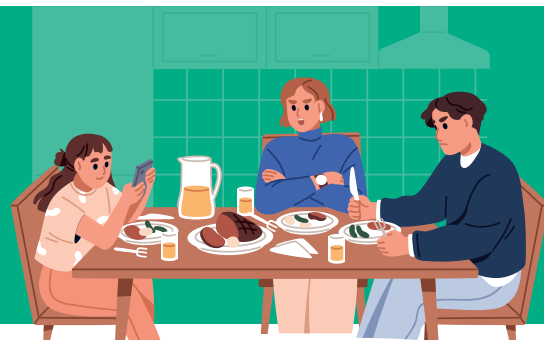


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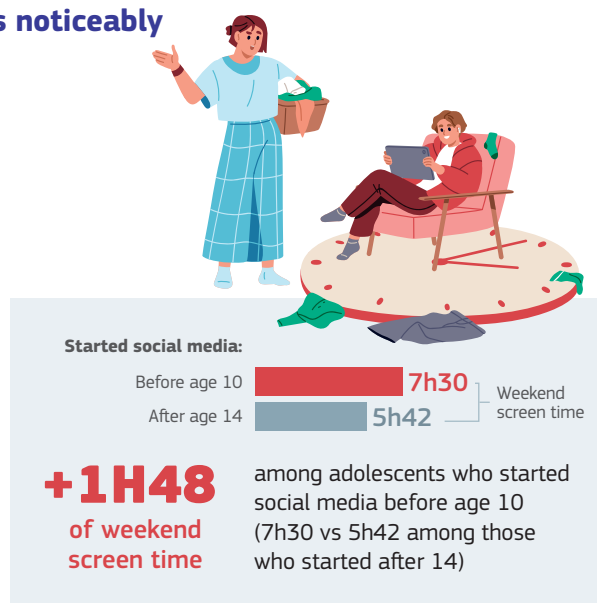
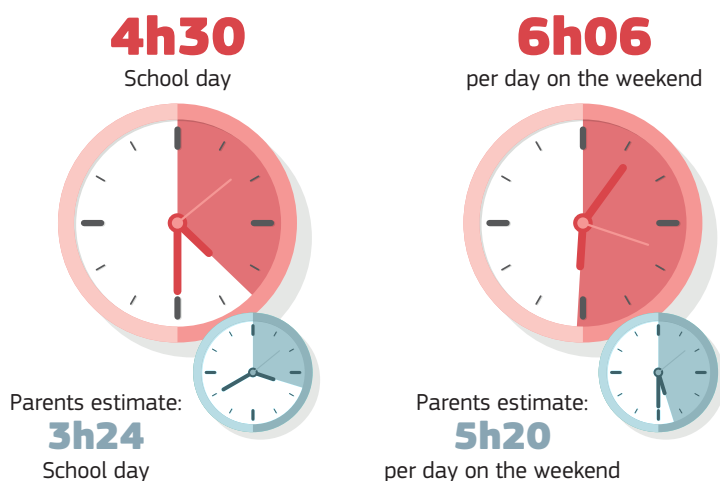
Impact of excessive screen time and social media on young people's mental health



Screen time and the symptoms that adolescents report

Adolescents spend a lot of time on screens, and this is noticeably higher when social media use started early

Adolescents estimate they spend on average **4h30** on a school day and **6h06** per day on the weekend, well above what parents think.



Base: 26,297 adolescents 13-18 / 12,750 parents. Q2a / Q2 / Q2b.



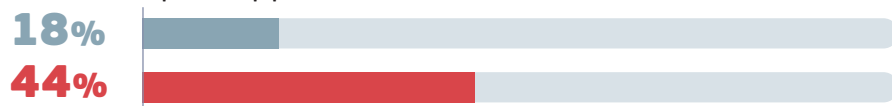
14% of adolescents report screen time of more than 10 hours per day

Reported symptoms appear closely associated with screen time

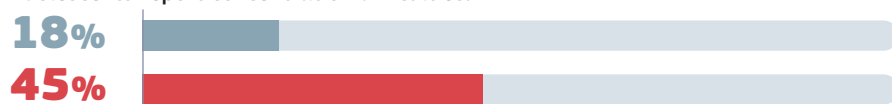
A third of adolescents report tired eyes, fatigue, headaches, concentration difficulties or sleep problems. These shares are considerably higher among adolescents reporting more screen time.



