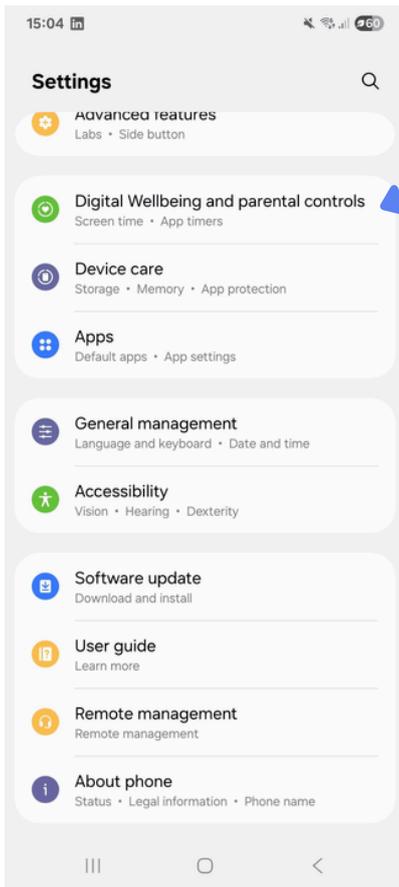
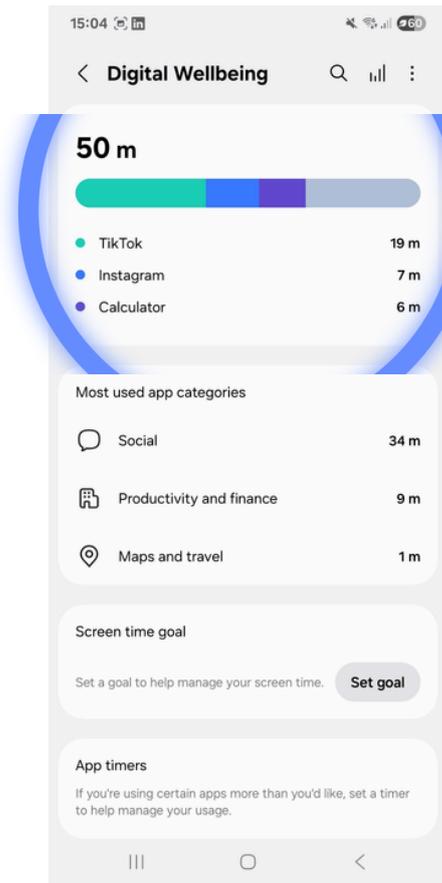


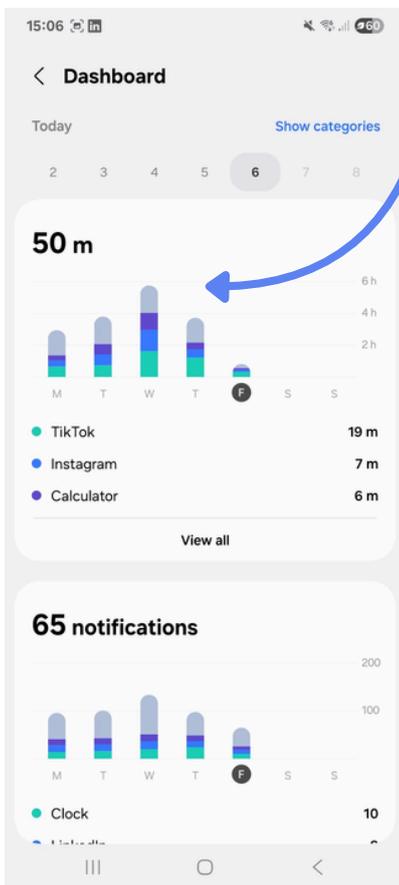
How to View Screen Time Data - Android Phone



In your "Settings" app, scroll to click "Digital Wellbeing and parental controls"

