



Topic Brief: Mobile Phone Usage and Health

Date: 5/5/2020

Nomination Number: 905

Purpose: This document summarizes the information addressing a nomination submitted on 5/4/2020 through the Effective Health Care Website. This information was used to inform the Evidence-based Practice Center (EPC) Program decisions about whether to produce an evidence report on the topic, and if so, what type of evidence report would be most suitable.

Issue: The nominator is requesting a study about the use of mobile phones on breathing patterns.

Program Decision: Primary research is outside of the scope of the EPC Program. The EPC Program will not develop a new evidence review on this topic.

Background

- Concern has been raised about postural issues associated with prolonged smartphone use. It is theorized that sustained forward neck posture can cause injury to the structure of the cervical and lumbar spine, as well as ligaments. These structural problems can also lead to respiratory dysfunction.¹
- The nominator is asking the program to commission a new research study about this, and specifically asks that an evidence review not be developed.

Assessment Methods

We assessed nomination for priority for a systematic review or other AHRQ EHC report with a hierarchical process using established selection criteria. Assessment of each criteria determined the need to evaluate the next one.

1. Determine the *appropriateness* of the nominated topic for inclusion in the EHC program.
2. Establish the overall *importance* of a potential topic as representing a health or healthcare issue in the United States.
3. Determine the *desirability of new evidence review* by examining whether a new systematic review or other AHRQ product would be duplicative.
4. Assess the *potential impact* a new systematic review or other AHRQ product.
5. Assess whether the *current state of the evidence* allows for a systematic review or other AHRQ product (feasibility).
6. Determine the *potential value* of a new systematic review or other AHRQ product.

Summary of Selection Criteria Assessment

The nominator is requesting a new study on the impact of mobile phone use on breathing patterns. Primary research is outside of the scope of the EPC Program.

References

1. Jung SI, Lee NK, Kang KW, et al. The effect of smartphone usage time on posture and respiratory function. *J Phys Ther Sci*. 2016 Jan;28(1):186-9. doi: 10.1589/jpts.28.186. PMID: 26957754. <https://www.ncbi.nlm.nih.gov/pubmed/26957754>

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Conflict of Interest: None of the investigators have any affiliations or financial involvement that conflicts with the material presented in this report.

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