

# Do New Forms of Reading Pay Off? A Meta-Analysis on the Relationship Between Leisure Digital Reading Habits and Text Comprehension

Lidia Altamura  
Cristina Vargas  
Ladislao Salmerón   
University of Valencia

*Previous research has evidenced a strong positive relationship between leisure print reading habits and reading comprehension across the lifespan. The rapid evolution of new forms of leisure digital reading could modify such a relationship. This meta-analysis extends previous research by analyzing the relationship between leisure digital reading habits and reading comprehension. We analyzed 40 effect sizes using multilevel analysis. Data involved 469,564 participants from studies published between 2000 and 2022. The average effect size reflects a small significant effect on reading comprehension ( $r = .055$ ), which contrasts with the medium size effects found in the literature related to print reading habits and comprehension. This relationship is significantly moderated by the reader's educational stage. At early stages (primary and middle school) negative relationships are observed between leisure digital reading and text comprehension, while at later stages (high school and university) the relationship turns positive. We highlight the different contributions that reading modalities and technological contexts have on our reading comprehension, especially across the lifespan. In sum, leisure digital reading does not seem to pay off in terms of reading comprehension, at least, as much as traditional print reading does.*

**KEYWORDS:** digital reading, reading habits, text comprehension, meta-analysis

Decades of research have evidenced solid benefits of reading habits in terms of reading comprehension development across the lifespan (Locher & Pfost, 2020; Mol & Bus, 2011; van Bergen et al., 2020). Evidence converges on the positive reciprocal relationship between reading practices and the development of reading comprehension skills (Stanovich, 1986). As young readers are exposed to increasingly longer and more complex texts, they further develop

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**Correction (January 2024):** This article has been updated with a new reference and its citation since its original publication.

their ability to comprehend texts which, in turn, encourages them to pursue even more complex texts. Such a relationship, which has been established for habits involving printed texts, may be different for new forms of reading. Currently, reading not only takes place on paper. The growing evolution of digital reading devices, the constant access to such devices, and the new types of reading materials available (e-books, social networks, digital newspapers, etc.) have suddenly introduced new reading habits. In terms of leisure time, reading frequency for print materials has decreased in the last decade. A comparison of Program for International Student Assessment (PISA) data from 2012 and 2018 showed that adolescents voluntarily read fewer fiction books, magazines, or newspapers. On the contrary, they read more to fulfill their practical needs, and they read more using online formats, such as chats, online news, or websites containing practical information (e.g., schedules, events, tips, recipes; Organization for Economic Co-operation and Development [OECD], 2019). Studies suggest that the increasing access to digital devices is taking place at the expense of traditional reading of printed books (Merga & Roni, 2017). A national study examined data from 1,021,209 students of eighth, 10th, and 12th grades in the United States, from 1976 to 2016 (Twenge et al., 2018). The authors support the displacement theory after evidencing a substantial decline in book leisure reading and a sharp growth of digital media consumption across all ages. As online texts tend to have rather low linguistic qualities (Snow, 2010) and are often created for quick and brief consumption, such an increase in digital reading frequency could impact readers' development of comprehension skills. Wolf (2018) has recently hypothesized that such an influence should be particularly evident during the early years of primary school, where the focus of reading instruction is still on developing reading foundations (decoding, fluency, or vocabulary) and not on reading to learn.

The emergent popularity of these new forms of reading has brought a renewed emphasis on the study of the relationship between reading habits and reading comprehension; however, to the best of our knowledge, no previous study has synthesized the existing literature. Therefore, we present a meta-analysis of recent studies that have specifically investigated the relationship between digital reading habits and reading comprehension, focusing on leisure reading (not motivated by academic or work-related purposes). In addition, we explore the effects of several potential moderator variables.

#### *Print Reading Habits*

Print reading habits usually involve reading novels, magazines, newspapers, or comics on paper. Such habits have been positively associated with reading comprehension development. In their meta-analysis, Mol and Bus (2011) studied the relationship between reading habits, measured by print exposure level, and reading comprehension skills from infancy to early adulthood. From the 99 studies analyzed, moderate to strong correlations were found ( $r$  for Grades 1 to 12 = .36), being the highest in higher-education readers ( $r$  = .41).

