

Special Issue

Children's Self-Regulation and Health in the Context of Digital Technology Use

Message from the Guest Editors

Self-regulation is generally defined as the internally directed capacity to regulate affect, attention, and behavior to respond effectively to both internal and environmental demands. A range of longitudinal studies have revealed the importance of children's self-regulation skills in developing healthy behaviors and for successful functioning in academic and social settings.

Recently, digital media and screens have become ubiquitous in the lives of children, even young ones. There is still no clear consensus on whether and how screen-based media use may affect the development of children's self-regulation.

For this Special Issue, we invite you to share research-based knowledge and discussions addressing (but not limiting to) the following main questions:

What is the interplay of self-regulation, health-related behaviors and screen use in childhood and adolescence?

Does and, if so, how could digital media use affect the development of self-regulation in children and adolescents?

Could self-regulation skills be a considerable mediator in the relationship between digital technology use and mental and physical health outcomes?

Guest Editors

Prof. Dr. Roma Jusienė

Institute of Psychology, Faculty of Philosophy, Vilnius University, LT-01513 Vilnius, Lithuania

Dr. Rima Breidokienė

Institute of Psychology, Faculty of Philosophy, Vilnius University, LT-01513 Vilnius, Lithuania

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Children
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
children@mdpi.com

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About the Journal

Message from the Editor-in-Chief

You are invited to contribute a research article or comprehensive review for consideration and publication in *Children* (ISSN 2227-9067). *Children* is an open access journal—research articles, reviews, and other content are published online immediately after acceptance. The scientific community and the general public have unlimited free access to the content as soon as it is published. The journal focuses on sharing clinical, epidemiological, and translational science relevant to children's health. We would be pleased to welcome you as one of our authors.

Editor-in-Chief

Prof. Dr. Paul R. Carney
Departments of Child Health and Neurology, University of Missouri, 400
Keene Street, Columbia, MO 65211, USA

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