**Dillon Bolding**

**English 149**

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**Research Brief:**

**Screen-Time Addiction – Is it shortening our attention spans? Is it making us unhappy?**

**Source One: UNC Library**

**Lepp, Andrew, et al. “The Relationship between Cell Phone Use, Academic Performance, Anxiety, and Satisfaction with Life in College Students.” *Computers in Human Behavior*, vol. 31, 2014, pp. 343–350., doi:10.1016/j.chb.2013.10.049.**

**Is our cell phone usage making us unhappy? Is it making us more anxious?**

“Thus, for the population studied, high frequency cell phone users tended to have lower GPA, higher anxiety, and lower Satisfaction with Life relative to their peers who used the cell phone less often.”

**“Positive correlation between smartphone usage and anxiety; negative correlation between smartphone usage and academic performance.”**

**Source Two: UNC Library**

Ralph, Brandon C. W., et al. “Media Multitasking and Failures of Attention in Everyday Life.” *Psychological Research,* vol. 78, no. 5, 2013, pp. 661–669., doi:10.1007/s00426-013-0523-7.

What is our use of media doing to our attention spans? Is multitasking actually good for us?

**“Frequent media multitaskers report higher levels of everyday attention failures; No relationship between media multitasking habits and memory failures, attention switching, or distractibility”**

“Although evidence concerning the association between media multitasking and objective laboratory-based measures of attention is mixed, we observed that at the subjective level, media multitasking is positively associated with self-reports of attentional failures in everyday life through: (1) lapses of attention and attention-related errors (measured via the MAAS-LO and ARCES, respectively), and (2) tendencies to spontaneously and deliberately mind wander (measured via the MW-S and MW-D, respectively).”

Source Three: UNC Library

**Thornton, Bill, et al. “The Mere Presence of a Cell Phone May Be Distracting.” Social Psychology, vol. 45, no. 6, 2014, pp. 479–488., doi:10.1027/1864-9335/a000216.**

Are cell phones killing our attention spans? Is simply having one in our immediate vicinity distracting us?

“Results of two studies reported here provide further evidence that the “mere presence” of a cell phone may be sufficiently distracting to produce diminished attention and deficits in task-performance, especially for tasks with greater attentional and cognitive demands. The implications for such an unintended negative consequence may be quite wide-ranging (e.g., productivity in school and the work place).”

“The mere presence of a cell phone may produce diminished attention and worsened task-performance, especially for tasks with high cognitive demands.”

Source Four: “Americans spend half their lives in front of screens” by Tyler Schmall, New York Post

How much time are we spending in front of screens? How often are we checking our phones?

“Americans spend nearly half of their waking hours (42 percent) looking at a screen, it’s been revealed.”

“Assuming the average American gets eight hours of beauty rest a night, that means they spend six hours and 43 minutes a day looking at a screen, or 7,956 days of their life.”

“For most Americans, the first thing they do every day is look at a screen, with seven in 10 Americans saying they check their phone immediately upon waking up in the morning.”

“According to the results, those aged 18-35 are nearly twice as likely to say they check their phone first thing in the morning when compared to those aged 55 and older (92 percent and 51 percent respectively.)”

Source Five: “This is what your smartphone is doing to your brain — and it isn't good” by Hilary Brueck, Business Insider

What are cellphones doing to our cognition? How often are we checking our devices?

“A full 89% of college students now report feeling "phantom" phone vibrations, imagining their phone is summoning them to attention when it hasn't actually buzzed.”

“Another 86% of Americans say they check their email and social media accounts "constantly," and that it's really stressing them out.”