Potential underlying mechanisms for this relationship consist of a “virtuous circle of reading” in which time spent reading and reading comprehension are self-reinforced. One well-established model to explain such a relationship is the Matthew effect, by which “the rich get richer, and the poor get poorer” statement

is applied to reading development (Pfof et al., 2014; Stanovich, 1986). In this way, children who are good readers tend to engage in more frequent and more challenging reading activities, thus enhancing their reading comprehension at a faster pace than poor readers, who usually do not find much pleasure in reading and thus improve their skills at a slower pace. Recent longitudinal studies have analyzed the influence of print reading habits on the development of reading skills throughout childhood (Torppa et al., 2019; van Bergen et al., 2020) and from pre-adolescence to later adulthood (Locher & Pfof, 2020), providing empirical support for a Matthew effect on reading.

### *Digital Reading Habits*

As research on digital reading habits is still emerging, definitions of what constitutes such habits vary widely across studies. Definitions tend to emphasize purposes, text types, and reading frequency. Regarding purposes, authors tend to distinguish between academic or school and leisure reading habits (Torppa et al., 2019), also referred to as extracurricular (Pfof et al., 2014) or recreational (McGeown et al., 2016). Regarding texts, major types of digital texts distinguish between on-screen texts (non-interactive texts presented on digital devices such as tablets, or computers); and hypertexts and hypermedia (interactive and linked texts, which may or not be connected to the Internet; Coiro, 2021). Finally, digital reading habits are usually measured in terms of temporal frequency via self-reports (e.g., “How often do you read. . .?”). Accordingly, we define leisure digital reading habits as the time spent on digital texts for the purposes of social communication (e.g., instant messaging, online chatting, emailing, checking social media) or informative-linear reading (e.g., looking for information on the Internet; browsing a website, blog or forum; reading e-books, e-magazines, or e-comics; Duncan et al., 2016; McGeown et al., 2016).

The emerging availability of digital reading devices during the 2000s, and the subsequent increase in leisure digital reading habits in the population, have raised concerns about the well-established relationship between reading habits and comprehension. Within the existing literature, we find evidence pointing in two opposite directions. On the one hand, longitudinal studies evidence a negative relationship between digital text reading habits (measured as reading frequency via self-questionnaires and parental reports in Grades 1 to 4) and reading comprehension skills at later ages (from Grade 6 to 7; Torppa et al., 2019). In a bidirectional way, lower reading comprehension predicts higher frequency of digital reading in earlier stages (from Grade 4 to 6). Cross-sectional studies also report negative relationships between digital reading habits and reading comprehension regardless of the purpose of reading: leisure activities (Naumann & Sälzer, 2017; Park & Weng, 2020) or academic tasks (Amiama-Españat & Mayor-Ruiz, 2017; Gumus & Atalmis, 2011; Park & Weng, 2020). Recent meta-analyses can help understand the mechanisms that are involved in these negative relationships, as they converge on the existence of a print-reading superiority effect. This phenomenon states that worse text comprehension is observed when reading on a digital device compared to reading the same text in print. This effect has been evidenced in older readers, from post-secondary students to

undergraduates (Clinton, 2019; Delgado et al., 2018; Kong et al., 2018), and in pre-readers (Furenes et al., 2021). Even though the effect sizes are small (Hedges'  $g$  between  $-.21$  and  $-.25$ ), one could argue that, in the midterm, the detrimental effect of continuously reading on digital devices could prevent young students from fully developing their potential reading comprehension (Salmerón et al., 2023).

Two unique factors suggest that spending leisure time with digital reading tools may not pay off in terms of reading comprehension development. First, digital reading devices can serve many different purposes other than reading, which incentivizes multitasking and distractions from reading (Baron et al., 2017), with potentially detrimental consequences for comprehension (Clinton-Lisell 2021; Liu & Gu, 2020; Nikkelen et al., 2014). Second, the Internet has brought new types of reading with particular features, such as short and fast-paced stimuli, low-quality content, and informal language. According to the Shallow Hypothesis (Annisette & Lafreniere, 2017; Carr, 2010) the frequent use of ultra-brief social media promotes rapid and relatively shallow thought, associated with cognitive and moral shallowness. When it comes to reading, superficial processing, such as scanning and skimming (Mangen, 2008), refers to the gradual shift that digital readers are experiencing towards higher reading frequency of short-length texts and fast-paced content, which do not tend to foster engagement or deep processing (Baron, 2021; Ra et al., 2018). In addition, digital readers are highly exposed to non-professionally created content written by laypersons, with the subsequent risk of encountering fragmented, decontextualized, and even inaccurate information (Bråten et al., 2018). Accordingly, one could argue that exposure to such low-quality text material may not prepare readers to fully engage in deep comprehension processes. Lastly, the type of language that is usually used in digital texts may not follow vocabulary and grammar rules. Contrary to the well-established positive association between print reading and reading comprehension, characteristics of the vocabulary presented in digital texts, which are closer to the oral language than the written one (Snow, 2010), could not display such positive relationship. For instance, social media, online messaging, or blogs, often have conversational traits and are written in informal language. Therefore, digital text readers may not be exposed to the academic vocabulary and high-level grammar structures found in traditional printed texts.

