

Screen Time Patterns in Children with ADHD: Multi-Device Exposure, Parental Strategies, and Medication Effects

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ABSTRACT

The rise of screen-based devices has transformed children's daily activities. This study examined screen time exposure across devices, parental regulation methods, and its relationship to medication use in children with ADHD. Data were collected from 82 children with ADHD (73 males, 9 females) in three age groups (5–8, 9–12, >13 years). Screen time was assessed across four device categories (television, tablets, mobile phones, video games) using a 5-point intensity scale. Parental regulation strategies, demographics, and symptom manifestation were analyzed. Television was the most used device (80%), followed by mobile phones (65%). The medication group had higher mean usage scores, but differences were not statistically significant. Parental regulation varied widely (49% structured vs. 35% unregulated). Television and mobile phones dominate screen time. Standardized guidelines are needed for ADHD populations. No conclusive link was found between medication and screen time.

Keywords: Screen time; children; digital devices; parental regulation; ADHD; medication effects.

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