

Čas strávený u obrazovek (screen time)

- World Health Organization. Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age. WHO. 2019.
- Munzer T et al. Digital Ecosystems, Children, and Adolescents: Policy Statement. *Pediatrics* 2026;157:e2025075320.
- Mallawaarachchi S et al. Early Childhood Screen Use Contexts and Cognitive and Psychosocial Outcomes: A Systematic Review and Meta-analysis. *JAMA Pediatr* 2024;178:1017–1026.
- Hartstein LE et al. The impact of screen use on sleep health across the lifespan: A National Sleep Foundation consensus statement. *Sleep Health* 2024;10:373–384.
- Brosnan B et al. Screen Use at Bedtime and Sleep Duration and Quality Among Youths. *JAMA Pediatr* 2024;178:1147–1154.
- Pickard H et al. Toddler Screen Use Before Bed and Its Effect on Sleep and Attention: A Randomized Clinical Trial. *JAMA Pediatr* 2024;178:1270–1279.
- Campbell M et al. Evidence for and against banning mobile phones in schools: A scoping review. *J Psychol Couns Sch* 2024;34:242–265.
- Clinton V. Reading from paper compared to screens: A systematic review and meta-analysis. *J Res Read* 2019;42:288–325.
- Furenes MI et al. A Comparison of Children's Reading on Paper Versus Screen: A Meta-Analysis. *Rev Educ Res* 2021;91:483–517.
- Toledo-Vargas M et al. Parental Technology Use in a Child's Presence and Health and Development in the Early Years: A Systematic Review and Meta-Analysis. *JAMA Pediatr* 2025;179:730–737.
- Eirich R et al. Association of Screen Time With Internalizing and Externalizing Behavior Problems in Children 12 Years or Younger: A Systematic Review and Meta-analysis. *JAMA Psychiatry* 2022;79:393–405.
- Thorell LB et al. Longitudinal associations between digital media use and ADHD symptoms in children and adolescents: a systematic literature review. *Eur Child Adolesc Psychiatry* 2024;33:2503–2526.
- Haghighi P et al. Screen time increases overweight and obesity risk among adolescents: a systematic review and dose-response meta-analysis. *BMC Prim Care* 2022;23:161.
- Ha A et al. Digital Screen Time and Myopia: A Systematic Review and Dose-Response Meta-Analysis. *JAMA Netw Open* 2025;8:e2460026.
- Mei Z et al. Efficacy of outdoor interventions for myopia in children and adolescents: a systematic review and meta-analysis of randomized controlled trials. *Front Public Health* 2024;12:1452567.
- Jones A et al. Identifying effective intervention strategies to reduce children's screen time: a systematic review and meta-analysis. *Int J Behav Nutr Phys Act* 2021;18:126.
- Lai NM et al. Review Article: The effectiveness of school-based interventions for reducing screen time – a systematic review and meta-analysis. *Child Adolesc Ment Health* 2025;30:223–237.

Sociální média

- Sanders T et al. An umbrella review of the benefits and risks associated with youths' interactions with electronic screens. *Nat Hum Behav* 2024;8:82–99.
- Ahmed O et al. Social media use, mental health and sleep: a systematic review with meta-analyses. *J Affect Disord* 2024;367:701–712.
- Blanchard L et al. Associations between social media, adolescent mental health, and diet: a systematic review. *Obes Rev* 2023;24 Suppl 2:e13631.
- Behera N et al. Impact of social media use on physical, mental, social, and emotional

health, sleep quality, body image, and mood: evidence from 21 countries – a systematic literature review with narrative synthesis. *Int J Behav Med* 2025 Nov 24.

- Zhang Y et al. Social media and body image in young women: a meta-analysis of experimental studies on video- versus image-based platforms. *Body Image* 2025;55:101991.
- Liu M et al. Time spent on social media and risk of depression in adolescents: a dose-response meta-analysis. *Int J Environ Res Public Health* 2022;19:5164.
- Shiferaw BD et al. Impact of digital addiction on youth health: a systematic review and meta-analysis. *J Behav Addict* 2025;14:1129-1158.
- Shannon H et al. Problematic social media use in adolescents and young adults: systematic review and meta-analysis. *JMIR Ment Health* 2022;9:e33450.
- Fassi L et al. Social media use and internalizing symptoms in clinical and community adolescent samples: a systematic review and meta-analysis. *JAMA Pediatr* 2024;178:814-822.
- Mader S et al. The effect of social media use on adolescents' subjective well-being: Longitudinal evidence from Switzerland. *Soc Sci Med* 2025;365:117595.
- Shelton N et al. Social media use by young people with language disorders: a scoping review. *Disability and Rehabilitation* 2024;46:6240–6250.

Umělá inteligence

- Feng Y et al. Effectiveness of Ai-Driven Conversational Agents in Improving Mental Health among Young People: Systematic Review and Meta-Analysis. *JMIR* 2025;27:e69639.

- Li J et al. Chatbot-Delivered Interventions on Psychological Health among Young People: A Systematic Review and Meta-Analysis. *Stud Health Technol Inform* 2025;329:1874-1875.
- Hawke LD et al. Digital Conversational Agents for the Mental Health of Treatment-Seeking Youth: Scoping Review. *JMIR Ment Health* 2025;12:e77098.
- Benson FN et al. Application of Machine Learning in Early Childhood Development Research: A Scoping Review. *BMJ Open* 2025;15:e100358.
- Annunziata S et al. Are Social Robots More Interesting Than Humans? Quantitative Assessment of Joint Attention in Autistic and Typically Developing Children. *Asian J Psychiatr* 2026;116:104796.
- Shaw SD et al. Thinking – Fast, Slow, and Artificial: How Ai Is Reshaping Human Reasoning and the Rise of Cognitive Surrender. *University of Pennsylvania* 2026;1-58.
- Cheng M et al. Sycophantic Ai Decreases Prosocial Intentions and Promotes Dependence. *Science* 2026;391:eaec8352.
- Chen TH et al. Effectiveness of Mental Health Chatbots in Depression and Anxiety for Adolescents and Young Adults: A Meta-Analysis of Randomized Controlled Trials. *Expert Rev Med Devices* 2025;22:233-241.
- Patel J et al. Evaluating Predictive Artificial Intelligence Approaches Used in Mobile Health Platforms to Forecast Mental Health Symptoms among Youth: A Systematic Review. *Psychiatry Res* 2025;343:116277.
- Medina R et al. Electrophysiological Brain Changes Associated with Cognitive Improvement in a Pediatric Attention Deficit Hyperactivity Disorder Digital Artificial Intelligence-Driven Intervention: Randomized Controlled Trial. *JMIR* 2021;23:e25466.

Prohlášení o využití umělé inteligence (AI disclaimer): Při koncipování a strukturování tohoto stanoviska byly jako pomocný nástroj využity pokročilé jazykové modely pro účely syntézy textu, stylistických úprav a formátování podkladů. Celý text prošel následnou rigorózní expertní kontrolou. Veškerá vědecká fakta, statistická data a mezinárodní doporučení byla detailně konfrontována s primárními zdrojovými materiály a byla manuálně ověřena jejich faktická správnost, metodologická relevance a přesnost citací. Konečné znění plně odpovídá doloženým vědeckým důkazům a odbornému konsenzu autorů.