On the other hand, there is evidence suggesting a potential positive relationship between digital reading habits and comprehension. Some studies evidenced positive associations between digital reading frequency and reading comprehension in adolescents (Botello-Peñalosa & López-Alba, 2014; Duncan et al., 2016; Islam et al., 2020; Jackson et al., 2011; Johnson, 2013; Kong et al., 2022; Wu & Peng, 2017) as well as in college students (Amiama-Espailat & Mayor-Ruiz, 2017; Chen & Fang, 2013; Mežek, 2013). This could be partially explained because digital reading presents exclusive features that we cannot encounter in print materials, such as interactivity, nonlinearity, immediacy in accessing information, and the convergence of text, images, audio, and video (Chen & Chen, 2014). Interactive features of digital devices, such as questions with feedback, digital glossaries, and

collaborative tools, could benefit reading comprehension performance, as a recent meta-analysis developed by Clinton-Lisell et al. (2023) has shown ( $g = .66$ ). Moreover, readers usually find the opportunity to search inside and across different materials beneficial (Baron et al., 2017). Digital reading is often more practical, which is why readers tend to access digital materials to pursue a goal (e.g., gaining more information about a topic, checking for timetables, recipes, etc.; Stadler et al., 2013), which can potentially increase reading motivation and engagement (Assor et al., 2002). Furthermore, online reading also encompasses communication and social functions (emails, instant messaging, social media) and allows social and collaborative reading (Leu et al., 2011).

Previous literature has analyzed reading comprehension and reading habits across different populations, for example, participants of different ages or educational stages. Looking at specific individual differences could help to clarify the existing differences in the literature on the relationship between digital reading habits and reading comprehension.

#### *Individual Characteristics and the Development of Reading Comprehension*

Readers' age is one of the most salient factors in the literature analyzing the relationship between reading habits and text comprehension. Most studies have focused on print reading habits. Through several longitudinal studies, it has been evidenced that such a relationship is not constant and may change across the lifespan. During secondary school, the relationship between reading habits and reading comprehension becomes more relevant, but it weakens as students grow older, reaching a stable level in adulthood. The longitudinal study by Locher and Pfof (2020) showed a medium-sized correlation between leisure reading habits and reading comprehension for students attending secondary school ( $\beta = 0.20$ ; average age = 14.67), that is, a sample from fifth to ninth grade. The correlations decreased with age ( $\beta = -0.04$ , in the college cohort; average age = 24.77) and reached a stable low level in adulthood ( $\beta = 0.07$ ; average age = 50.74). In a different longitudinal study, van Bergen et al. (2020) analyzed data from 200 Finnish children, followed from age 5 to age 15. Path analyses showed that children's print reading habits and reading comprehension were bidirectionally related. During the early primary school years (second and third grade), the effects run from reading comprehension to print reading habits ( $r = .28$ ), but not the other way around ( $r = .12$ , not significant). The effect of accumulated—but not recent—practice only emerged in adolescence ( $r = .38$ ). Indeed, this significant relation comes from Grades 3 to 9, but not from Grades 7 to 9. Torppa et al. (2019) reported similar findings from a longitudinal study that followed a sample of 2,525 Finnish students, from age 7 to 16. In Grades 1 to 3, better reading comprehension and fluency predicted more frequent leisure reading, while in later grades (Grades 6 to 9) more leisure reading, particularly of books, predicted higher reading comprehension growth. When it comes to digital reading habits, recent cross-sectional studies emphasize the differences between age cohorts. Salmerón et al. (2023), analyzed National Assessment of Educational Progress (NAEP) data from 2017 (NAEP, n.d.), and found stronger negative relationships between the frequency of use of digital devices in the

classroom and reading comprehension in fourth grade, compared to eighth grade (unstandardized estimates = -4.03 vs. -2.07).

