



children



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Children's Self-Regulation and Health in the Context of Digital Technology Use

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Message from the Guest Editors

Self-regulation is generally defined as the internally directed capacity to regulate affect, attention, and behavior to respond effectively to both internal and environmental demands. A range of longitudinal studies have revealed the importance of children's self-regulation skills in developing healthy behaviors and for successful functioning in academic and social settings.

Recently, digital media and screens have become ubiquitous in the lives of children, even young ones. There is still no clear consensus on whether and how screen-based media use may affect the development of children's self-regulation.

For this Special Issue, we invite you to share research-based knowledge and discussions addressing (but not limiting to) the following main questions:

What is the interplay of self-regulation, health-related behaviors and screen use in childhood and adolescence?

Does and, if so, how could digital media use affect the development of self-regulation in children and adolescents?

Could self-regulation skills be a considerable mediator in the relationship between digital technology use and mental and physical health outcomes?



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Special Issue