

Healthcare and the influence of the use of screens and the internet on child development: A Scoping Review Protocol

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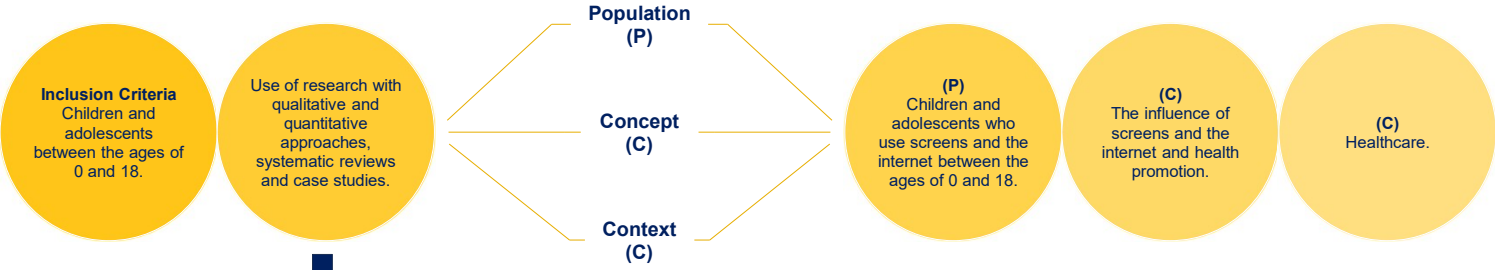
Introduction

Health is considered a positive concept and should be seen as a recipe for life, rather than a goal. Its impact on the quality of life of individuals and communities is significant, and its aim is to provide full well-being that encompasses the emotional, social and mental dimensions. Health promotion is the main focus, which aims to increase and encourage the ability to control and improve this process for personal, social and economic progress.

New technologies play a transformative and revolutionary role in society, as well as in people's behavior and influence. There are various advantages and disadvantages, as well as risks and opportunities, associated with their use. The aim of this study is therefore to understand which aspects are affected positively and negatively and, subsequently, to understand the best strategies to adapt.

Methodology

Research question: What influence does the use of screens and the internet have on children's development?



The databases selected were the CINAHL Complete (EBSCO Host), PubMed, Scopus and ProQuest Dissertations & Thesis Index via Web of Science.

Results

Advantages

- **Communication:** Vocabulary enrichment;
- **Interpersonal Relations:** Promoting interaction with people who are far away in order to maintain emotional ties.

Disadvantages

- **Communication:** Decreased quality and quantity of verbal interactions with peers;
- **Interpersonal Relationships:** Decreased time available for interaction with a negative impact on an emotional level, which can consequently lead to depressive symptoms, anxiety, behavioral changes, hyperactivity, attention deficit and social isolation;
- **Food:** Increased consumption of less healthy foods and drinks, which results in an increase in body mass index and a severe risk of obesity;
- **Sleep quality:** Decreased quality and quantity of hours of sleep, affecting attention, memory and availability for learning.

Conclusion

In conclusion, it cannot be said that the internet is a positive or negative tool because it depends on how it is used. Using the internet exposes you to certain risks, but it also opens you up to a world full of opportunities. It is important to inform children/young people and their families of this reality and to contribute with strategies so that they can use the new technologies safely and in moderation.

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