In sum, there is no clear pattern for the relationship between leisure digital reading habits and the development of reading comprehension. Apart from individual differences, the readers' social and cultural context could also shape the effects of reading habits on reading comprehension, as we review next.

### *Technological Context and Digital Readers' Habits*

Recent years have seen enormous technological advancements, and with these changes has come a transformation in people's reading habits. Social media, a key element in new reading forms, was gradually introduced during the mid-2000s. Similarly, tablets were only available from 2010 onwards. With these changes, reading habits have also undergone changes, transitioning from more traditional formats (print) to more modern ones (digital devices). In principle, as long as readers continue reading, one could expect no major change in the relationship between reading habits and comprehension across years. According to the Displacement Hypothesis (Neuman, 1988), this is because time previously devoted to print reading may just be replaced by time devoted to digital reading.

However, from the perspective of the Shallowing Hypothesis (Annisette & Lafreniere, 2017; Carr, 2010), we can expect that the relationship between digital reading habits and comprehension diminishes across years. As social media consumption grows, people have less time for more productive forms of digital reading. Consequently, the time spent reading digital texts may not be as beneficial as it was in previous years. Empirical evidence for this assumption comes from the meta-analysis from Delgado et al. (2018) regarding the differences between digital and print reading on text comprehension. Authors regressed the effect size of that comparison, coded so that positive values indicated a higher difference in favor of print, on the year of publication of the original studies, ranging from 2000 to 2017. Results revealed a small significant positive effect, indicating that, over the years, the difference in favor of print was growing, but not diminishing, as one could have expected if the effect was due to lack of practice with digital tools in early studies. Authors interpreted this pattern as evidence of a growing negative effect of current digital reading practices, highly associated with quick interactions with short texts. Therefore, the moment in which a study takes place allows us to locate the individual in a given time period, providing us with information about the current social situation, and helps us to identify potential generational characteristics and differences.

### *The Current Study*

To the best of our knowledge, our study is the first meta-analysis to analyze the relationship between leisure digital reading habits and reading comprehension. Related meta-analyses, already discussed above, have explored the relationship between print reading habits (Mol & Bus, 2011) or reading media (Clinton, 2019; Delgado et al., 2018; Furenes et al., 2021; Kong et al., 2018) on comprehension.

The inconsistency across existing literature when it comes to the relation between digital reading habits and comprehension has led us to carry out this

meta-analytic study. With this explorative meta-analysis, we aim to determine the relationship between digital reading habits and reading comprehension, evidenced by empirical research conducted during the last 2 decades. The research objectives of this work are:

- 1) To determine the most prevalent association between leisure digital reading habits and reading comprehension. According to the Displacement Hypothesis, we could expect a positive association between digital reading habits and reading comprehension, as students may just be replacing the time previously devoted to print reading to digital reading. On the contrary, based on the Shallowing Hypothesis we could expect negative to null effect sizes, due to the frequent low linguistic quality, short-length, and fast-paced content of digital texts.
- 2) To identify potential moderator variables for the relationship between leisure digital reading habits and reading comprehension, including age, year of data collection, and type of digital reading habits. Based on the reviewed literature of individual characteristics and the development of reading comprehension, we were unable to specify a clear pattern. Accordingly, we test the effect of age and educational stage as an exploratory research goal. In addition, we hypothesize that more recent studies will present a more negative association between leisure digital reading habits and reading comprehension. Lastly, we expect that the relationship between digital reading habits and reading comprehension will be stronger for linear-informative digital reading habits, compared to social-communicative ones.

### **Method**

In this section, the search procedure, selection, and codification of the included studies are described.

