

INPLASY PROTOCOL

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Adolescent Digital Wellbeing Definitions, Frameworks & Research: A Scoping Review

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Conflicts of interest:
None declared.

Review question / Objective: (1) What is adolescent digital wellbeing, how has it been defined conceptually and operationally?; and (2) How has digital wellbeing been studied and applied in research and preventive interventions?

Condition being studied: This review aims to determine the extent to which digital wellbeing has been defined, studied, and operationalized for individuals ages 10-18. This endeavor seeks to capture current definitions and framings of digital wellbeing as applied to adolescence, and also explicitly considers the methodologies used to study adolescent digital wellbeing and affiliated measures and outcomes used within various intervention contexts.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 09 April 2023 and was last updated on 09 April 2023 (registration number INPLASY202340026).

INTRODUCTION

Review question / Objective: (1) What is adolescent digital wellbeing, how has it been defined conceptually and operationally?; and (2) How has digital wellbeing been studied and applied in research and preventive interventions?

Rationale: Ever-evolving advances in technology, as well as experiences before, during, and beyond the COVID-19 pandemic, pose new and exacerbate old challenges for adolescent digital wellbeing, or the impact of technology and digital platforms on 10-18 year-olds' mental, physical, and socio-emotional health. Without a clear understanding of the

influence adolescents' daily digital habits have on their development, there is a need to operationalize a framework for adolescent digital wellbeing so to guide the fields of human development, prevention science, and new media studies towards actionable insight and effective interventions for adolescents. Further, "digital wellbeing" is the chosen terminology of Big Tech and social media platforms, therefore, this scoping review hopes to have practical implications for not only future adolescent-focused interventions and education, but also policy change and systems level impact.

Condition being studied: This review aims to determine the extent to which digital wellbeing has been defined, studied, and operationalized for individuals ages 10-18. This endeavor seeks to capture current definitions and framings of digital wellbeing as applied to adolescence, and also explicitly considers the methodologies used to study adolescent digital wellbeing and affiliated measures and outcomes used within various intervention contexts.

METHODS

Search strategy:

ProQuest

"digital wellbeing" OR "digital well-being"
OR "digital wellness" AND "adolescent"
"digital wellbeing" OR "digital well-being"
OR "digital wellness" AND "teen"
"digital wellbeing" OR "digital well-being"
OR "digital wellness" AND "youth"

PubMed

((("digital wellbeing") OR ("digital well-being")) OR ("digital wellness")) AND ("adolescent")
((("digital wellbeing") OR ("digital well-being")) OR ("digital wellness")) AND ("teen")
((("digital wellbeing") OR ("digital well-being")) OR ("digital wellness")) AND ("adolescent")

ACM Digital Library

AllField:("digital wellbeing" OR "digital wellness" OR "digital well-being") AND AllField:("adolescent")

AllField:("digital wellbeing" OR "digital wellness" OR "digital well-being") AND AllField:("teen")

AllField:("digital wellbeing" OR "digital wellness" OR "digital well-being") AND AllField:("youth")

Web of Science

"digital wellbeing" (All Fields) or "digital wellness" (All Fields) or "digital well-being" (All Fields) and "adolescent" (All Fields)

"digital wellbeing" (All Fields) or "digital wellness" (All Fields) or "digital well-being" (All Fields) and "teen" (All Fields)

"digital wellbeing" (All Fields) or "digital wellness" (All Fields) or "digital well-being" (All Fields) and "youth" (All Fields)

PsychINFO

"digital wellbeing" OR "digital well-being" OR "digital wellness" AND "adolescent" in Anywhere

"digital wellbeing" OR "digital well-being" OR "digital wellness" AND "teen" in Anywhere

"digital wellbeing" OR "digital well-being" OR "digital wellness" AND "youth" in Anywhere

Sociological Abstracts

"digital wellbeing" OR "digital well-being" OR "digital wellness" AND "adolescent" in Anywhere

"digital wellbeing" OR "digital well-being" OR "digital wellness" AND "teen" in Anywhere

digital wellbeing" OR "digital well-being" OR "digital wellness" AND "youth" in Anywhere

Social Services Abstracts

"digital wellbeing" OR "digital well-being" OR "digital wellness" AND "adolescent" in Anywhere

