

# DIGITAL BALANCE IN ACTION

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Correlation between screen time exposure and symptoms of Attention Deficit Hyperactivity Disorder in a diagnosed pediatric population in Teaching Hospital Anuradhapura

**K.A.H.S.KODITHUWAKKU**  
**Occupational Therapist**  
**Teaching Hospital Anuradhapura**  
**Sri Lanka** 



# WHY SCREEN TIME MATTERS ?



Screen exposure is increasing globally

ADHD affects participation in occupations

Occupational Therapists address meaningful participation in occupations



# STUDY RATIONALE

What was the missing piece?

AIM:

To identify the correlation between screen time exposure and ADHD symptom severity.



OBJECTIVES:

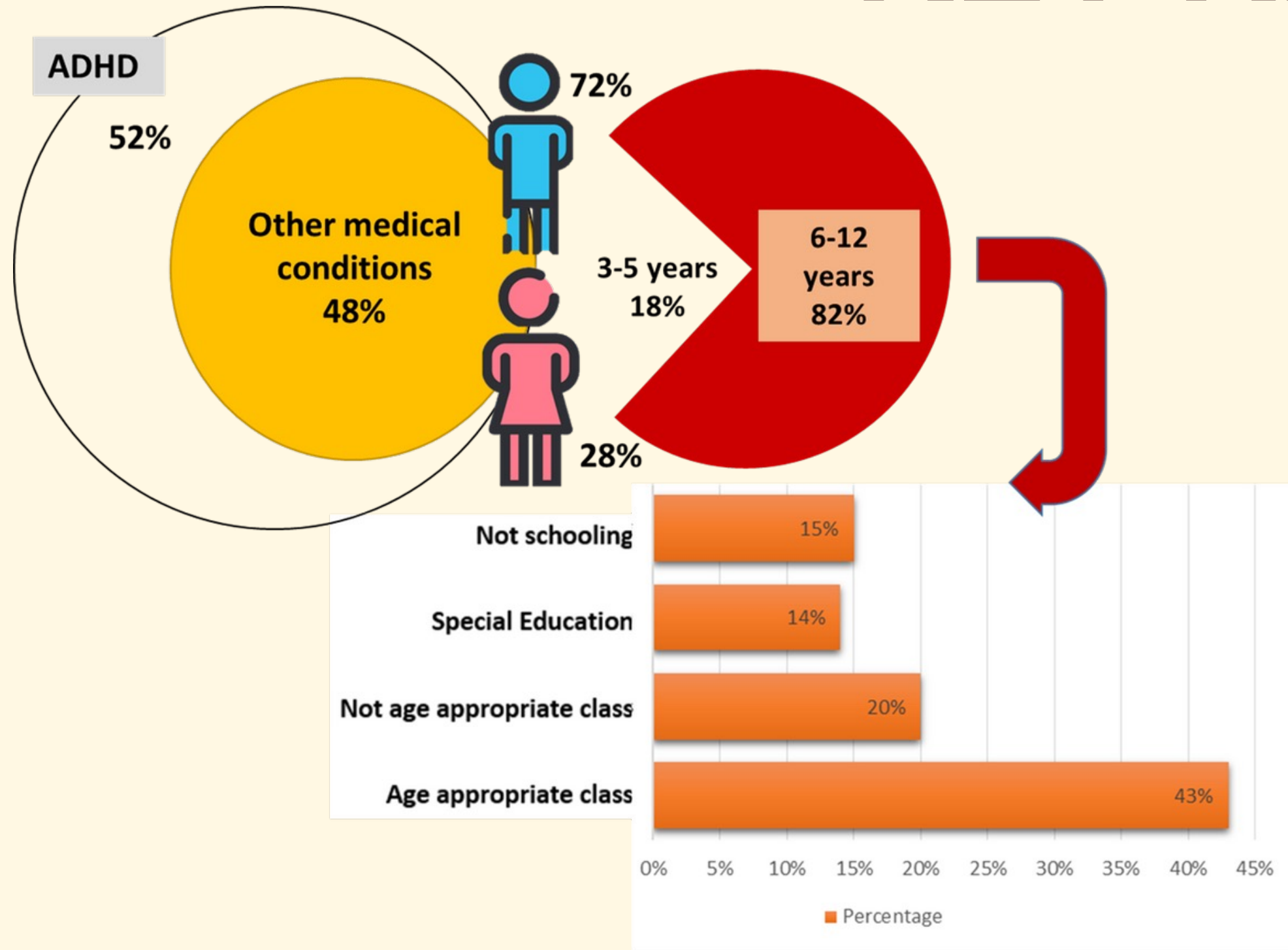
- Identify socio-demographic factors associated with ADHD
- Identify daily screen time patterns
- Highlight intervention areas for Occupational Therapists