#### *Search*

We conducted an initial systematic search using several techniques. The first one corresponded to looking through four academic databases: Web of Science, Scopus, Psych Info, and Eric. Web of Science, Psych Info, and Eric databases also contain gray literature such as dissertations. We entered the following search equation: (“Reading frequency” OR “leisure reading” OR “reading activity” OR “Reading habits” OR “digital habits” OR “print reading” OR “print exposure” OR “social media use” OR “ICT use” OR “internet use”) AND (“text comprehension” OR “Reading comprehension” OR “Reading capacity” OR “reading skills” OR “Reading abilities” OR “literacy level”). The publication years were restricted from 2000 to 2022. These terms were searched as title, abstract, or keywords. We added a second specific search for studies that had worked with PISA or Progress in International Reading Literacy Study (PIRLS) databases with the search equation: (“PISA” OR “PIRLS”) AND (“computer” OR “digital” OR “online”) AND (“reading”).

As recommended by Card (2012), we complemented the search with additional strategies. Therefore, in a second phase, we examined references included

in previous reviews (three eligible studies were found in these reviews but, they were already identified in the initial search). Next, we approached experts and societies in this area (the Society for Text and Discourse, the European Association for Learning and Instruction, and the American Educational Research Association) asking for information about unpublished studies. Additionally, a forward search was performed using Google Scholar to find studies that cited the selected works. Finally, references from the selected studies were also retrieved. The search ended in January 2022.

To filter the search results, we selected those studies that met the following inclusion criteria:

1. It is a scientific study in which digital reading habits and reading comprehension are measured with no intervention (e.g., as an example of excluded work, in the study of Mak et al., 2019, the aim was to analyze the effect of a gamified tool on leisure reading habits).
2. Reading comprehension is evaluated in an objective way, with standardized (e.g., Petko et al. [2017] who used PISA 2012 data) or ad-hoc tests, that is, those created by the researchers for their study purposes. As an example of an excluded work, in the study of Bann et al. (2006) participants self-reported their reading comprehension level.
3. The reading habits assessed referred to leisure time and required reading from some digital device, not only watching (TV) or playing (video games) on them. As an example of an excluded work, Jackson et al. (2011) analyzed the relations between general Internet use, video game playing, and cell phone use on reading skills.
4. The study makes an empirical contribution that includes the results of the comparison (i.e., the paper is not a review or an opinion).
5. The study was published or presented between 2000 and 2022. Formal publication is not required.
6. The report is written in English or Spanish.
7. The report includes specification of the effect size or sufficient statistical information to calculate it (or this information is provided by the authors following a personal request).

The search described above yielded 1,866 records. Following the criteria exposed, 26 studies were considered to perform the effect size calculus, including data from 469,564 individuals. A flow diagram based on PRISMA guidelines (Page et al., 2021) outlines this process in Figure 1.

#### *Coding the Studies*

The first author and an independent research assistant coded all the reviewed articles selected randomly. Inter-rater reliability was adequate, showing a Cohen's kappa equal to .728 (  $minimum_{sampling} = .49$  ,  $maximum_{Assessment RC} = .965$  ) for qualitative variables. Because the Kappa coefficient tends to be low, even though there may be high agreement rates (Warrens, 2010), we also report the mean percentage of inter-rater agreement = 88.90% (minimum = 77.50%; maximum = 97.40%).

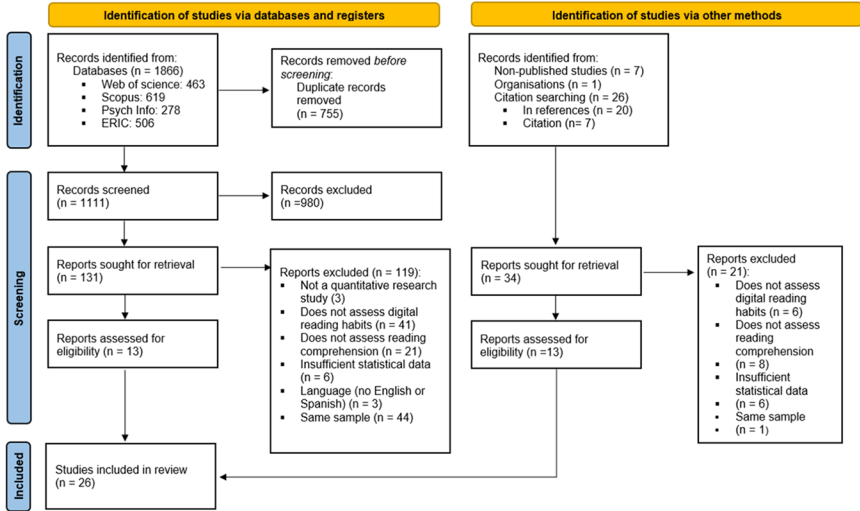


FIGURE 1. PRISMA 2020 Flow Diagram for New Systematic Reviews Which Included Searches of Databases, Registers, and Other Sources.

