Digital Health

- **Do you think you use your smartphone too much?**

- Do you know on average how much time you spend on your smartphone?

- Under 1hour
- 1 to 2 hours
- 2 to 3 hours
- 3 to 4 hours
- 4 or more hours

"Users in the UK spend an average of 2hrs 52mins per day on their mobile devices"

"the average screen time for users around the world aged 16 to 64 – across different platforms and devices – is 6 hours 37 minutes per day"

Screen time statistics 2024 | The Independent

"we found that up to one-fourth of the general population could be affected by at least one subtype of digital addiction. Prevalence ranged from 6.04% for game addiction to 26.99% for smartphone addiction"

Global prevalence of digital addiction in general population: A systematic review and meta-analysis, Shi-Qiu Meng et al. (2022), Clinical Psychology Review

[Clin Psychol Rev.-Global prevalence of digital addiction in general population A systematic-2022_compressed.pdf - Google Drive](#)

Big profit

"In psychological terms [it's] called **random reinforcement**, It means sometimes you win, sometimes you lose. And that's how these platforms are designed … **they're exactly like a slot machine**. Well, the one thing **we know is slot machines are addictive**. We know there's a gambling addiction, right? But we don't often talk about how our devices and these platforms and these apps do have these same addictive qualities baked into them."

Digital Crack Cocaine: The Science Behind TikTok's Success (forbes.com)

All screentime is not equal!

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Digital Mindfulness

- Device screen timers and wellbeing settings
- Prioritise
- Building habits
  - Schedules and routines
  - Breaks
  - Tech free areas
- Spend time offline
- Seek Balance