

Measuring Progress: STATEC Well-being Seminar Series

17:00 CET (11:00 AM Eastern) – 18:00 CET (12:00 PM Eastern)

11 November 2025

**Adolescent Screen Time and Well-being:
A 24-Hour Time-Use Diary Approach**

Dr. Felix Cheung, University of Toronto



Abstract: Over the past decades, adolescents' use of digital technology has risen alongside a decline in mental health. Whereas some studies suggest that screen time has overwhelmingly negative effects on well-being, others find these effects to be negligible. One reason for these mixed findings may be that most research overlooks two fundamental properties of time: its limited and unidirectional nature. Time is limited—everyone has only 24 hours—and spending more time on screens inevitably displaces other activities. Time is also unidirectional—activities unfold in sequence, meaning that screen time occurs within a broader temporal context. This talk examines how adolescents' allocation and sequencing of daily activities shape their quality of life, with a focus on screen time. Drawing on 24-hour time-use data from a representative birth cohort of 2,561 adolescents aged 14, this research reframes the screen time debate: rather than asking how much time is spent on screens, we ask how adolescents can use their limited time to live better lives.

Dr. Felix Cheung is an Assistant Professor and Canada Research Chair in Population Well-being at the University of Toronto - St. George. Dr. Cheung directs the Population Well-being lab, founded the Canadian Happiness Report, and co-authored the 2025 World Happiness Report. He is a member of the World Wellbeing Panel and co-leads the McGill-UofT Wellbeing Research Seminar. He is named a Rising Star by the Association for Psychological Science. Dr. Cheung's research examines the determinants, consequences, and policy relevance of a satisfying, purposeful, and engaging life. He takes an interdisciplinary perspective to examine population well-being in relation to pressing global issues.

The webinar will be held in English via Cisco Webex and recorded.

[REGISTER](https://etat.webex.com/weblink/register/rf4a9dadbf3e1f2d8da87834f80065bd4)

Or use the link: <https://etat.webex.com/weblink/register/rf4a9dadbf3e1f2d8da87834f80065bd4>

Organized by [STATEC Research](#), part of STATEC

The Luxembourg National Institute of Statistics and Economic Studies

For more information on the seminar series, please check the website [here](#).

You can also follow us on [LinkedIn](#) and [YouTube](#).