

1. Overall, how would you describe the impact of screen time on your life?

Very positive	10%
Somewhat positive	27%
Neither positive nor negative	36%
Somewhat negative	19%
Very negative	3%
Not sure	4%

2. On an average day, how much time would you say you spend looking at screens?

Less than 1 hour	2%
1-2 hours	10%
3-4 hours	26%
5-6 hours	21%
7-8 hours	16%
9-12 hours	13%
13-16 hours	4%
More than 16 hours	3%
Not sure	5%

3. In the past 12 months, have you intentionally tried to reduce the amount of time you spend looking at screens?

Yes	36%
No	59%
Not sure	6%

4. Would you like to reduce the amount of time you spend looking at screens?

Yes	53%
No	34%
Not sure	13%

5. Have you ever used an app to track or limit your screen time?

Yes	17%
No	83%

6. How effective have these apps been at reducing your screen time?

Very effective	2%
Somewhat effective	7%
Not very effective	5%
Not at all effective	2%
Not sure	2%
Not asked - Has not used an app to track or limit screen time	83%

7. Do you think it is acceptable or unacceptable for someone to look at their smartphone in the following situations?

	Acceptable	Unacceptable	Not sure
While using the bathroom	69%	22%	10%
While spending time with a friend	36%	49%	14%
While having dinner with family	19%	71%	11%
During a college lecture	18%	69%	13%
While seeing a movie in a theater	17%	74%	9%
During a meeting at work	13%	76%	11%
During a date	12%	79%	10%
While attending a religious service	10%	81%	9%

Interviewing Dates	July 15 - 17, 2025
Target population	U.S. citizens, aged 18 and over
Sampling method	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
Weighting	The sample was weighted according to gender, age, race, education, U.S. region, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 32% Republican). The weights range from 0.051 to 5.044, with a mean of one and a standard deviation of 0.842.
Number of respondents	1,148
Margin of error	± 3.8 points (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	78 questions not reported.

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1. Effect of Screen Time

Overall, how would you describe the impact of screen time on your life?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very positive	10%	12%	8%	12%	10%	8%	12%	8%	16%	13%	*
Somewhat positive	27%	30%	25%	20%	23%	27%	39%	28%	32%	16%	*
Neither positive nor negative	36%	35%	37%	34%	32%	43%	33%	35%	37%	40%	*
Somewhat negative	19%	18%	21%	24%	25%	19%	10%	22%	9%	21%	*
Very negative	3%	2%	4%	5%	5%	2%	2%	3%	2%	4%	*
Not sure	4%	3%	5%	5%	5%	2%	4%	4%	4%	6%	*
Totals	99%	100%	100%	100%	100%	101%	100%	100%	100%	100%	*
Unweighted N	(1,148)	(540)	(608)	(287)	(277)	(353)	(231)	(762)	(142)	(169)	(75)

	Party ID				2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very positive	10%	17%	7%	7%	13%	8%	13%	8%	7%	15%	8%	11%	7%
Somewhat positive	27%	29%	25%	27%	31%	31%	26%	28%	33%	22%	25%	28%	31%
Neither positive nor negative	36%	29%	43%	36%	31%	37%	39%	35%	32%	38%	36%	35%	37%
Somewhat negative	19%	20%	18%	20%	21%	20%	15%	24%	24%	19%	24%	18%	16%
Very negative	3%	2%	3%	5%	2%	3%	2%	4%	4%	4%	3%	2%	5%
Not sure	4%	3%	4%	6%	2%	2%	5%	2%	1%	1%	5%	5%	3%
Totals	99%	100%	100%	101%	100%	101%	100%	101%	101%	99%	101%	99%	99%
Unweighted N	(1,148)	(410)	(455)	(283)	(470)	(382)	(464)	(321)	(229)	(207)	(245)	(462)	(234)