Note. The selection for studies with the same sample was based on the criteria explained in the Effect size calculation section.

For continuous variables, the intra-class correlation (95% CI) mean was .963 ( $minimum_{Data\ collection\ year} = .89$ ,  $maximum_{Mean\ age} = 1$ ). Disagreements were discussed. For transparency and objectivity, a coding manual was developed and is available upon request. A descriptive overview of the studies included is given in the Results section and in the online Appendix. Next, the variables coded across the studies are described.

Regarding substantive variables, we considered average age; percentage of females, and the corresponding educational stage for the participants at the moment the study was conducted. Educational stages were coded following the U.S. system to provide a homogeneous categorization (1 = Elementary school, from first to fifth grade; 2 = Middle school, from sixth to eighth grades; 3 = High school, from ninth to 12<sup>th</sup> grades; 4 = Undergraduate students, higher education at university levels). To analyze methodological aspects, we included the following variables: total sample size and sampling procedure (0 = non-probabilistic: convenient sampling vs. 1 = probabilistic: random sample selection). Regarding the characteristics of the digital reading habits measurement, we coded the type of data collection instrument (in which 0 = Self-report, refers to self-reported measurements such as filling out a questionnaire or survey and 1 = Interview, refers to in-person interviews in which a third person gathered the information). Due to the variability among the reading habits questionnaires used in the primary studies, we coded the next variables regarding the questions and answers format (examples of these categories are provided in Table 1): temporal range (what period of time is being asked, 0 = Non-specified, 1 = Daily habits, 2 = Weekly habits, 3 = Mixed);

**TABLE 1**  
*Descriptive Characteristics of the Digital Reading Habits of the Studies Included*

| Study                              | N  | Items                                                                                                                                                                                                                                                                          | Scale                                                                                                                                        | Category                            |
|------------------------------------|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| Altamura (2019)                    | 4  | Emails, online messages (e.g., WhatsApp), social networks, blogs                                                                                                                                                                                                               | 5-point Likert scale (Never, Few days per month, Once a week, Few days per week, Every day)—Times per day/week/month                         | Social-communicative use of reading |
| Aniama-Españal & Mayor-Ruiz (2017) | 10 | Download files, books, fanfiction, magazines or blogs, video, email, consult, virtual platform, virtual shopping, social networks                                                                                                                                              | 5-point Likert scale (from 1 = Never to 5 = Always)—Frequency adverbs                                                                        | Linear-informational reading        |
| Champley et al. (2008)             | 1  | Electronic reading resources                                                                                                                                                                                                                                                   | 5-point Likert scale (1 = Never to 5 = Often)—Frequency adverbs                                                                              | Linear-informational reading        |
| Chen & Fang (2013)                 | 4  | E-fiction, e-news, blogs and Bulletin Board Systems                                                                                                                                                                                                                            | 4-point scale (from 0 = Never to 3 = Frequently)—Frequency adverbs                                                                           | Linear-informational reading        |
| Duncan et al. (2016)               | 6  | Factual website or blog (e.g., Wikipedia), online searching, text messages/emails, networking website (e.g., Facebook), computer/console game, and Twitter                                                                                                                     | 5-point Likert scale (1 = Didn't read this, 2 = 30 min or less, 3 = 1 hr, 4 = 2 hr, 5 = 3 hr or more)—Hours (weekly)                         | Mixed or unspecified                |
| García (2013)                      | 5  | Browsing the internet for fun (e.g., YouTube), read or write emails to friends, write a blog or website, chatting online (e.g., Messenger), participate in online forums, participate in social networks (e.g., Twitter, Facebook)                                             | 5-point Likert scale (Almost every day, Once or twice a week, A few times a month, Once or twice a month, to Never)—Times per day/week/month | Social-communicative use of reading |
| Gumus & Atalimis (2011)            | 6  | Browse the Internet for information about people, things, or ideas. Play games. Use the Internet to collaborate with a group or team. Download software from the Internet (including games). Download music from the Internet. For communication (e.g., Email or "chat rooms") | 5-point Likert scale (Almost every day, Once or twice a week, A few times a month, Once or twice a month, to—Times per day/week/month        | Mixed or unspecified                |
| Heesbeen & Schaars (2021)          | 1  | "How often do you read digital texts after school time, for pleasure or personal interests (e.g., blogs, email, or messages in social media)?"                                                                                                                                 | 4-point-Likert scale 1 = Almost never to 4 = almost every day—Times per day/week/month                                                       | Mixed or unspecified                |

