

Do Perceptions Matter More Than Actual Phone Use? Parent Phone Use, Technoference, & Perceived Responsiveness to Child

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BACKGROUND

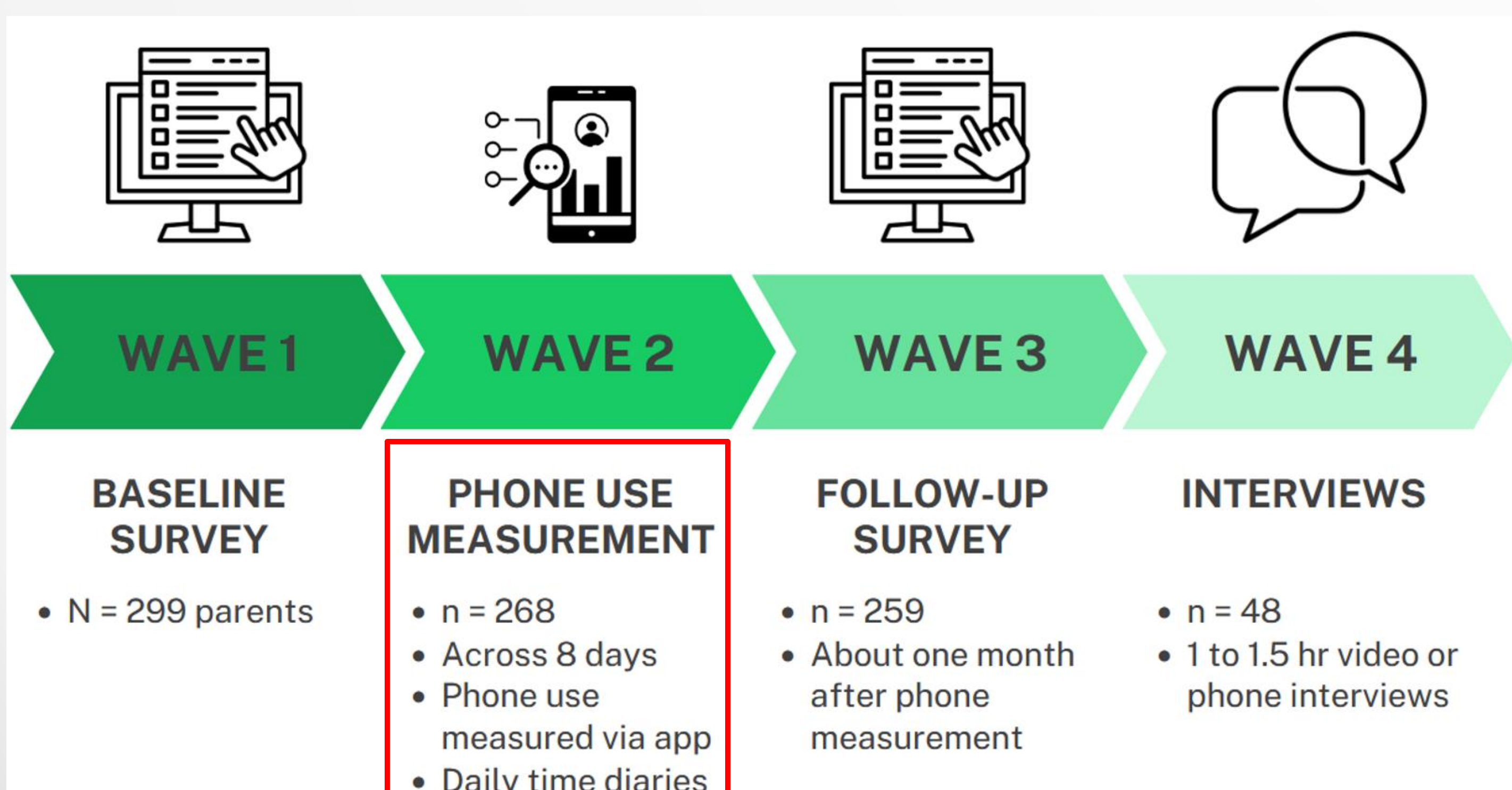
- ❖ Almost every adult age 18-49 owns a smartphone.
- ❖ Interviews reveal **parent smartphone use (SPU)** when bored, stressed, and for support.
- ❖ Although SPU could assist parents, it may also cause distractions and disruptions in parent-child interactions (technoference).
- ❖ These distractions can impact child well-being and behavior.
- ❖ Parent SPU is also linked with parent mood and feelings, such as depression, guilt, etc.

RESEARCH AIMS

- ❖ **We examined:**
 1. Differences between objective and perceived SPU
 2. Associations between SPU (objective & perceived) and perceptions of responsiveness to infant.
- ❖ **We hypothesized:**
 - ❖ Objective use and self-reports would differ.
 - ❖ However, it was unclear whether objective or perceived SPU would more strongly link with daily responsiveness.