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2. Screen Time Estimate

On an average day, how much time would you say you spend looking at screens?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Less than 1 hour	2%	1%	3%	1%	2%	3%	1%	1%	2%	4%	*
1-2 hours	10%	13%	8%	3%	7%	13%	16%	10%	11%	6%	*
3-4 hours	26%	27%	25%	20%	22%	27%	36%	26%	18%	32%	*
5-6 hours	21%	21%	21%	19%	23%	20%	22%	21%	25%	19%	*
7-8 hours	16%	15%	17%	20%	14%	19%	10%	16%	17%	14%	*
9-12 hours	13%	13%	13%	23%	15%	9%	7%	13%	11%	15%	*
13-16 hours	4%	5%	4%	6%	4%	4%	4%	5%	5%	1%	*
More than 16 hours	3%	1%	4%	2%	6%	2%	1%	2%	7%	3%	*
Not sure	5%	4%	5%	5%	8%	2%	4%	4%	4%	4%	*
Totals	100%	100%	100%	99%	101%	99%	101%	98%	100%	98%	*
Unweighted N	(1,148)	(540)	(608)	(287)	(277)	(353)	(231)	(762)	(142)	(169)	(75)

	Party ID				2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Less than 1 hour	2%	0%	3%	3%	1%	1%	4%	1%	0%	0%	3%	2%	3%
1-2 hours	10%	8%	10%	14%	10%	12%	12%	9%	11%	10%	10%	10%	11%
3-4 hours	26%	25%	26%	28%	29%	27%	24%	30%	26%	32%	26%	26%	21%
5-6 hours	21%	20%	21%	22%	18%	23%	19%	21%	22%	20%	18%	21%	24%
7-8 hours	16%	18%	15%	14%	14%	17%	17%	14%	18%	17%	19%	15%	13%
9-12 hours	13%	17%	12%	10%	16%	12%	10%	16%	17%	11%	13%	13%	16%
13-16 hours	4%	7%	4%	2%	7%	2%	4%	6%	4%	2%	6%	4%	5%
More than 16 hours	3%	3%	2%	3%	4%	1%	4%	2%	1%	1%	1%	5%	4%
Not sure	5%	2%	6%	5%	2%	5%	5%	2%	1%	8%	4%	5%	2%
Totals	100%	100%	99%	101%	101%	100%	99%	101%	100%	101%	100%	101%	99%

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		Party ID			2024 Vote		Family Income (3 category)				Region		
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Unweighted N	(1,148)	(410)	(455)	(283)	(470)	(382)	(464)	(321)	(229)	(207)	(245)	(462)	(234)

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3. Taken Screen Time Break

In the past 12 months, have you intentionally tried to reduce the amount of time you spend looking at screens?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	36%	32%	39%	47%	37%	33%	26%	33%	46%	34%	*
No	59%	62%	55%	47%	54%	62%	70%	62%	43%	63%	*
Not sure	6%	6%	6%	6%	9%	5%	4%	5%	10%	3%	*
Totals	101%	100%	100%	100%	100%	100%	100%	100%	99%	100%	*
Unweighted N	(1,145)	(539)	(606)	(285)	(277)	(353)	(230)	(760)	(142)	(168)	(75)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	36%	39%	39%	28%	40%	31%	35%	37%	34%	36%	33%	36%	37%
No	59%	55%	54%	67%	55%	64%	58%	59%	62%	58%	62%	59%	55%
Not sure	6%	6%	7%	5%	6%	4%	7%	4%	3%	6%	5%	5%	8%
Totals	101%	100%	100%	100%	101%	99%	100%	100%	99%	100%	100%	100%	100%
Unweighted N	(1,145)	(409)	(453)	(283)	(469)	(382)	(463)	(321)	(229)	(205)	(245)	(462)	(233)

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4. Want to Reduce Screen Time

Would you like to reduce the amount of time you spend looking at screens?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	53%	49%	57%	69%	58%	50%	36%	50%	57%	59%	*
No	34%	37%	31%	21%	28%	35%	50%	36%	28%	35%	*
Not sure	13%	14%	13%	10%	14%	14%	14%	14%	15%	6%	*
Totals	100%	100%	101%	100%	100%	99%	100%	100%	100%	100%	*
Unweighted N	(1,148)	(540)	(608)	(287)	(277)	(353)	(231)	(762)	(142)	(169)	(75)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	53%	54%	51%	54%	54%	53%	52%	53%	55%	54%	55%	52%	52%
No	34%	33%	35%	34%	31%	35%	32%	35%	39%	37%	30%	36%	32%
Not sure	13%	14%	15%	12%	15%	12%	16%	12%	7%	10%	15%	12%	16%
Totals	100%	101%	101%	100%	100%	100%	100%	100%	101%	101%	100%	100%	100%
Unweighted N	(1,148)	(410)	(455)	(283)	(470)	(382)	(464)	(321)	(229)	(207)	(245)	(462)	(234)

