



PURDUE
UNIVERSITY®

Extension - Allen County

**HEALTH & HUMAN
SCIENCES**

SCREEN TIME: IMPROVING MENTAL HEALTH



***"It shined a light on a problem
I knew about but gave me the
motive to change."***
- program participant

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On average, individuals spend 7 hours, or 38-44% of their waking hours using screens (recommended: 2 hours). Increased screen time can create an adverse domino effect on mental and physical health.

Mental Health & Screen Time is a program which covers the connection between mental and physical health, how to track screen time, the impact of screen time on mental health, and techniques for participants to reduce screen time in their daily lives.

Autumn delivered the program 19 times both virtually and in-person this year, including at several area schools. About 150 individuals attended the sessions. Almost all participants reported they intend to decrease screen time after learning of the impact it has on mental health.

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