



What can we learn from “Australia’s Biggest Smartphone Survey”?

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<https://www.modernlifestudy.com/>

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**Australia’s Biggest Smartphone Survey**

14, 700 participants across Australia





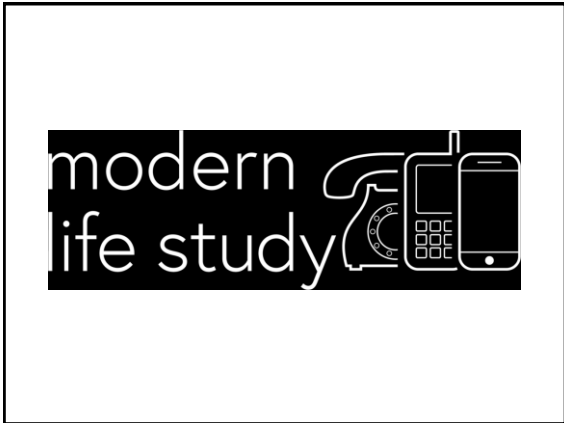
**Born Digital?**

**Native** **Immigrant**




Opportunities alongside questions






**Digital detox: we delve into the findings of the ABC Science Smartphone Survey**

Thursday 12 September 2017 10:44AM AEST [Full article](#)

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**The Smartphone Survey results are in!**

Could you live without your smartphone? Smartphone usage is growing and helping us navigate the world, but what impact are they having on our relationships and our kids?

The National Science Foundation will fund a collaboration about you and your smartphone. This year we teamed up with researchers from Griffith University, Murdoch University and Western Sydney University to help us understand how smartphones are changing our lives — in both good and bad ways. By sharing your experiences in our Smartphone Survey you can help researchers make recommendations around smartphone use, especially for children and teens.

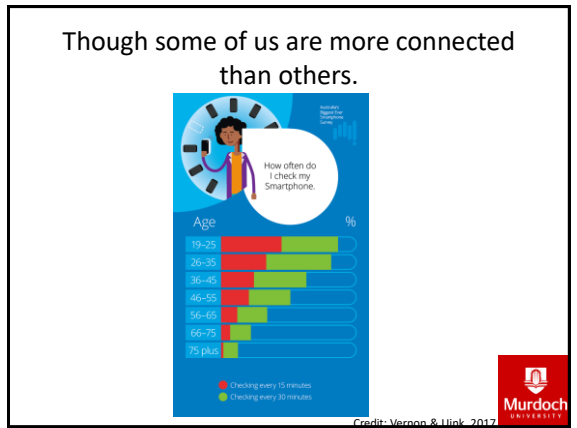
Sharing experiences to share their own experiences is going to be incredibly valuable." Kathryn Medlock, from Griffith University said.

Now it's time to check back in on the ABC's Smartphone Survey that was launched as part of Science Week last month.

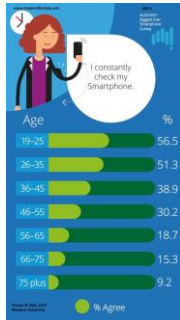
What have the preliminary results revealed about our smartphone use? Are we as addicted as we once?

Erika Anderson is a professor and writer at ABC Science and Dr Kathryn Medlock is from the school of applied psychology at Griffith University, an honorary fellow with Murdoch University and one of the team of researchers involved in the ABC's Smartphone Survey.

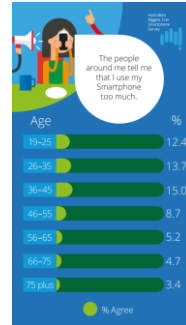
**WHAT DID WE FIND?**



Some of us consider ourselves “constantly” connected.

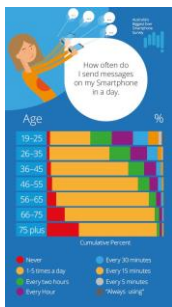


Yet this use is generally accepted.



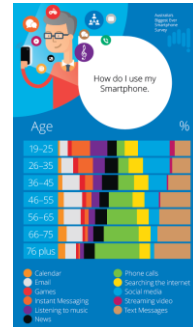
Credit: Vernon & Uink, 2017

There are similarities (and differences) in *how* we are using our phones.