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5. Use Screen Time Limiting App

Have you ever used an app to track or limit your screen time?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	17%	19%	16%	37%	21%	9%	7%	17%	17%	19%	*
No	83%	81%	84%	63%	79%	91%	93%	83%	83%	81%	*
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	*
Unweighted N	(1,147)	(540)	(607)	(287)	(277)	(353)	(230)	(761)	(142)	(169)	(75)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	17%	20%	17%	15%	17%	16%	13%	25%	18%	22%	17%	17%	14%
No	83%	80%	83%	85%	83%	84%	87%	75%	82%	78%	83%	83%	86%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,147)	(410)	(454)	(283)	(469)	(382)	(464)	(321)	(229)	(207)	(245)	(462)	(233)

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6. Apps to Limit Screen Time

How effective have these apps been at reducing your screen time?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very effective	2%	3%	1%	6%	3%	0%	0%	1%	4%	8%	*
Somewhat effective	7%	7%	7%	15%	9%	4%	1%	7%	8%	4%	*
Not very effective	5%	5%	4%	8%	8%	2%	3%	6%	2%	3%	*
Not at all effective	2%	3%	1%	5%	1%	1%	1%	1%	1%	4%	*
Not sure	2%	1%	2%	4%	0%	1%	2%	2%	2%	1%	*
Not asked - Has not used an app to track or limit screen time	83%	81%	84%	63%	79%	91%	93%	83%	83%	81%	*
Totals	101%	100%	99%	101%	100%	99%	100%	100%	100%	101%	*
Unweighted N	(1,147)	(540)	(607)	(287)	(277)	(353)	(230)	(761)	(142)	(169)	(75)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very effective	2%	3%	2%	1%	2%	2%	3%	2%	1%	3%	2%	2%	2%
Somewhat effective	7%	9%	6%	6%	6%	6%	6%	8%	10%	9%	8%	6%	6%
Not very effective	5%	5%	5%	4%	6%	4%	3%	8%	5%	4%	6%	5%	4%
Not at all effective	2%	1%	2%	3%	1%	3%	1%	2%	2%	3%	1%	2%	1%
Not sure	2%	2%	1%	2%	1%	2%	1%	4%	0%	3%	1%	2%	1%
Not asked - Has not used an app to track or limit screen time	83%	80%	83%	85%	83%	84%	87%	75%	82%	78%	83%	83%	86%
Totals	101%	100%	99%	101%	99%	101%	101%	99%	100%	100%	101%	100%	100%
Unweighted N	(1,147)	(410)	(454)	(283)	(469)	(382)	(464)	(321)	(229)	(207)	(245)	(462)	(233)

7A. Acceptability of Phone Checking — While using the bathroom

Do you think it is acceptable or unacceptable for someone to look at their smartphone in the following situations?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Acceptable	69%	69%	68%	71%	65%	74%	62%	71%	63%	62%	*
Unacceptable	22%	23%	21%	21%	21%	20%	26%	20%	25%	27%	*
Not sure	10%	8%	11%	8%	14%	6%	12%	9%	13%	11%	*
Totals	101%	100%	100%	100%	100%	100%	100%	100%	101%	100%	*
Unweighted N	(1,137)	(539)	(598)	(286)	(277)	(347)	(227)	(753)	(141)	(168)	(75)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Acceptable	69%	70%	69%	67%	74%	66%	64%	76%	75%	70%	69%	70%	65%
Unacceptable	22%	19%	21%	26%	16%	25%	26%	18%	18%	24%	18%	20%	27%
Not sure	10%	11%	10%	8%	9%	9%	10%	6%	7%	6%	13%	9%	8%
Totals	101%	100%	100%	101%	99%	100%	100%	100%	100%	100%	100%	99%	100%
Unweighted N	(1,137)	(405)	(452)	(280)	(465)	(378)	(456)	(319)	(229)	(205)	(243)	(455)	(234)

