

REVIEWER'S REPORT

Manuscript No.: **IJAR-59510**

Title: Smartphone and Social Media Engagement, Stress and Sleep Patterns among Teenagers in California

Recommendation:

✓ Accept as it is **YES**.....
 Accept after minor revision.....
 Accept after major revision
 Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality	✓			
Techn. Quality	✓			
Clarity		✓		
Significance	✓			

Reviewer's ID: JPR- 159

Reviewer's Comment for Publication.

The document 'Smartphone and Social Media Engagement, Stress and Sleep Patterns among Teenagers in California' is unique topic.

Recommendation : Accept as it is.

Detailed Reviewer's Report

- 1. Originality** – This paper investigates the relationship between teenagers' engagement with specific smartphone/social media features (such as autoplay, notifications, and infinite scrolling), self-reported stress/mood, and school-night bedtimes among adolescents in California.
- 2. Structure and Clarity** – The manuscript is generally well-structured with sections such as Introduction, Results, and Conclusion. However, transitions between sections can be improved, and paragraph alignment should be checked for consistency.
- 3. Strengths** –
 - Sample:** Primary survey data were collected from 117 teenagers in California using convenience sampling. The majority of respondents were female (75.2%) and between 15 and 18+ years old.
 - Engagement Score:** A composite score (ranging from 7 to 35) was created by summing responses across 7 Likert-scale questions regarding smartphone habits and app features. The average score was 24.8, indicating relatively high engagement.

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- **Analysis:** Pearson's correlation and multiple linear regression analyses were conducted to evaluate relationships among the variables.

Key Findings

1. Engagement Patterns:

- 69.2% of participants agreed or strongly agreed that they often use their phones longer than originally intended.
- 65.9% reported that design features like autoplay and short-form video keep them on apps longer.
- 68.4% reported using their phones in bed before falling asleep.

4. Significance –

Design: Uses a cross-sectional design, meaning it identifies associations rather than direct cause-and-effect relationships.

Measurement: Relies on single-item measures for stress and bedtime rather than multi-item validated clinical scales.

Sampling: Limited sample size (n=117) gathered via convenience sampling with an uneven gender distribution skewed toward females.