

**Screen Time and Behaviour in Preschool-Aged Children: Associations with Sleep and  
Caregiver Perceptions**

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This thesis is presented in partial fulfilment of the requirements for the degree of Master of  
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Australia.

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## **Declarations**

### **Statement of Originality**

This thesis contains no material which has been accepted for the award of any other degree or diploma in any university or other tertiary institution and, to the best of my knowledge and belief, contains no material previously published or written by another person, except where due reference has been made in the text. I give consent to the final version of my thesis being made available worldwide when deposited in the University's Digital Repository\*\*, subject to the provisions of the Copyright Act 1968.

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### **Acknowledgement of Collaboration**

I hereby certify that the work embodied in this thesis has been done in collaboration with other researchers. I have included as part of the thesis a statement clearly outlining the extent of collaboration, with whom and under what auspices. The primary data collection for this study was undertaken by various team members including myself, Rachael Si Xuan Loo (Master of Clinical Psychology student), Madeleine Gale (a PhD student); Jenna Mace, Emily Brazier, Elena Stefanovska, Hayley Ayres (honours students), Darcie Fay (a work-integrated learning student) and Bret Sherwood (a summer scholarship student). We were also assisted by a research assistant, Alyssa Robson during our data collection process.

I contributed towards the development of the research question, the statistical analysis, interpretation of results and preparation of manuscript. The larger study was conceived by Dr. Emma Axelsson, Dr Alexandra Metse, and Dr Gemma Paech, who had explored associations between sleep, cognitive development, and preschoolers' engagement in an online screen time study. The online questionnaire, screen time diary, sleep diary and data collection protocol were initially developed Dr. Emma Axelsson. These materials were adapted to align with the specific hypotheses of my research. I conducted the literature

review, wrote the introduction, methods, results, and discussion section of this thesis. Dr. Emma Axelsson reviewed drafts and provided feedback for these sections. I extracted, cleaned, and prepared the raw data for analysis with the support of Dr. Emma Axelsson.

### **Acknowledgement of Authorship**

I hereby certify that the work embodied in this thesis contains scholarly work of which I am a joint author. I have included as part of the thesis a written statement, endorsed by my supervisor, attesting to my contribution to the scholarly work. I wrote the thesis manuscript, and co-author Dr Emma Axelsson provided feedback.

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