PARTICIPANTS & PROCEDURES

- ❖ 264 parents of an infant
- ❖ 76% mothers; 30.83 years ($SD = 4.84$)
- ❖ 79% Non-Hispanic Caucasian
- ❖ Infant age = 6.65 months ($SD = 3.50$)
- ❖ Median income = \$70,000 ($SD = \$48,545$)



MEASURES

Daily Measure:	Item(s):	Scale:
Depressive symptoms (CESD-7)	E.g., "I felt depressed."	0 to 4 None of the time to All / almost all the time
Delayed responsiveness	"Today, I feel I sometimes responded slowly to my baby."	1 to 5 Strongly Disagree to Strongly Agree
Stressful child behavior	"Today, how much did you experience your infant's behavior as stressful?"	1 to 9 Not at all to Very much so
Perceived SPU around infant	"Thinking about the time you were physically near your infant— not counting when infant was sleeping—about what proportion of that time were you also on your phone?"	Slider scale: 0% to 100%
Perceived technoference	"About how many times today did your phone use interrupt an interaction or activity you were engaged in with your infant?"	0 to 6 None to More than 20 times
Objective SPU around infant	-- SPU during infant time divided by total infant time -- This variable was created by matching tracked SPU with the time diary data (parents had marked when present with infant in 15-minute intervals across entire day).	0% to 100%



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RESULTS

How much do parents use their smartphone around their infant?

- ❖ On average, showed objective SPU during 27% of their infant time, and the average for perceptions was similar.

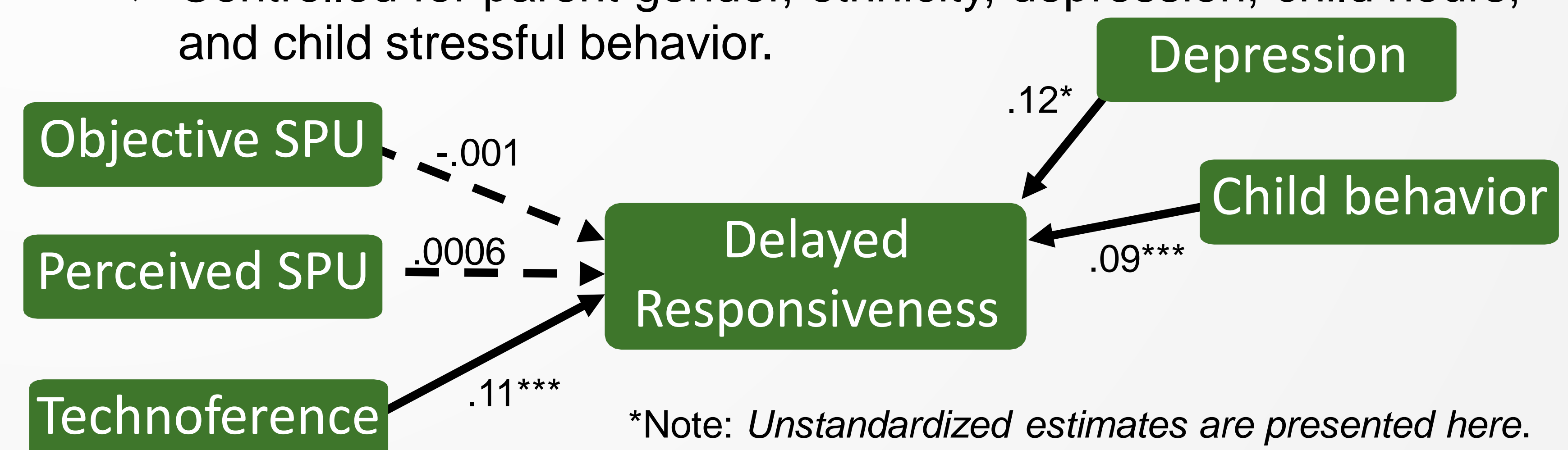
Do objective and perceived SPU differ?

- ❖ On a daily basis, only about 50% of parents' perceptions matched their actual SPU.

Amount of Difference	% of Parents
Perceive more than objective - 20% or more off	9.50%
Perceive more than objective - 10% to 19.99% off	16.34%
Within 10% (either way)	49.78%
Perceive less than objective - 10% to 19.99% off	15.20%
Perceive less than objective - 20% or more off	9.50%

What matters more for parent daily feelings of responsiveness, objective or perceived SPU?

- ❖ Utilized multilevel modeling, due to nested data across days
- ❖ Controlled for parent gender, ethnicity, depression, child hours, and child stressful behavior.



DISCUSSION

- ❖ Perceptions and actual SPU differed for many parents.
 - ❖ Even reporting at the daily level (which helps to alleviate some recall bias), only about 50% were "fairly close" in their estimates.
- ❖ Perceived and actual SPU around infant did NOT predict parent feelings about their responsiveness.
- ❖ Instead, on days when parents perceived greater technoference they also felt worse about their responsiveness.
- ❖ Thus, assisting parents to find ways to avoid technoference may be beneficial to feelings and mood surrounding parenting.