

Excessive Phone & Gaming Reduction System

The **Excessive Phone & Gaming Reduction System** is designed to reduce unhealthy screen use by changing the conditions that drive it—not simply by taking devices away.

At the center is a behavioral equation that measures **risk variables** such as access, notifications, digital rewards, environment, and perceived status, along with **protective variables** such as structure, parental energy, effort, recovery, and guided activities.

A key part of the system is replacing excessive screen time with meaningful alternatives. Guided Activities are being developed in three areas:

Physical — exercise, sports, movement

Intellectual — learning, creativity, skill building

Community & Connection — family, volunteering, events, and real-world interaction

The system architecture, parent assessment process, scoring structure, and measurement framework are already built.

The next goal is to have the behavioral equation evaluated by **Harvard-affiliated researchers** to review the variables, relationships, and weighting.

After refinement, I would like the pilot independently measured by **University of Pennsylvania researchers** using baseline data, follow-up measurement, and objective analysis.

The system is ready. The primary work now is strengthening the Guided Activities component so families are given something meaningful to replace excessive screen use with.

The goal is not just less screen time. It is a healthier behavioral environment around the child.