7B. Acceptability of Phone Checking — While spending time with a friend

Do you think it is acceptable or unacceptable for someone to look at their smartphone in the following situations?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Acceptable	36%	41%	32%	46%	45%	33%	24%	36%	40%	38%	*
Unacceptable	49%	45%	53%	37%	38%	54%	67%	49%	45%	52%	*
Not sure	14%	14%	14%	17%	17%	13%	9%	14%	16%	10%	*
Totals	99%	100%	99%	100%	100%	100%	100%	99%	101%	100%	*
Unweighted N	(1,134)	(532)	(602)	(282)	(274)	(350)	(228)	(753)	(141)	(168)	(72)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Acceptable	36%	40%	38%	31%	42%	33%	31%	44%	41%	37%	43%	35%	31%
Unacceptable	49%	47%	48%	54%	46%	54%	56%	45%	46%	46%	41%	51%	58%
Not sure	14%	13%	14%	15%	12%	13%	13%	11%	13%	17%	16%	14%	10%
Totals	99%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	99%
Unweighted N	(1,134)	(405)	(447)	(282)	(463)	(379)	(459)	(317)	(225)	(205)	(242)	(455)	(232)

7C. Acceptability of Phone Checking — While having dinner with family

Do you think it is acceptable or unacceptable for someone to look at their smartphone in the following situations?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Acceptable	19%	20%	17%	31%	23%	16%	6%	17%	29%	18%	*
Unacceptable	71%	66%	74%	54%	63%	75%	88%	73%	62%	73%	*
Not sure	11%	14%	8%	15%	14%	9%	5%	11%	9%	10%	*
Totals	101%	100%	99%	100%	100%	100%	99%	101%	100%	101%	*
Unweighted N	(1,129)	(535)	(594)	(285)	(275)	(344)	(225)	(751)	(140)	(164)	(74)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Acceptable	19%	21%	22%	13%	21%	17%	14%	26%	21%	19%	19%	18%	19%
Unacceptable	71%	68%	65%	80%	70%	77%	76%	67%	70%	69%	72%	71%	70%
Not sure	11%	12%	13%	7%	9%	6%	10%	7%	10%	12%	10%	11%	11%
Totals	101%	101%	100%	100%	100%	100%	100%	100%	101%	100%	101%	100%	100%
Unweighted N	(1,129)	(404)	(446)	(279)	(463)	(375)	(452)	(315)	(228)	(203)	(242)	(452)	(232)

7D. Acceptability of Phone Checking — During a college lecture

Do you think it is acceptable or unacceptable for someone to look at their smartphone in the following situations?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Acceptable	18%	22%	14%	26%	20%	15%	13%	18%	19%	19%	*
Unacceptable	69%	65%	73%	58%	66%	73%	76%	68%	73%	69%	*
Not sure	13%	13%	13%	16%	14%	12%	11%	14%	8%	12%	*
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	*
Unweighted N	(1,126)	(534)	(592)	(284)	(273)	(347)	(222)	(749)	(140)	(164)	(73)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Acceptable	18%	20%	16%	19%	17%	16%	13%	25%	20%	17%	22%	18%	14%
Unacceptable	69%	69%	69%	68%	73%	72%	72%	66%	69%	72%	59%	70%	74%
Not sure	13%	12%	15%	13%	10%	12%	15%	9%	11%	12%	19%	11%	11%
Totals	100%	101%	100%	100%	100%	100%	100%	100%	100%	101%	100%	99%	99%
Unweighted N	(1,126)	(401)	(447)	(278)	(461)	(374)	(452)	(314)	(227)	(202)	(242)	(450)	(232)

7E. Acceptability of Phone Checking — While seeing a movie in a theater

Do you think it is acceptable or unacceptable for someone to look at their smartphone in the following situations?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Acceptable	17%	20%	14%	19%	26%	12%	11%	17%	14%	17%	*
Unacceptable	74%	70%	78%	73%	64%	82%	76%	75%	68%	74%	*
Not sure	9%	10%	8%	9%	10%	6%	12%	7%	18%	9%	*
Totals	100%	100%	100%	101%	100%	100%	99%	99%	100%	100%	*
Unweighted N	(1,139)	(539)	(600)	(286)	(276)	(349)	(228)	(759)	(140)	(166)	(74)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Acceptable	17%	14%	17%	19%	14%	19%	17%	20%	15%	18%	13%	21%	12%
Unacceptable	74%	75%	75%	74%	77%	74%	74%	74%	76%	74%	80%	68%	80%
Not sure	9%	12%	8%	7%	9%	7%	10%	6%	9%	8%	7%	11%	8%
Totals	100%	101%	100%	100%	100%	100%	101%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,139)	(407)	(450)	(282)	(469)	(378)	(459)	(318)	(228)	(206)	(243)	(456)	(234)

