

Digital wellbeing: impact on learners and educators

Literature review and desk research report

Description

This report provides an in-depth literature review of research from the past 10-15 years examining the relationship between digital technology use and student well-being, digital competence, and academic outcomes in educational settings, with particular focus on the harmful effects of excessive screen time and early smartphone acquisition. It synthesises existing assessment instruments and frameworks for measuring digital well-being in education, drawing on over 100 peer-reviewed studies to identify best practices, highlight gaps, and offer evidence-based recommendations for that enhances rather than hinders learner and educator well-being.

Countries

 EU level

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EN

Related intervention approaches



Digital inclusion and well-being



Professional development for inclusive teaching and training

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