# METHODOLOGY

<b>Study design</b>	Cross sectional survey
<b>Study setting</b>	Teaching Hospital Anuradhapura
<b>Study period</b>	03 months (Oct- Dec 2023)
<b>Sample size</b>	100 children under age of 12 (3-12)
<b>Sample technique</b>	All eligible participants in the study setting, through convenient sampling
<b>Data collection</b>	Using Interviewer administered questionnaire by investigator
<b>Tools</b>	SNAP IV – parent teacher ADHD rating scale Questionnaire regarding screen timing
<b>Data analysis</b>	Statistical Package for Social Sciences (SPSS)version 19.0

# KEY RESULTS



**Socio-demographic factors**

**Screen time factors**

## Screen Time exposure vs. ADHD symptoms

### Correlations

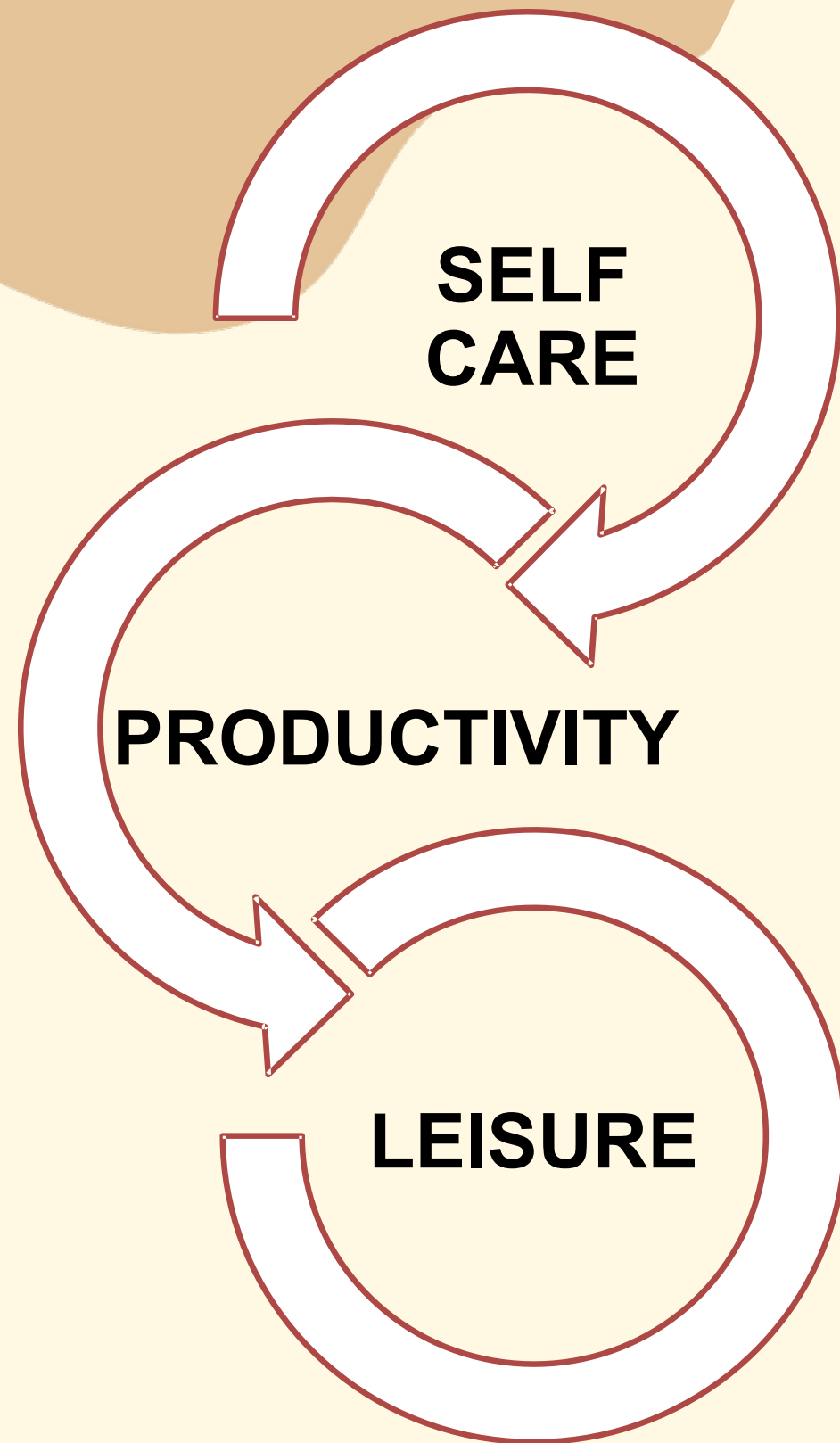
		Screen_time_exposure	ADHD_symp
Screen_time_exposure	<b>Pearson Correlation</b>	<b>1</b>	<b>.647**</b>
	<b>Sig. (2-tailed)</b>		<b>.000</b>
	<b>N</b>	<b>100</b>	<b>100</b>
ADHD_symp	<b>Pearson Correlation</b>	<b>.647**</b>	<b>1</b>
	<b>Sig. (2-tailed)</b>	<b>.000</b>	
	<b>N</b>	<b>100</b>	<b>100</b>

**\*\*.** Correlation is significant at the 0.01 level (2-tailed).

- Significant correlation between screen time and inattention ( $r = 0.658$ ,  $p < 0.01$ ).
- Moderate correlation with hyperactivity/impulsivity ( $r = 0.545$ ,  $p < 0.01$ ).
- Longer screen exposure linked with more severe ADHD symptoms.

