

Parental restriction reduces the harmful effects of in-bedroom electronic devices

King-wa Fu, PhD ^a, Frederick Ka-wing Ho, PGDE ^b, Nirmala Rao, PhD ^{c*},
Fan Jiang, MD, PhD ^d, Sophia Ling Li, PhD ^b, Tatia Mei-chun Lee, PhD ^{e,f},
Sophelia Hoi-shan Chan, MBBS ^b, Ada Wing-yan Yung, MBBS ^b,
Mary Eming Young, MD, DrPH ^g, Patrick Ip, MPH ^{b*}

Affiliations: ^a Journalism and Media Studies Centre, ^b Department of Paediatrics and Adolescent Medicine, ^c Faculty of Education, The University of Hong Kong, Hong Kong; ^d Shanghai Children's Medical Center, Shanghai; ^e Laboratory of Neuropsychology, ^f State Key Laboratory of Brain and Cognitive Sciences, The University of Hong Kong, Hong Kong; ^g China Development Research Foundation, Beijing, China.

Corresponding authors: Patrick Ip and Nirmala Rao

Address correspondence to: Patrick Ip, 1/F, New Clinical Building, Queen Mary Hospital, Hong Kong. Email: patricip@hku.hk, Tel: (852) 28198501. Nirmala Rao, Faculty of Education. The University of Hong Kong, Hong Kong. Email: nrao@hku.hk, Tel: (852) 39177604.

Supp. Table 1. Characteristics of the study participants in median and IQR (n=556)

	Median (IQR)
Age, years	5.47 (0.48)
Number of ED the family owned	
Television	1.00 (1.00)
Computer	1.00 (0.00)
Tablet computer	0.00 (1.00)
Smartphone	1.00 (1.00)
Game console	0.00 (1.00)
Portable game console	0.00 (1.00)
Number of ED the family owned	
Television	1.00 (1.00)
Computer	1.00 (0.00)
Tablet computer	0.00 (1.00)
Smartphone	1.00 (1.00)
Game console	0.00 (1.00)
Portable game console	0.00 (1.00)
Parent-child interaction score [range: 0–3]	
Recreation-based	2.00 (0.80)
Learning-based	2.00 (1.00)
Sleep duration, hours	9.00 (1.00)
School readiness	
CEDI total score [range: 0–50]	45.01 (7.54)
CEDI physical wellbeing [range: 0–10]	9.23 (1.60)
CEDI social competence [range: 0–10]	9.04 (2.48)
CEDI emotional maturity [range: 0–10]	8.64 (1.81)
CEDI language and cognitive skills [range: 0–10]	10.00 (0.82)
CEDI communication and general knowledge [range: 0–10]	9.38 (2.50)

Supp. Table 2. Effect of bedroom ED placement moderated by parental restrictive mediation

	Physical		Social		Emotional		Language / Cognitive		Communication / General		Total	
	Score (95% CI)	P	Score (95% CI)	P	Score (95% CI)	P	Score (95% CI)	P	Score (95% CI)	P	Score (95% CI)	P
Television												
Not in child's bedroom	9.05 (8.96–9.15)	#	8.48 (8.33–8.63)	#	8.40 (8.28–8.52)	#	9.40 (9.29–9.50)	#	8.60 (8.43–8.77)	#	43.94 (43.44–44.44)	#
In bedroom without restriction	7.64 (7.12–8.16)	**	7.38 (6.56–8.19)	**	7.65 (7.03–8.27)	*	7.71 (7.14–8.27)	***	7.63 (6.72–8.55)	*	39.01 (36.34–41.68)	***
In bedroom with restriction	8.70 (8.48–8.93)		8.13 (7.77–8.48)		8.23 (7.96–8.50)		9.14 (8.90–9.39)		8.24 (7.84–8.64)		42.44 (41.28–43.61)	*
Desktop/Laptop Computer												
Not in child's bedroom	9.02 (8.92–9.12)	#	8.48 (8.33–8.64)	#	8.41 (8.29–8.53)	#	9.38 (9.27–9.49)	#	8.57 (8.40–8.75)	#	43.86 (43.35–44.38)	#
In bedroom without restriction	9.03 (8.47–9.58)		7.47 (6.62–8.33)	*	7.57 (6.92–8.22)	*	7.93 (7.34–8.52)	***	7.63 (6.66–8.60)		39.62 (36.80–42.45)	**
In bedroom with restriction	8.98 (8.77–9.19)		8.33 (8.00–8.66)		8.30 (8.05–8.55)		9.36 (9.13–9.58)		8.51 (8.14–8.89)		43.49 (42.40–44.57)	
Game Console												
Not in child's bedroom	9.01 (8.92–9.10)	#	8.45 (8.30–8.59)	#	8.37 (8.25–8.48)	#	9.35 (9.25–9.45)	#	8.58 (8.42–8.74)	#	43.75 (43.27–44.23)	#
In bedroom without restriction	9.40 (8.2–10.61)		6.21 (4.35–8.07)	*	7.47 (6.04–8.89)		7.40 (6.11–8.69)	**	6.73 (4.64–8.82)		37.21 (31.03–43.38)	*
In bedroom with restriction	8.85 (8.29–9.41)		7.79 (6.92–8.65)		8.11 (7.45–8.77)		9.29 (8.69–9.89)		8.00 (7.02–8.97)		42.04 (39.17–44.91)	

#Reference group for comparing difference in developmental scores.

*P < 0.05, **P < 0.01, ***P < 0.001.