(continued)

**TABLE 1. (CONTINUED)**

| Study                      | <i>N</i> | Items                                                                                                                                                                                                              | Scale                                                                                                                                                                                                        | Category                            |
|----------------------------|----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| Hsu et al. (2019)          | 4        | Reading e-books, reading on computer, reading on smartphones, texting friends                                                                                                                                      | 5-point Likert scale (1 = None, 2 = < 2 hr, 3 = 2–3 hr, 4 = 3–5 hr, 5 = > 5 hr)—Hours (daily)                                                                                                                | Linear-informational reading        |
| Johnson (2013)             | 3        | Email, play games, and visit websites                                                                                                                                                                              | 4-point Likert scale (Every day or almost every day, Once or twice a week, Once or twice a month, to Never or hardly ever) Times per day/week/month                                                          | Mixed or unspecified                |
| Kannianen et al. (2022)    | 5        | e-books, online newspapers (examples of Finnish online newspapers), websites on different topics (e.g., interests, hobbies, sports), blog postings, and forums (e.g., discussions of games, artists, hobbies)      | 5-point Likert scale (Hardly ever; 1–2 times per month, 1–2 times per week, Almost every day, Every day)—Times per day/week/month                                                                            | Linear-informational reading        |
| Kong et al. (2022)         | 6        | Reading emails, reading online news, chatting online, online information searches to learn about a particular topic, participating in online group discussions, and searching for practical information online     | 5-point Likert scale (Every day, almost every day, once or twice a week, once or twice a month, to never or hardly ever)—Times per day/week/month                                                            | Mixed or unspecified                |
| Macedo-Rouet et al. (2019) | 2        | Communication with family or friends through social networks (Facebook, Twitter, etc.), looking for information on the Internet about subjects of personal interest (sport, leisure, music, general culture, etc.) | 5-point Likert scale (Never or I don't know what it is, Never or hardly ever, About once a month, Once or twice a week, Almost every day, At least once a day, Several times a day)—Times per day/week/month | Mixed or unspecified                |
| Megeown et al. (2016)      | 5        | Online searching/web browsing, text messages, emails, social networking site (e.g., Facebook) and Twitter                                                                                                          | 5-point Likert scale (Don't read this, Less than 1 hr, About 1–2 hr, About 3–4 hr and 5 hr or more)—Hours (weekly)                                                                                           | Social-communicative use of reading |
| Mežek (2013)               | 1        | "In an average week in term time, how much time do you spend on leisure reading from the Internet sources you mentioned?"                                                                                          | 5-point Likert scale (Less than 3.5 min a day), 3.5–7 hr, 8–14 hr, 15–21 hr, More than 21 hr)—Hours (daily)                                                                                                  | Mixed or unspecified                |

(continued)

