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# Self-report vs. objective data. What impact of monitoring on smartphone use regulation?

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## Abstract

Smartphones are now the most widely used devices in the world, and their usage monitoring applications have become a general interest topic. However, few experimental studies investigate the reflexive effects of this monitoring on users. To address this point, this paper presents a longitudinal experiment on the effects of monitoring on various variables (e.g. screen time, types of uses). Objective and subjective data from 60 participants, divided into treatment and control groups, were collected over a 3 weeks period. Both groups had to estimate their daily usages, but the treatment group subsequently had access to their real data. Results have shown a normalizing influence of monitoring on smartphone usage, by improving estimation of screen time, reducing time spent on some underestimated applications and increasing use of others overestimated applications. This research paves the way for public policies promoting mastery of its own technological uses and responsible digital usage.