

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.



BC's health research funding agency

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







(The Knowledge to Action Framework; Graham et al. 2006)

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





The panel was asked about these areas:

- ✓ Risk for screen time overuse.
- ✓ Attitudes and knowledge about ASD and screen time.

SLP,OT, Neurology, Psychiatry, Psychology,

Developmental.

Behavioral

- ✓ 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.

Results - Main themes:

- ✓ Lack of knowledge and awareness for the need to monitor screen time use among families and clinicians of children with ASD.
- ✓ Individual, environmental and behavioral factors are contributing to Increasing levels of screen use.
- ✓ The need for behavioral strategies to support screen use management.
- ✓ Existing gaps in the current screen time recommendations for children with ASD.
- ✓ An urgent need exists in developing adapted screen time guidelines specific for children with ASD.

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.





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