

IRB #
Administered by:

Subject ID:
Date:

ScreenQ[®] Screen-Based Media Use Measure

(7 points maximum) ACCESS:

1. (2 points) “Does [CHILD’S FIRST NAME] have any of these in [HER/HIS] bedroom?”

- ☐ Television (TV)
- ☐ Video game system (e.g. Xbox, Play Station)
- ☐ Handheld device, such as Leapster or iPad
- ☐ Computer with Internet access (e.g. WiFi)
- ☐ None (0 points)

(none=0 points, any of the above=2 points)

(document which ones, for descriptive purposes)

2. (2 points) “Does [CHILD’S FIRST NAME] have [HER/HIS] own portable device [SHE/HE] can carry with [HER/HIM] and watch or play on, such as a Leapster, iPad, or smartphone?”

- ☐ Yes (2 points)
- ☐ No (0 points)

“Name a few of [CHILD’S FIRST NAME]’s favorite shows, movies or apps: _____ With these in mind, please answer the following questions:”

3. (1 point) “Does [CHILD’S FIRST NAME] watch or play during meals?”

- ☐ Yes (1 point)
- ☐ No (0 points)

4. (1 point) “Does [CHILD’S FIRST NAME] watch or play on school nights?”

- ☐ Yes (1 point)
- ☐ No/Not yet in school (including preschool) (0 points)

5. (1 point) “Does [CHILD’S FIRST NAME] watch or play while waiting for something outside of the house, such as in the doctor’s office or in line at the store?”

- ☐ Yes (1 point)
- ☐ No (0 points)

(8 points maximum) FREQUENCY:

6. (2 points) “At what age did [CHILD’S FIRST NAME] start watching TV/videos or using apps or the computer?” _____ (convert to **months**)

(0-12)=2 points, (13-18)=1 points, over 18=0 points

7. (2 points) “How many hours in a typical day does [CHILD’S FIRST NAME] watch TV/videos, play video or computer games, or use apps?” _____ Enter # from 0-24

3+=2 points, 1-2.9=1 point, less than 1=0 points

8. (2 points) “Does [CHILD’S FIRST NAME] watch TV/videos at bedtime to help [HER/HIM] fall asleep?”

- ☐ Often (2 points)
- ☐ Sometimes (1 point)
- ☐ Never (0 points)

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9. (2 points) “Does [CHILD’S FIRST NAME] watch TV/videos or play apps to help [HER/HIM] calm down when upset?”

- ☐ Often (2 points)
- ☐ Sometimes (1 point)
- ☐ Rarely/never (0 points)

(6 points maximum) CONTENT:

10. (2 points) “Does [CHILD’S FIRST NAME] watch shows or play video games or apps that involve shooting, battles or fighting?”

- ☐ Often (2 points)
- ☐ Sometimes (1 point)
- ☐ Rarely/never (0 points)

11. (2 points) “Does [CHILD’S FIRST NAME] choose TV shows/videos or download apps by [HIMSELF/HERSELF]?”

- ☐ Often (2 points)
- ☐ Sometimes (1 point)
- ☐ Rarely/never (0 points)

12. (1 point) “How would you describe *most* of the shows, video games or apps that [CHILD’S FIRST NAME] watches or plays?”

- ☐ Fast-paced, more action (1 point)
- ☐ Slower-paced, more talking or singing (0 points)

13. (1 point) “How would you describe *most* of the shows, video games or apps that [CHILD’S FIRST NAME] watches or plays?”

- ☐ Entertainment, for fun (1 point)
- ☐ Education, for learning (0 points)

(6 points maximum) CO-VIEWING:

14. (2 points) “How would you describe how [CHILD’S FIRST NAME] usually watches/plays:
TV/videos: ☐ Together with a grownup (0 points) ☐ By [HER/HIMSELF] (1 point)
Video games/apps: ☐ Together with a grownup (0 pt) ☐ By [HER/HIMSELF] (1 point)

15. (2 points) “While [CHILD’S FIRST NAME] is watching TV shows or movies, how often do you talk to [HER/HIM] about what’s happening, or ask questions?”

- ☐ Often, consistently throughout (0 points)
- ☐ Sometimes, during exciting parts (1 point)
- ☐ Rarely/never, don’t want to bother her/him (2 points)

16. (2 points) “When [CHILD’S FIRST NAME] is finished watching a TV show/movie, or playing an app or video game, how often do you talk about what it was about or why [SHE/HE] liked it?”

- ☐ Often (0 points)
- ☐ Sometimes (1 point)
- ☐ Rarely/never (2 points)

TOTAL SCORE MAXIMUM* = 27 points

*(Higher score reflects non-adherence to AAP guidelines and risks of adverse outcomes)

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Exploratory Questions:

E1. “Overall, how do you feel about [CHILD’S FIRST NAME]’s amount of screen use (TV, videos, apps, video games)?”

- ☐ Way too much
- ☐ A little too much
- ☐ About right
- ☐ Not enough

E2. “Overall, do you feel that [CHILD’S FIRST NAME]’s screen use (TV, videos, apps, video games) makes you spend more time together, less time together, or about the same amount of time together?”

- ☐ More time together
- ☐ Less time together
- ☐ About the same amount of time together

E3. “Overall, how would you compare [CHILD’S FIRST NAME]’s amount of screen use (TV, videos, apps, video games) to other children [HER/HIS] age?”

- ☐ A lot more
- ☐ A little more
- ☐ About the same amount
- ☐ A little less
- ☐ A lot less

E4. “Do you worry about the amount of time [CHILD’S FIRST NAME] spends using screen (TV, videos, apps, video games)?”

- ☐ Yes, often
- ☐ Yes, sometimes
- ☐ Rarely
- ☐ Never

Suggested citations:

- Hutton JS, Huang G, Sahay RD, DeWitt T, Ittenbach RF. A novel, composite measure of screen-based media use in young children (ScreenQ) and associations with parenting practices and cognitive abilities. *Pediatr Res*. Jun 2020;87(7):1211-1218.
- Hutton JS, Dudley J, Horowitz-Kraus T, DeWitt T, Holland SK. Associations Between Screen-Based Media Use and Brain White Matter Integrity in Preschool-Aged Children. *JAMA Pediatrics*. Nov 4 2019.