

# Early-Childhood Tablet Use and Outbursts of Anger

Caroline Fitzpatrick, PhD<sup>1,2</sup>; Pedro Mario Pan, PhD<sup>3</sup>; Annie Lemieux, MSc<sup>1</sup>; [et al](#)

[Author Affiliations](#) [Article Information](#)

JAMA Pediatr

Published Online: August 12, 2024

2024;178;(10):1035-1040. doi:10.1001/jamapediatrics.2024.2511

[related icon](#)

[Related Articles](#)

[figure icon](#)

[Figures](#)

[attach icon](#)

[Supplemental Content](#)

## Key Points

**Question** Do higher levels of early-childhood tablet use undermine emotional regulation or is it the other way around?

**Findings** In this study, child tablet use at age 3.5 years was associated with more expressions of anger and frustration by the age of 4.5 years. Child proneness to anger/frustration at age 4.5 years was then associated with more use of tablets by age 5.5 years.