"digital wellbeing" OR "digital well-being" OR "digital wellness" AND "teen" in Anywhere

digital wellbeing" OR "digital well-being" OR "digital wellness" AND "youth" in Anywhere

ERIC (ProQuest Version)

digital wellbeing" OR "digital well-being" OR "digital wellness" AND "youth" in Anywhere

digital wellbeing" OR "digital well-being" OR "digital wellness" AND "teens" in Anywhere

digital wellbeing" OR "digital well-being"
OR "digital wellness" AND "youth" in
Anywhere

CINAHL Ultimate

digital wellbeing" OR "digital well-being"

OR "digital wellness" AND adolescents

digital wellbeing" OR "digital well-being"

OR "digital wellness" AND teens

digital wellbeing" OR "digital well-being"

OR "digital wellness" AND youth

Health and Medicine

digital wellbeing" OR "digital well-being"

OR "digital wellness" AND adolescents

digital wellbeing" OR "digital well-being"

OR "digital wellness" AND teens

digital wellbeing" OR "digital well-being"

OR "digital wellness" AND youth

This review will also include relevant
articles shared by experts and colleagues,
a community organization focused on this
topic, and articles sourced from citations
within the articles selected.

Participant or population: This review
covers instances of "digital wellbeing"
studies focused on adolescents (ages
10-18) or focused on implications for
adolescent development that specifically
mention this population (i.e., teens, youth,
adolescents).

Intervention: This study will evaluate
studies focused on "digital wellbeing" or
"digital wellness" and adolescent
populations and include any educational,
programmatic, or other types of
interventions.

Comparator: N/A.

Study designs to be included: Study
designs to be included: Peer-reviewed
journal articles, conference proceedings,
book chapters, and relevant grey literature.

Eligibility criteria: The paper was available
in english, peer-reviewed, and published
between January 1, 2008 (to capture the
rise of smartphones) and December 31,
2022. Screening of articles included
verifying participant age range (10-18) and
explicit mention of "digital wellbeing" or
"digital wellness" somewhere within the
paper.

Information sources: The search of the
literature conducted in February 2023
covered 10 databases Web of Science,
ProQuest, ACM Digital Library, PubMed,
PsychINFO, Sociological Abstracts, Social
Services Abstracts, ERIC ProQuest Version,
CINAHL Ultimate, and Health and Medicine,
which were selected due to their coverage
of relevant disciplines (e.g., psychology,
education, technology, applied health, and
medicine). Articles were also sourced from
colleagues and experts who shared with
the author, as well as articles utilized by a
community organization focused on the
topic of digital wellbeing.

Main outcome(s): Full texts were reviewed
for content and studies were grouped by
definitional framing of digital wellbeing
(e.g., active or passive, strengths-based or
deficit-based) and examine studies that
provide a specific definition of digital
wellbeing. Additionally, studies based on
participant focus, method, and whether an
intervention is showcased.

Additional outcome(s): Theoretical
frameworks associated with digital
wellbeing are also discussed. Descriptive
insights about the sample are also shared.

Data management: Records were exported
and combined for processing using
Microsoft Excel. PDFs for selected articles
were imported into MAXQDA qualitative
coding software so that a hierarchical
coding system could be applied.

Quality assessment / Risk of bias analysis:
The code system was developed with
insight from a leading community
organization focused on digital wellbeing
and independently applied by the author.

Strategy of data synthesis: Existing
frameworks of active and passive media
consumption and strengths-based versus
deficit-based framing were applied to
definitional framings of digital wellbeing.
Further, objective and subjective codes
were used so that both qualitative
(subjective) and quantitative (objective)
results would make up the results of the
review.

Subgroup analysis: N/A.

Sensitivity analysis: N/A.

Language restriction: English language.

Country(ies) involved: United States of America.

Keywords: digital wellbeing, digital wellness, adolescent digital wellbeing, digital habits, technology useadolescent development, digital wellbeing, digital habits, health.

Contributions of each author:

Author 1 - Rachel Hanebutt - Author Hanebutt provided subject matter expertise, conducted the search strategy in collaboration with an experienced reference librarian, executed the data extraction and management, codebook, coded and analyzed the data, synthesized the data and lead the drafting and editing of the manuscript.

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