Adolescents report sleep problems:



Adolescents report concentration difficulties:



■ Adolescents with < 2h of daily screen time
■ Adolescents with 12h+ of daily screen time

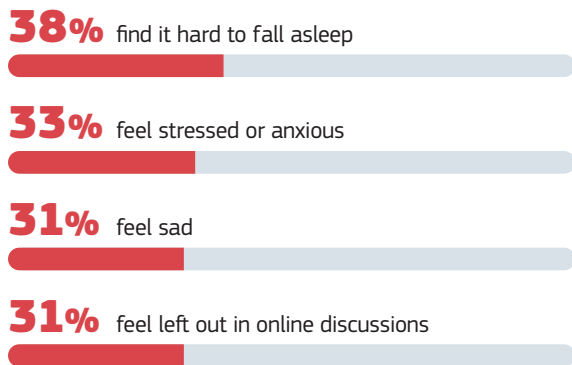
Base: 26,297 adolescents 13-18.
Q1 crossed with Q2b.
Symptoms reported by weekend screen time.
Association observed, not a causal estimate.



Adolescents' experience on social media: feelings, exposure and needs

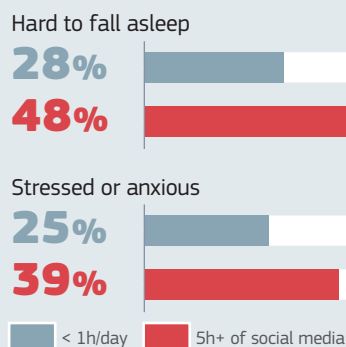
Adolescents report that social media use can lead to stress, sadness or exclusion

When asked whether social media leaves them feeling certain ways, a sizeable share of adolescents acknowledges negative effects. These shares are higher among those who use social media the most.



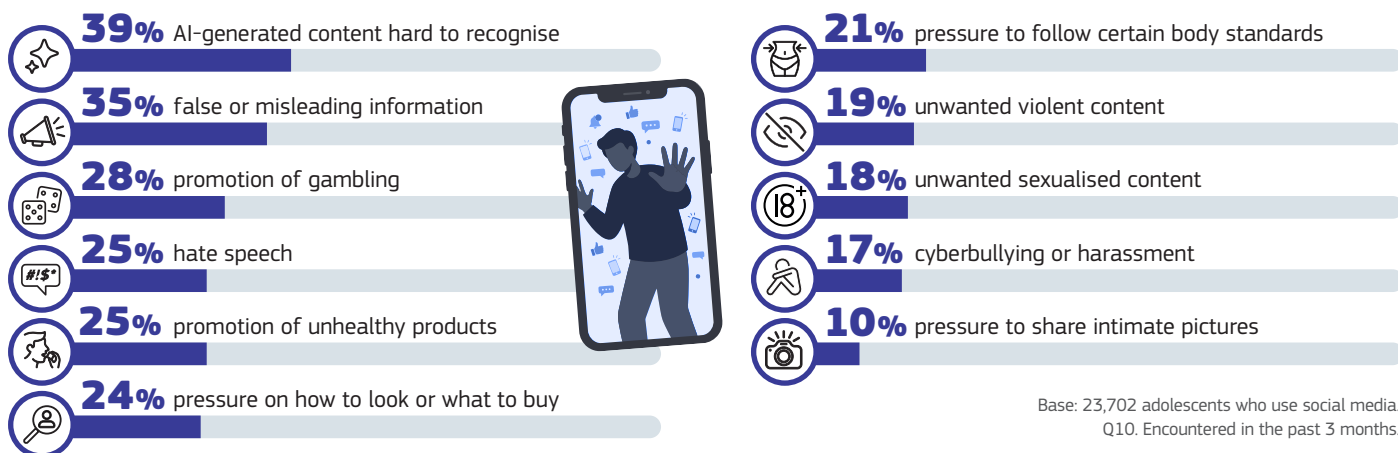
Base: 23,702 adolescents who use social media on a typical school day. Q9 / Q9 crossed with daily social media time. Association observed, not a causal estimate.

Shares observed among heavier social media users:



Many adolescents say they have come across problematic content online

Over the past three months, a significant number of adolescents say they have encountered the following on social media:



Base: 23,702 adolescents who use social media. Q10. Encountered in the past 3 months.

To better protect adolescents' mental health, adolescents and parents agree on enforcement, but diverge on what to do next

Both adolescents and parents agree that better implementation of platform rules is the most important action to take.



Base: 26,297 adolescents 13-18 / 12,750 parents. Q13. Most effective action to improve mental wellbeing online (total mentions).