün ekran karşısında geçirdiği süre arttı	38,136,650
05/07/2022	Online	Republika Online	Studi Global Ungkap Screen Time Meningkat Selama Pandemi, Ini Bahayanya	16,987,461
05/07/2022	Online	RCTIPlus.com	Studi Global Ungkap Screen Time	789,228

			Meningkat Selama Pandemi, Ini Bahayanya	
06/07/2022	Online	News.Leportale.com	Děti trávily v covidu před obrazovkou o hodinu a půl více času. Návrat do normálu je těžký, říká odbornice	1,332
06/07/2022	Online	iRozhlas	Děti trávily v covidu před obrazovkou o hodinu a půl více času. Návrat do normálu je těžký, říká odbornice	14,981
11/07/2022	Online	Polish Express	Małe dzieci spędzają przed ekranami o 83 minuty dziennie więcej...	2,624
12/07/2022	Online	News.Leportale.com	Skjátími barna rauk upp í faraldrinum	1,332
12/07/2022	Online	Kjarninn	Skjátími barna rauk upp í faraldrinum	10,429
13/07/2022	Online	PaperBlog ES	Importante aumento del tiempo de pantalla de los niños en pandemia	12,927
20/07/2022	Online	LatinAmerican Post	Increase In Screen Time for Primary School Children. What are the Consequences?	35,872