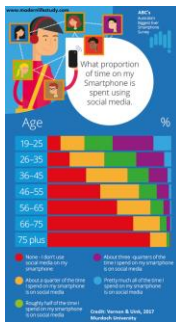
Credit: Vernon & Uink, 2017

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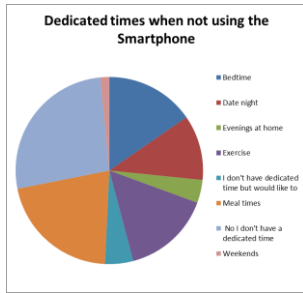
Credit: Vernon & Uink, 2017

We are sometimes using our phones for different reasons, esp. social media



FREE TIME & KNOWLEDGE

## Most of us have dedicated “free time”



Credit: Vernon, 2017



## More than 50% of us think Smartphones expand their knowledge

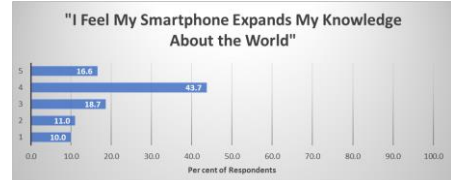


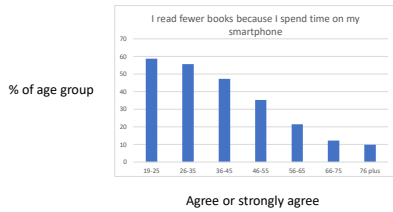
Figure. N = 14333. The extent to which respondents believed their smartphone expands their knowledge about the world.

5 = Strongly Agree; 4 = Agree; 3 = Neutral; 2 = Disagree; 1 = Strongly Disagree

Credit: Vernon, 2017



## BUT, we may read fewer books...

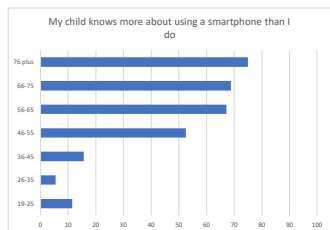


Credit: Vernon, 2017



## PARENTS

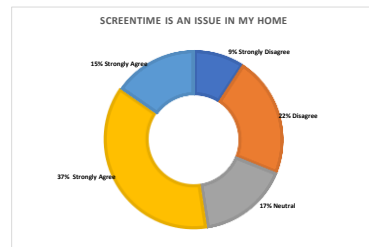
## For the majority of “older” parents, children know more about their Smartphone



Credit: Vernon, 2017



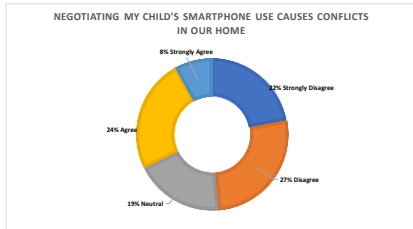
## For 50% of parents, screentime is an issue



Credit: Vernon, 2017



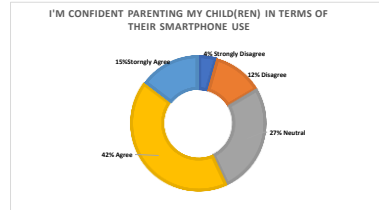
But only 30% of parents report issues with child Smartphone use



Credit: Vernon, 2017



Only 16% of parents report they “lack confidence” in navigating child use



Credit: Vernon, 2017



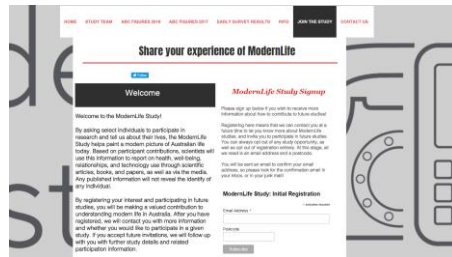
## Opportunities

- Smartphones and youth development
  - Learning, intervention, new habits
  - Parenting, discipline, communication, “spill over” within families



<https://www.modernlifestudy.com>

Sign up to take part in future studies



## ModernLife Study Team



Dr. Lynette Vernon



Ms. Bep Uink, .MA.



Dr. Helen Correia



Questions?

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## "How do you feel?" Participatory Research Project



**YOUNGANDWELL**  
Cooperative Research Centre



*n* = 206 at risk youth

## "How do you feel?" participatory project

- Partnered with three low-SES schools in Western Australia

### 4-Phase Study

- Focus groups
- Pilot ESM, *n* = 40 youths
- Youth advisory sessions, *n* = 158
- Larger ESM, current study, *n* = 206 youth



Barber, Modecki, & Richardson 2013-2016  
Modecki, Barber, & Richardson, 2011-2012

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