7F. Acceptability of Phone Checking — During a meeting at work

Do you think it is acceptable or unacceptable for someone to look at their smartphone in the following situations?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Acceptable	13%	17%	9%	17%	14%	14%	6%	14%	12%	10%	*
Unacceptable	76%	72%	80%	74%	71%	76%	84%	75%	81%	82%	*
Not sure	11%	11%	11%	9%	15%	11%	9%	11%	6%	8%	*
Totals	100%	100%	100%	100%	100%	101%	99%	100%	99%	100%	*
Unweighted N	(1,136)	(533)	(603)	(284)	(275)	(350)	(227)	(755)	(141)	(166)	(74)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Acceptable	13%	14%	14%	10%	16%	11%	10%	18%	15%	8%	13%	16%	11%
Unacceptable	76%	76%	73%	79%	77%	80%	77%	76%	76%	82%	70%	76%	79%
Not sure	11%	10%	13%	10%	7%	8%	13%	7%	9%	10%	17%	8%	11%
Totals	100%	100%	100%	99%	100%	99%	100%	101%	100%	100%	100%	100%	101%
Unweighted N	(1,136)	(407)	(450)	(279)	(465)	(377)	(459)	(317)	(226)	(203)	(243)	(459)	(231)

7G. Acceptability of Phone Checking — During a date

Do you think it is acceptable or unacceptable for someone to look at their smartphone in the following situations?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Acceptable	12%	15%	9%	17%	14%	9%	8%	11%	12%	17%	*
Unacceptable	79%	75%	82%	71%	74%	83%	85%	80%	78%	71%	*
Not sure	10%	11%	9%	13%	12%	8%	7%	10%	9%	12%	*
Totals	101%	101%	100%	101%	100%	100%	100%	101%	99%	100%	*
Unweighted N	(1,132)	(535)	(597)	(285)	(274)	(349)	(224)	(753)	(140)	(166)	(73)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Acceptable	12%	12%	13%	9%	11%	12%	9%	15%	14%	12%	9%	14%	10%
Unacceptable	79%	78%	75%	82%	80%	80%	81%	76%	81%	77%	79%	78%	81%
Not sure	10%	10%	11%	9%	9%	8%	10%	9%	5%	12%	12%	8%	9%
Totals	101%	100%	99%	100%	100%	100%	100%	100%	100%	101%	100%	100%	100%
Unweighted N	(1,132)	(405)	(446)	(281)	(462)	(378)	(454)	(318)	(227)	(205)	(242)	(451)	(234)

7H. Acceptability of Phone Checking — While attending a religious service

Do you think it is acceptable or unacceptable for someone to look at their smartphone in the following situations?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Acceptable	10%	10%	9%	12%	15%	7%	4%	10%	10%	6%	*
Unacceptable	81%	80%	82%	75%	69%	87%	92%	82%	79%	84%	*
Not sure	9%	10%	9%	13%	15%	6%	4%	8%	11%	11%	*
Totals	100%	100%	100%	100%	99%	100%	100%	100%	100%	101%	*
Unweighted N	(1,136)	(534)	(602)	(285)	(276)	(348)	(227)	(756)	(141)	(166)	(73)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Acceptable	10%	12%	10%	6%	12%	7%	7%	16%	6%	7%	10%	9%	13%
Unacceptable	81%	77%	79%	88%	79%	86%	83%	77%	87%	80%	82%	84%	76%
Not sure	9%	10%	11%	6%	9%	6%	10%	7%	7%	13%	8%	7%	11%
Totals	100%	99%	100%	100%	100%	99%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,136)	(406)	(451)	(279)	(464)	(377)	(460)	(314)	(228)	(205)	(242)	(458)	(231)

YouGov Survey: Screen Time

July 15 - 17, 2025 - 1,148 U.S. adult citizens



Interviewing Dates	July 15 - 17, 2025
Target population	U.S. citizens, aged 18 and over
Sampling method	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
Weighting	The sample was weighted according to gender, age, race, education, U.S. region, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 32% Republican). The weights range from 0.051 to 5.044, with a mean of one and a standard deviation of 0.842.
Number of respondents	1,148
Margin of error	± 3.8 points (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	78 questions not reported.