

## Research study on screen time

**Do you like playing videogames or  
watching videos on your mobile device?  
Are you between 10-17 years old?**



***If you answered YES to both the questions, you may be eligible to  
participate in our research study!***

Our research lab at the Faculty of Dentistry at the University of Toronto is conducting a study to understand whether screen time increases some behaviors such as clenching your teeth, which could, in some people, lead to jaw muscle pain, also known as temporomandibular disorders (TMD).

The study consists of an online survey (10 minutes) and an in-person session (100 minutes) at our research lab (123 Edward Street, Toronto). If you are willing to help us with our research, please complete the survey at: <https://redcap.utoronto.ca/surveys/?s=CCPXXA7JHDRAL8TL> . If you are selected for the in-person part of the study, we will contact you to schedule an appointment and participate in our study at our research lab.

The online survey will ask you questions about your age, your sex, how much time you spend on your mobile devices, watching TV, or playing videogames, presence of specific behaviors (such as tooth clenching), and pain in the face. If you are selected for the in-person session, we will invite you to our research lab and we will monitor the activity of your chewing/cheek muscles with a very small wireless electronic device (like a \$2 coin) positioned on your cheek while you watch TV, play your favourite videogame on your tablet/smartphone/portable console, or read a book.

**We will run a raffle for those participating in the survey and award  
\$25 Amazon e-gift cards. If you are selected and complete the in-  
person session, we will compensate you with \$30 cash.**

If you have any questions, please free to email us at [cioffilab@utoronto.ca](mailto:cioffilab@utoronto.ca)