

RÉFÉRENCES SCIENTIFIQUES

ÉTUDE

Vulnérabilité des adolescents et évaluation des stratégies de réduction de l'exposition aux écrans

Références scientifiques de l'étude menée par Polariss sur «Vulnérabilité des adolescents et évaluation des stratégies de réduction de l'exposition aux écrans», classée selon les 4 grandes stratégies de réduction de l'exposition des enfants aux écrans.

Éducation comportementale

- Žmavc M, Horvat J, Židan M, Selak Š. The effectiveness of school-based interventions to reduce problematic digital technology use and screen time: A systematic review and meta-analysis. J Behav Addict. 2025 Jun 23;14(2):571-589. doi: 10.1556/2006.2025.00043. PMID: 40549948; PMCID:PMC12231446.
- Jones, A., Armstrong, B., Weaver, R.G. et al. Identifying effective intervention strategies to reduce children's screen time: a systematic review and meta-analysis. Int J Behav Nutr Phys Act 18, 126 (2021). <https://doi.org/10.1186/s12966-021-01189-6>
- Michie S, Richardson M, Johnston M, Abraham C, Francis J, Hardeman W, Eccles MP, Cane J, Wood CE. The behavior change technique taxonomy (v1) of 93 hierarchically clustered techniques: building an international consensus for the reporting of behavior change interventions. Ann Behav Med. 2013 Aug;46(1):81-95. doi: 10.1007/s12160-013-9486-6. PMID: 23512568.

Interdictions / restrictions

- Jones, A., Armstrong, B., Weaver, R.G. et al. Identifying effective intervention strategies to reduce children's screen time: a systematic review and meta-analysis. Int J Behav Nutr Phys Act 18, 126 (2021). <https://doi.org/10.1186/s12966-021-01189-6>
- Žmavc M, Horvat J, Židan M, Selak Š. The effectiveness of school-based interventions to reduce problematic digital technology use and screen time: A systematic review and meta-analysis. J Behav Addict. 2025 Jun 23;14(2):571-589. doi: 10.1556/2006.2025.00043. PMID: 40549948; PMCID: PMC12231446.
- Pieh C, Humer E, Hoenigl A, Schwab J, Mayerhofer D, Dale R, Haider K. Smartphone screen time reduction improves mental health: a randomized controlled trial. BMC Med. 2025 Feb 21;23(1):107. doi: 10.1186/s12916-025-03944-z. PMID: 39985031; PMCID: PMC11846175
- Mona Guath, Sissela B. Nutley, Lisa B. Thorell et al. Digital Media Balance and Mental Health: Effects of a School-Based Program, 15 October 2025, PREPRINT (Version 1) available at Research Square <https://doi.org/10.21203/rs.3.rs-7691439/v1>
- Education Committee Screen time: impacts on education and wellbeing. House of Commons Education Committee. Fourth Report of Session 2023–24. <https://committees.parliament.uk/publications/45128/documents/223543/default/>

Alternatives positives

- Jones, A., Armstrong, B., Weaver, R.G. et al. Identifying effective intervention strategies to reduce children's screen time: a systematic review and meta-analysis. *Int J Behav Nutr Phys Act* 18, 126 (2021). <https://doi.org/10.1186/s12966-021-01189-6>
- Lai NM, Lim YS, Chaiyakunapruk N, Lee SWH, Liabsuetrakul T, Sabbir M, Mahmud SMH, Siddiqi UR, Ahmed T, Hasan FUL, Kuan PX. Review Article: The effectiveness of school-based interventions for reducing screen time - a systematic review and meta-analysis. *Child Adolesc Ment Health*. 2025 Sep;30(3):223-237. doi: 10.1111/camh.70022. Epub 2025 Jul 14. PMID: 40660635; PMCID: PMC12351200.
- Žmavc M, Horvat J, Židan M, Selak Š. The effectiveness of school-based interventions to reduce problematic digital technology use and screen time: A systematic review and meta-analysis. *J Behav Addict*. 2025 Jun 23;14(2):571-589. doi: 10.1556/2006.2025.00043. PMID: 40549948; PMCID: PMC12231446.
- Raj D, Ahmad N, Mohd Zulkefli NA, Lim PY. Stop and Play Digital Health Education Intervention for Reducing Excessive Screen Time Among Preschoolers From Low Socioeconomic Families: Cluster Randomized Controlled Trial. *J Med Internet Res*. 2023 May 4;25:e40955. doi: 10.2196/40955. PMID: 37140970; PMCID: PMC10196888.
- Tock WL, Gauvin L, Hudon F, et al. Scoping review of interventions aimed at promoting healthy screen use among adolescents. *BMJ Open* 2025;15:e103772. doi:10.1136/bmjopen-2025-103772Rico-
- González M, Holsbrekken E, Martín-Moya R, Ardigo LP. Interventions for Reducing Screen Time of Preschoolers: A Systematic Review of Randomized Controlled Trials. *Journal of Primary Care & Community Health*. 2025;16. doi:10.1177/21501319241306699

Régulations techniques

- Jones A et al. Identifying effective intervention strategies to reduce children's screen time: a systematic review and meta-analysis. *Int J Behav Nutr Phys Act*. 2021. Disponible à : <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-021-01189-6>
- Lai NM, Lim YS, Chaiyakunapruk N, Lee SWH, Liabsuetrakul T, Sabbir M, Mahmud SMH, Siddiqi UR, Ahmed T, Hasan FUL, Kuan PX. Review Article: The effectiveness of school-based interventions for reducing screen time - a systematic review and meta-analysis. *Child Adolesc Ment Health*. 2025 Sep;30(3):223-237. doi: 10.1111/camh.70022. Epub 2025 Jul 14. PMID: 40660635; PMCID: PMC12351200.
- House of Commons Education Committee. Children and the Internet: safety report. UK Parliament; 2024. Disponible à : <https://committees.parliament.uk/publications/45128/documents/223543/default/>