Analytic Framework: Behavioral Interventions that Aim to Reduce Recreational Sedentary Screen Time

**Behavioral Interventions to Reduce Screen Time**

**Increased:**
- Knowledge
- Awareness
- Attitude
- Motivation
- Skills

**Reduced access:**
- TV
- Video games
- Computers

**Reduced exposure to unhealthy food advertising**

**Potential Harms:** None identified

**Additional Benefits:**
- Educational activities
- Social interaction
- Reduced exposure to violent or adult content
- Improved sleep

**Improved/Maintained Weight-related Outcome**
(e.g., BMIz, % body fat)

**Reduced Sedentary Screen Time**
(e.g., ↓ TV viewing)

**Increased Physical Activity**
(e.g., ↑ duration of PA)

**Improved Diet**
(e.g., ↓ caloric intake, ↓ unhealthy snacking)

**Reduced Morbidity, Mortality & Disparities**

**Key Effect Modifiers**
- Intervention Intensity
- Population Characteristics: age, SES, and weight status
- Peer Influence

1

- Reduced exposure to unhealthy food advertising