



Problematic Electronic Gadget Use in Children and Adolescents with Psychiatric Disorders: Parent's rated survey

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Background: Technology can be a very useful tool for learning and skill enhancement. However there are emerging concerns over excessive use of gadgets and difficulties in controlling usage in certain children and adolescents.

Aims and Objectives: To assess the profile of parent rated problematic electronic gadget use in children and adolescents with psychiatric disorders and to explore demographic factors, psychiatric diagnosis and correlations with problematic gadget use.

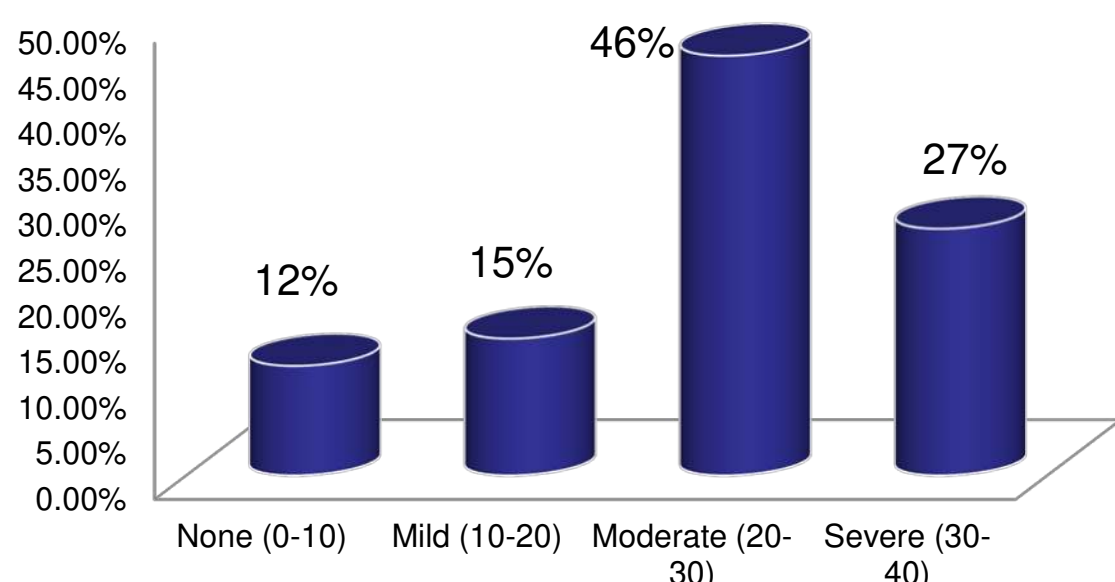
Materials and Methods: This study was conducted at the Child and adolescent Psychiatry Clinic at MGM Medical College and Hospital, Navi Mumbai. All Children and Adolescents diagnosed with psychiatric disorders and their parents having atleast 1 or more electronic gadget were eligible to participate in the study. A parent rated survey questionnaire was developed for the purpose of the study. The survey comprised 10 questions rated on a likert scale from 0 to 4 looking into domains of excessive use of gadgets, time spent, problems with biological functions, restriction of outdoor activities, academic difficulties etc. Informed consent and Institutional Ethics Committee Clearance was obtained. Data was analysed using SPSS.

Results: Sample size was 60; boys(51.66%) and girls(48.33%). Mean age was 11 years and maximum were from urban areas(58.2%). Parent rated survey revealed significant total scores of problematic gadget use in 73.5% of sample and predominantly in 63.33% of boys. Clinical diagnosis of ADHD, Autism, Depression, Conduct Disorder, Substance Use, etc. was significantly correlated with problematic gadget use.

Conclusions: Our study has relevant clinical and research implications in emerging arena of problematic gadget use.

Q.	Self-Designed Parent Based Problematic Electronic Gadget Use Survey
1	Does your child use gadgets excessively?
2	Does your child show emotional/ behavioural problems such as irritability, temper tantrums, oppositional behaviour, demanding, crying?
3	Do you feel your child neglects his studies and day to day activities because of his/her gadget use on a daily basis?
4	Do you feel your child neglects his play and outdoor activities due to his/her gadget use?
5	Do you feel your child's grades are affected because of the gadget use?
6	Do you feel your child's sleep is affected because of the gadget use?
7	Do you feel your child's appetite is affected because of the gadget use?
8	Do you feel your child has become restless and inattentive because of the gadget use?
9	Does your child show school avoidance due to his/her gadget use?
10	Does your child show social avoidance due to his/her gadget use?

■ Profile of Problematic Gadget Use(Percentage)



Profile of child and adolescent psychiatric diagnosis and problematic electronic gadget use.