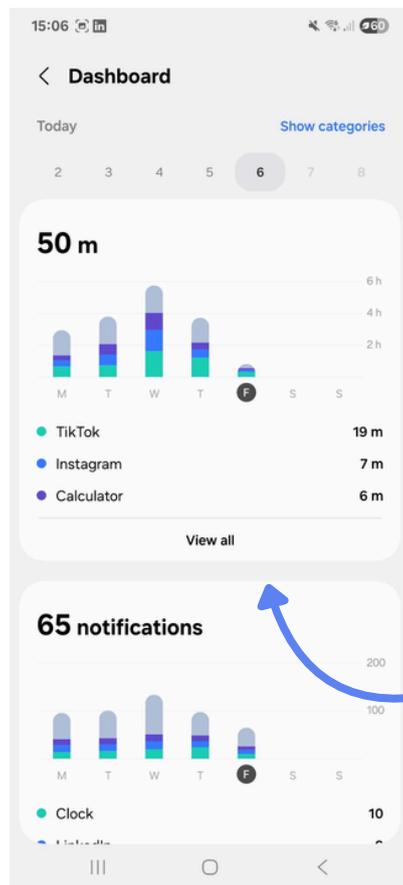


Click this top box



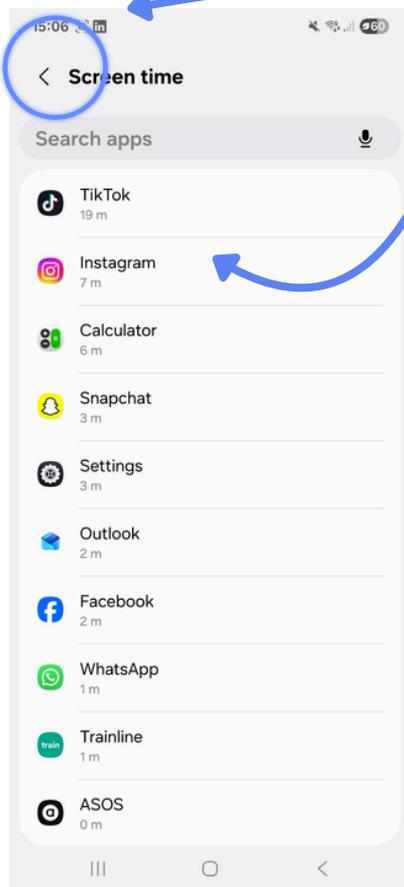
Select the bar for the date you want to view

When completing the device log, day 1 is the day AFTER you installed the EARS app.



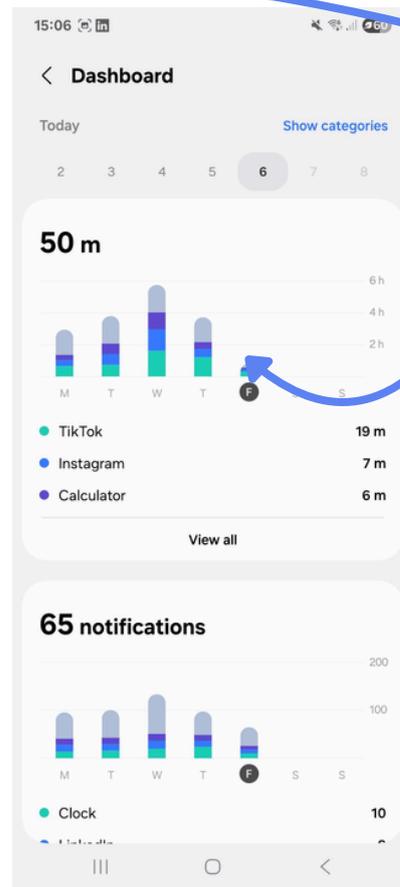
Select "View All"

How to View Screen Time Data - Android Phone



Record which apps your child has used, and how long for on the device log.

Note: You do not need to write down the apps with 0 minutes



Press the back arrow to view other days

Select the next coloured line (Day 2), and repeat the same procedures as above and write this information on Day 2 of your device log.

Repeat the same procedures above for days 3 to 7

If this is a personal device (ie not shared with another family member) you can view your screen time data at the end of the week to complete the Personal Device Log (table 1).

Information only for devices that are shared

If this is a shared device, you can use the screen time data to help remind you which apps your child used. However, we also ask that you record the start and end times each time your child uses an app in the Shared Device Log (Table 2).

It is much easier to note this at the time your child uses the device rather than trying to remember it later.

This information is very important, as it helps us understand when your child, who is taking part in the study, was using the shared device.