

Reducing Digital Distractions to Improve Time Management Among Nursing Students

NCT07467057

Status	RECRUITING
Phase	Not Applicable
Sponsor	Cairo University
Enrollment	80 participants

Key Eligibility Criteria

Inclusion (5)

- Undergraduate nursing students enrolled in the nursing program.
- Aged between 18 and 25 years.
- Regular users of smartphones and social media.
- Willing to participate in the digital abstinence intervention and complete study questionnaires.
- Able to provide informed consent.

Exclusion (4)

- Students currently participating in another behavioral or digital-use intervention study.
- Students with medical or psychological conditions that may interfere with study participation.
- Students who do not regularly use smartphones or digital media.
- Students who decline or withdraw consent to participate in the study.

Locations (1 total)

King Faisal, Jeddah, Alahsaa, Saudi Arabia