

Indicators of Healthy Digital Technology Use in Adolescents: A Qualitative Perspective


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E d i t o r

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R e v i e w e r s

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1. Round 1

1.1. Reviewer 1

Reviewer:

The sentence “Understanding the indicators of healthy digital technology use has become a critical area of inquiry...” would be stronger if supported by a brief reference to recent global statistics on adolescent technology use, which would contextualize the urgency.

The phrase “scholars increasingly advocate for more comprehensive frameworks” would be enriched by briefly outlining one or two such frameworks and their components, making the argument more concrete.

While the table is comprehensive, some concepts such as “Avoiding harmful self-comparisons” could benefit from short operational definitions to avoid interpretive ambiguity.

The section on “Strengthening Offline Relationships” could be strengthened by linking to existing evidence on the protective role of offline activities for mental health.

The claim “certain indicators... may have universal relevance” would benefit from identifying which indicators these are and providing cross-cultural examples from cited literature.

Authors uploaded the revised manuscript.

1.2. Reviewer 2

Reviewer:

When stating “Some studies have found beneficial associations...”, please provide more specificity about study designs or cultural contexts, as these influence the comparability of findings.

The discussion of “Positive online communication” could be deepened by referencing theories of online prosocial behavior or social capital to provide a stronger theoretical linkage.

In “Mindfulness-based interventions... have been shown to reduce academic anxiety”, consider indicating the intervention duration and setting from cited studies to give readers a sense of applicability.

In “Technical Problem-Solving Skills”, the examples are practical, but more complex or higher-order digital competencies could be included to fully reflect adolescent digital literacy.

The assertion that findings “align with studies suggesting that self-regulatory practices and parental mediation are key protective factors” could be enhanced by discussing potential cultural influences on parental mediation in the Tunisian context.

When stating that “digital literacy extends beyond technical know-how,” consider providing a concise conceptual definition adopted in this study to anchor the discussion.

Authors uploaded the revised manuscript.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.