# INTERPRETATION

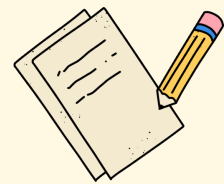
- Prolong screen use overstimulate the children in order to increase **hyperactivity** while decreasing **attention** and **self regulation**
- Overall affect for reduced occupational engagement



# CLINICAL IMPLICATIONS

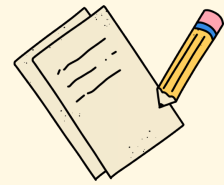
- **Screen-time should be treated as an occupational risk factor.**

- **OT interventions should include:**



- **Screen-time assessments in evaluations.**

Intervention should address routines and attention



- **Parental education on digital boundaries.**

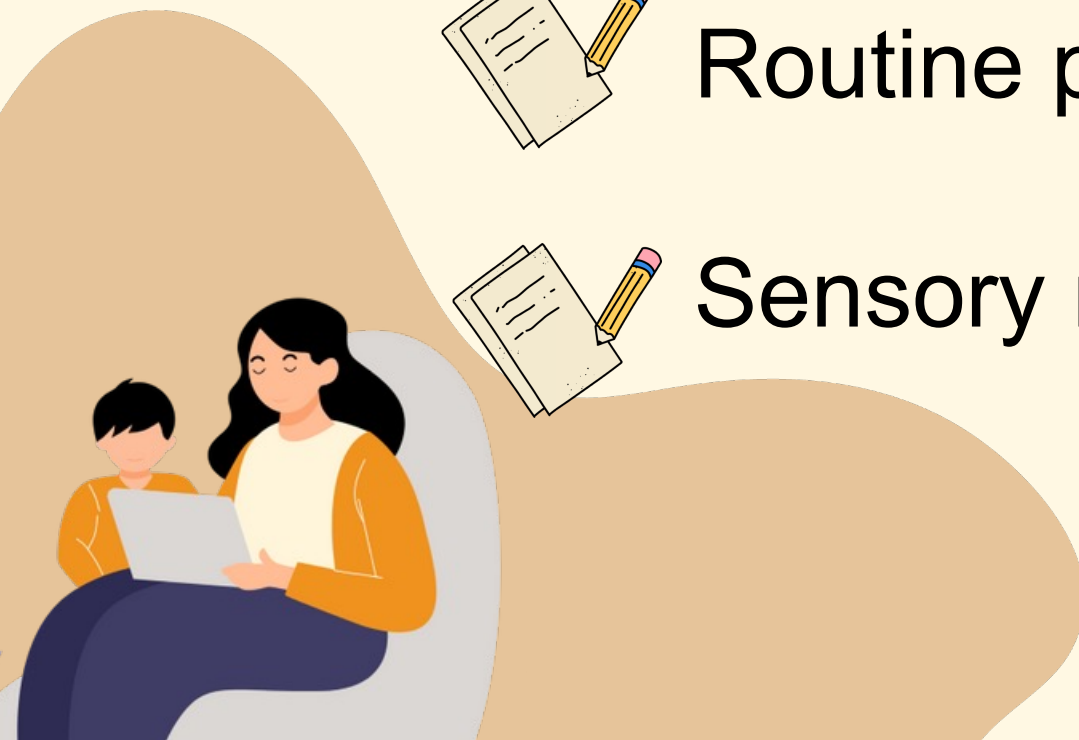


- **Routine planning and visual schedules for daily balance.**

Parent education on healthy screen use is essential



- **Sensory regulation and behavior-based activities to improve attention.**



# LIMITATIONS & FUTURE DIRECTIONS

Cross-sectional design  
Convenient sample  
Self-reported screen  
exposure



Longitudinal studies  
OT-led intervention research



# CONCLUSION



- Screen time is a modifiable environmental factor influencing ADHD symptom severity.
- Occupational therapists play a vital role in guiding healthy digital participation.
  - Encourage screen-friendly family routines and outdoor play.
  - Collaborate with schools for awareness sessions.
  - Empower parents to act as co-therapists in managing screen habits.



# THANK YOU !

## Selected References & Acknowledgements Questions & Discussion

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- Acknowledge the children and caregivers who participated, clinical team at Teaching Hospital Anuradhapura

