
APPENDIX 8.1: Screen Time Measuring Instructions

iOS (iPhone) Screen Time Measuring Instructions:

- Open the Settings app and click on Screen Time.
- Click on See All Activity, below the bar graph.
- Click on Week, as opposed to Day, at the top of the page.
- With your finger over the bar graph showing Daily Average, swipe once to the right to see the bar graph showing Last Week's Average.
- Record the number under Last Week's Average, above the bar graph, in the survey. This number is the average daily screen time from last week.

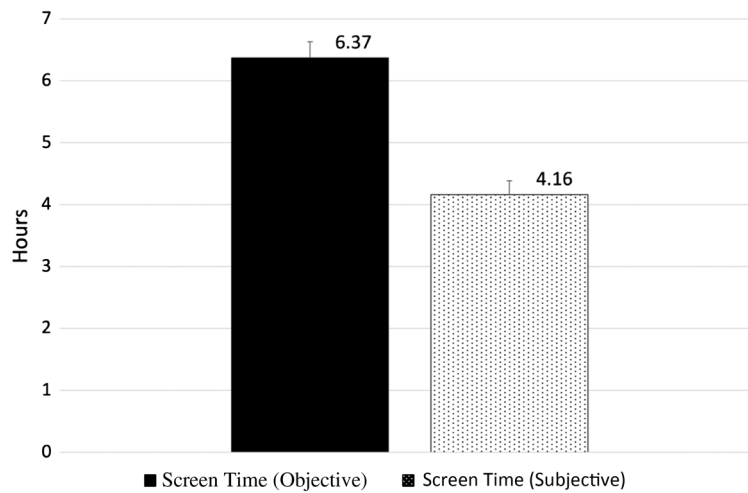
Android Screen Time Measuring Instructions:

- Open the Settings app and click on Digital Wellbeing & parental controls.
- Click on the bar graph icon in the top right corner of the page.
- Record the number in the center of the screen, under Daily Average Screen Time. This number is the average daily screen time from last week.

APPENDIX 8.2: Activity Figures

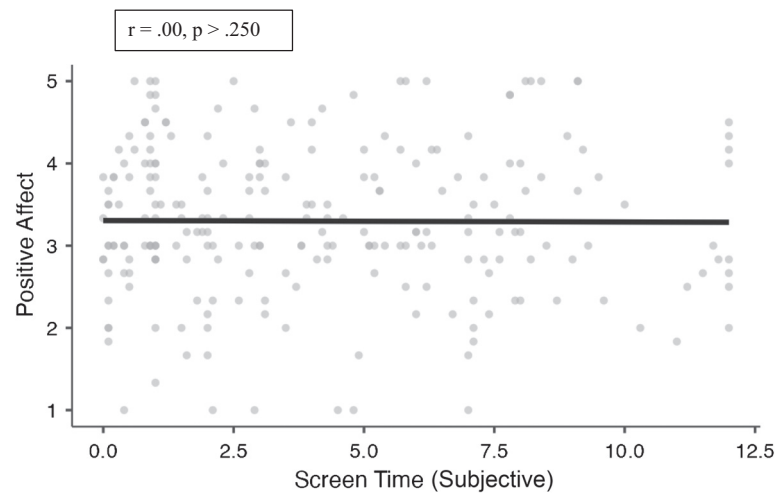
The figures illustrate the difference between absolute and relative accuracy. Even though subjective estimates of screen time tend to be, on average, lower than objectively measured screen time (Figure A8.2A), both subjective and objective screen time are similarly related to positive affect (Figures A8.2B and A8.2c).

FIGURE A8.2A. Subjective Estimates of Screen Time (in Hours/Day) Tend to Be Lower Than Objective Measures



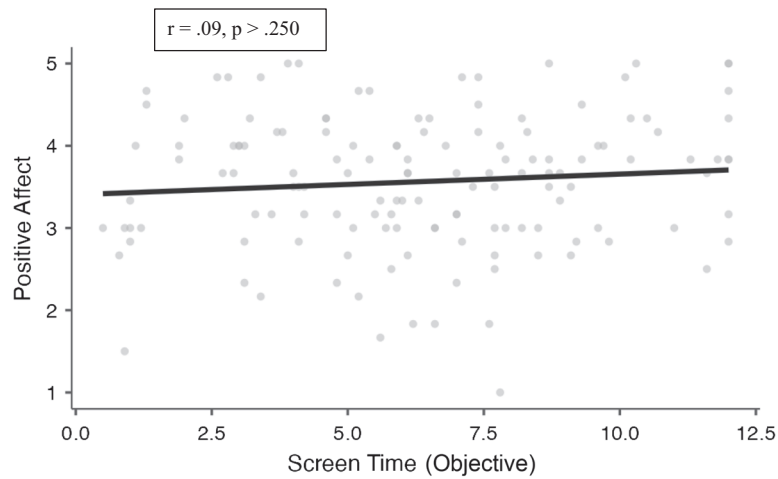
Note. Data from Tibbetts et al. (2021).

FIGURE A8.2B. Relationship Between Subjective Estimates of Phone Screen Time and Positive Affect (Scale of Positive and Negative Experiences)



Note. Data from Tibbetts et al. (2021).

FIGURE A8.2C. Relationship Between Objective Measures of Phone Screen Time and Positive Affect (Scale of Positive and Negative Experiences)



Note. Data from Tibbetts et al. (2021).