

Bibliografía

- Albacete-Maza, J., Casanovas Combalia, X., y Montañola-Sales, C. (2025). Determinants of early smartphone ownership: A research gap in the study of problematic smartphone use in children and adolescents. *Humanities and Social Sciences Communications*, 12, Article 1179. <https://doi.org/10.1057/s41599-025-01725-9>
- Aldeas Infantiles SOS. (2026). Enredados con las pantallas. Guía práctica para acompañar a la infancia y la adolescencia en una convivencia digital responsable. Aldeas Infantiles SOS.
- Cabello-Hutt, T., Cabello, P., & Claro, M. (2018). Online opportunities and risks for children and adolescents: The role of digital skills, age, gender and parental mediation in Brazil. *New Media & Society*, 20(7), 2411–2431. <https://doi.org/10.1177/1461444817724168>
- Comisión de Regulación de Comunicaciones. (2025). Informe ejecutivo del Estudio de infancia y medios audiovisuales. Consumo, mediación parental y apropiación. Comisión de Regulación de Comunicaciones. República de Colombia.
- Domoff, S. E., Borgen, A. L., Foley, R. P., & Maffett, A. (2019). Excessive use of mobile devices and children's physical health. *Human Behavior and Emerging Technologies*, 1(2), 169–175. <https://doi.org/10.1002/hbe2.145>
- European Commission. (2025). European strategy for a better internet for kids – BIK+. Shaping Europe's digital future.
- Gobierno de España (2025). Encuesta sobre uso de drogas en enseñanzas secundarias en España (ESTUDES), 1994-2025. Ministerio de Sanidad.
- Guess, A.M., Nyhan, B. & Reifler, J. (2020). Exposure to untrustworthy websites in the 2016 US election. *Nat Hum Behav*, 4, 472–480 (2020). <https://doi.org/10.1038/s41562-020-0833-x>
- Instituto Nacional de Estadística e Informática (INEI). (2019). Estadísticas sobre acceso y uso de tecnologías de la información y comunicación en los hogares. Plataforma del Estado Peruano.
- Lauricella, A. R., Wartella, E., & Rideout, V. J. (2015). Young children's screen time: The complex role of parent and child factors. *Journal of Applied Developmental Psychology*, 36, 11–17. <https://doi.org/10.1016/j.appdev.2014.12.001>
- Organisation for Economic Co-operation and Development (OECD). (2021). 21st-century children: Digital risks and opportunities. OECD Publishing. <https://www.oecd.org/content/dam/oecd/en/about/projects/edu/21st-century-children/21st-century-children-digital-risks-and-resilience.pdf>
- Iwicka, R. (2018). Every breath you take: Sasaeng fans. In J. Raphael, C. Lam, & M. Weber (Eds.), *Disassembling the celebrity figure: Credibility and the incredible* (Vol. 99, pp. 125–147). Brill. https://doi.org/10.1163/9789004365322_008
- Pons, M., Bordoy, A., Alemany, E., Huget, O., Zagaglia, A., Slyvka, S. & Yáñez, A.M. (2021). Hábitos familiares relacionados con el uso excesivo de pantallas recreativas (televisión y videojuegos) en la infancia. *Rev. Esp. Salud Pública*, 95, e202101002. https://www.sanidad.gob.es/biblioPublic/publicaciones/recursos_propios/resp/revista_cdrom/VOL95/ORIGINALES/RS95C_202101002.pdf
- Przybylski, A. K., Murayama, K., DeHaan, C. R., & Gladwell, V. (2013). Motivational, emotional, and behavioral correlates of fear of missing out. *Computers in Human Behavior*, 29(4), 1841–1848. <https://doi.org/10.1016/j.chb.2013.02.014>

- Rodríguez-García, A.-M., Moreno-Guerrero, A.-J., & López Belmonte, J. (2020). Nomophobia: An individual's growing fear of being without a smartphone-A systematic literature review. *International Journal of Environmental Research and Public Health*, 17(2), 580.
<https://doi.org/10.3390/ijerph17020580>
- Sohn, S. Y., Rees, P., Wildridge, B., Kalk, N. J., & Carter, B. (2019). Prevalence of problematic smartphone usage and associated mental health outcomes: A systematic review and meta-analysis. *BMC Psychiatry*, 19, 356.
<https://doi.org/10.1186/s12888-019-2350-x>
- Twenge, J. M., Joiner, T. E., Rogers, M. L., & Martin, G. N. (2018). Increases in depressive symptoms, suicide-related outcomes, and suicide rates among U.S. adolescents. *Clinical Psychological Science*, 6(1), 3–17.
<https://doi.org/10.1177/2167702617723376>
- UNESCO. (2023). *Global education monitoring report 2023: Technology in education*. UNESCO Publishing.
- Valkenburg, P. M., Meier, A., & Beyens, I. (2022). Social media use and its impact on adolescent mental health: An umbrella review. *Current Opinion in Psychology*, 44, 58–68.
<https://doi.org/10.1016/j.copsyc.2021.08.017>
- World Health Organization (2019). *Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age*.
<https://iris.who.int/server/api/core/bitstreams/60a1cbaa-2bef-4251-9557-e52ce22112b3/content>