

Concept Paper Template 2018

Provisional Paper Title: Childhood Television Viewing and Adult Addictive Behaviours up to age 45 years

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Please describe your proposal in 2-3 pages with sufficient detail for helpful review.

Objective of the study:

To investigate if the relationship between childhood TV habits and addictions (to alcohol, tobacco, cannabis and gambling) up to age of 45. A novel relationship between childhood television viewing and addictions will be investigated to determine whether excessive childhood TV viewing is related to addictive behaviour (gambling) and other addictions (alcohol, tobacco, cannabis) in adulthood.

Data analysis methods:

Logistic regression will be used to investigate the associations between childhood TV viewing and adult addiction(s) up to age 45. Unadjusted regressions will be undertaken to evaluate associations of childhood TV viewing to each addiction-related variable before building multivariate regression models with adjustments for sex and childhood socio-economic status. Addictions will be defined as meeting DSM criteria for alcohol and cannabis use up to age 45 as well as tobacco smoking up to age 45. Behavioural addiction will be defined as meeting DSM criteria for problem gambling at age 32.

Variables needed at which ages:

Childhood TV viewing (mean viewing per weekday (hours) between ages 5 and 15 years)

Childhood and adult SES

Adult DSM diagnoses of alcohol and cannabis dependence, adulthood

tobacco use, and diagnosed problem gambling (age 32).

Significance of the Study (for theory, research methods or clinical practice):

Screen use is increasing across society¹ and while DSM criteria have been developed for some screen use behaviour², TV viewing (or streaming/viewing programmed content) is not currently considered to be a behavioural addiction. If, however, excessive childhood TV viewing is associated with adulthood addictions, this may provide preliminary evidence to support the consideration³ of TV viewing/programme streaming as a behavioural addiction. Furthermore as childhood screen use is a modifiable behaviour, actively managing screen use behaviour could potentially reduce rates of adulthood addiction, which is of public health importance. We have previously found that childhood television viewing is associated with several aspects of poor mental health at age 26 and 32⁴⁻⁵. This proposal extends the period of follow-up to age 45 and adds analyses of addiction for the first time.

References:

1. Common Sense Media Landmark report: U.S. teens use an average of nine hours of media per day, tweens use six hours.
<https://www.commonsensemedia.org/aboutus/news/press-releases/landmark-report-us-teens-use-an-average-of-nine-hours-of-media-per-day>.
2. Pinna, F.; Dell'Osso, B.; Di Nicola, M.; Janiri, L.; Altamura, A.; Carpiniello, B.; Hollander, E., Behavioural addictions and the transition from DSM-IV-TR to DSM-5. *Journal of Psychopathology* 2015, 21 (4), 380–389.
3. Kubey, R.; Csikszentmihalyi, M., Television addiction is no mere metaphor. *Scientific American* 2002, 286 (2), 74-80.
4. McAnally, H. M.; Young, T.; Hancox, R. J., Childhood and adolescent television viewing and internalising disorders in adulthood. *Preventive Medicine Reports* 2019, 15, 100890.
5. Robertson, L. A.; McAnally, H. M.; Hancox, R. J., Childhood and Adolescent Television Viewing and Antisocial Behavior in Early Adulthood. *Pediatrics* 2013.