Frequency Access 6. Age of first use (months) 1. In child's bedroom (any type) 7. Hours per day of use (all sources) 2. Does child have a portable device 8. How often use to help fall asleep 3. Use at meals 9. How often use to help calm down 4. Use on school nights 5. Use while waiting ScreenQ (0-26 points) Co-viewing Content 13. Use alone or with grownup 10. Violent/aggressive 11. Supervision of media selection 14. Discussion during use 15. Discussion after use 12. Fast vs. slower-paced

Four domains (subscales) of the ScreenQ measure, which correspond to aspects of use cited in AAP screen time recommendations for young children: Access to screens, frequency of use, content, and caregiver—child co-viewing. The 15 ScreenQ items are summed for a total score ranging from 0 (perfect adherence with recommendations) to 26 (extreme non-adherence).

Back to article page >