



Developing Screen Time Guidelines for Children and Youth with Autism: Using the Knowledge to Action Framework

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Background: Children with Autism spectrum disorder (ASD) are more susceptible to the potential detrimental effects of screens on health and development. Currently there are no screen time guidelines that address the specific needs of children and youth with ASD.

STAGE 1: Mapping needs and barriers for screen time use among children and youth with ASD

Objective: To map the current needs and barriers for screen time guidelines

Methods: Interviews and focus groups
15 Clinicians Summative analysis



STAGE 2 (work in progress): Developing screen time guidelines for children with ASD

Objectives: To develop useful educational screen time guidelines for children with ASD that are agreed upon by experts and stakeholders.

Methods:

Based on the results of stage 1 and extensive literature review a **survey** was created.

DELPHI METHOD

Goal - 75% agreement on the guidelines

20
Clinicians

10
Parents



SLP, OT, Neurology,
Psychiatry, Psychology,
Developmental,
Behavioral



The panel was asked about these areas:

- ✓ Risk for screen time overuse.
- ✓ Attitudes and knowledge about ASD and screen time.
- ✓ General screen time guidelines and their applicability to children with ASD.
- ✓ Behavioral strategies for parents and clinicians to monitor and regulate screen time use.
- ✓ Effective educational resources for managing screen time.

Conclusions:

- ✓ This project will provide guidance and education for parents and clinicians regarding the use of screen time with children and youth with ASD.
- ✓ The guidelines will include the best ways to use screen time, benefits and limitations of screen time, and strategies on how to mediate screen time conflicts.
- ✓ The agreed upon guidelines could be the steppingstones for clinical interventions for screen time use of children and youth with ASD.