**TABLE 1. (CONTINUED)**

| Study                  | N  | Items                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Scale                                                                                                                                             | Category                            |
|------------------------|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| Norris (2010)          | 4  | Email, chat, surf, video games                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 4-point Likert scale (Less than once a week, about once a week, several times a week, and every day or almost every day)—Times per day/week/month | Social-communicative use of reading |
| Park & Weng (2020)     | 12 | PISA 2012 ENTUSE items + Playing online games via social networks (e.g., <Farmville>, <The Sims Social>), Downloading new apps on a mobile device                                                                                                                                                                                                                                                                                                                                                                                                                                           | 5-point Likert scale (Every day, almost every day, once or twice a week, once or twice a month, to never or hardly ever)—Times per day/week/month | Mixed or unspecified                |
| Petko et al. (2017)    | 10 | PISA 2012 ENTUSE items; Playing one-player games; Playing collaborative online games; Using email; <Chatting online> (e.g., <MSN@>); Participating in social networks (e.g., <Facebook>, <MySpace>); Browsing the Internet for fun (such as watching videos, e.g., <YouTube™>); Reading news on the Internet (e.g., current affairs); Obtaining practical information from the Internet (e.g., locations, dates of events); Downloading music, films, games or software from the Internet; Uploading your own created contents for sharing (e.g., music, poetry, videos, computer programs) | 5-point Likert scale (Every day, almost every day, once or twice a week, once or twice a month, to never or hardly ever)—Times per day/week/month | Mixed or unspecified                |
| Pfost et al. (2013)    | 3  | Emails; online encyclopedias (e.g., Wikipedia); and online forums or chats                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 4-point Likert scale (Almost never or never, several times a month, several times a week, several times a day)—Times per day/week/month           | Mixed or unspecified                |
| Salmerón et al. (2011) | 4  | Browsing the internet for fun (e.g., YouTube), read or write emails to friends, write a blog or website, chatting online (e.g., Messenger), participate in social networks (e.g., Twitter, Facebook)                                                                                                                                                                                                                                                                                                                                                                                        | 5-point Likert scale (Almost every day, once or twice a week, a few times a month, once or twice a month, to never) —Times per day/week/month     | Social-communicative use of reading |

(continued)

**TABLE 1. (CONTINUED)**

| Study                  | <i>N</i> | Items                                                                                                                                                                                                                              | Scale                                                                                                                                         | Category                            |
|------------------------|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| Salmerón et al. (2018) | 6        | Browsing the internet for fun (e.g., YouTube), read or write emails to friends, write a blog or website, chatting online (e.g., Messenger), participate in online forums, participate in social networks (e.g., Twitter, Facebook) | 5-point Likert scale (Almost every day, once or twice a week, a few times a month, once or twice a month, to never) —Times per day/week/month | Social-communicative use of reading |
| Salmerón et al. (2020) | 8        | Digital novels, digital newspapers, digital books about subjects of personal interests                                                                                                                                             | 5-point Likert scale (Every day, few times a week, once a week, few times a month, never) —Times per day/week/month                           | Linear-informational reading        |
| Smith & Smith (2010)   | 3        | Send or receive email, find information on the internet, talk in Internet-chat groups                                                                                                                                              | 5-point Likert scale (Every day, few times a week, once a week, few times a month, never) —Times per day/week/month                           | Social-communicative use of reading |
| Torppa et al. (2019)   | 4        | Emails, messages and Internet conversations, Facebook, and blogs                                                                                                                                                                   | 5-point Likert scale (from Never to Daily) —Times per day/week/month                                                                          | Social-communicative use of reading |
| Vergara et al. (2021)  | 1        | Reading on digital devices                                                                                                                                                                                                         | Open: weekly hours                                                                                                                            | Linear-informational reading        |
| Wu & Peng (2017)       | 6        | Email, chatting online, online news, searching for a particular topic, searching for practical information, and using online dictionaries or Wikis                                                                                 | 5-point Likert scale (from 1 = I don't know what it is, to 5 = Several times a day) —Times per day/week/month                                 | Social-communicative use of reading |

answer format of the reading habits questionnaire (0 = open vs. 1 = closed); temporal classification of answers (0 = Hours, 1 = Frequency adverbs, 2 = Times per day/week/month, 3 = Mixed), number of answer-alternatives in the scale. Finally, to analyze the potential influence of the type of digital reading habits, we categorized the studies according to the items employed to assess habits. This moderator was labeled as “digital reading habits categories” and items were categorized as 0 = Social-communicative reading (e.g., “Emails, online messages, social networks, blogs”); “Browsing the internet for fun, read or write emails to friends, write a blog or website, chatting online, participate in online forums, participate in social networks ”); 1 = Linear-informative reading (e.g., “E-fiction, e-news, blogs and Bulletin Board Systems”); “e-books, online newspapers, websites on different topics, blog postings, and forums”); and 2 = Mixed (when the proportion of items from categories 0 and 1 was equivalent or not clear, e.g., “Factual website or blog, online searching, text messages/emails, networking website, computer/console game, and Twitter”); “Electronic reading resources”). Addressing the differences across reading comprehension tests, we coded some variables regarding their characteristics: the media in which participants took the test (0 = Print, 1 = Digital-based); type of assessment (0 = Multiple choice questions, 1 = Open-ended questions, 2 = CLOZE type, 3 = Mixed); type of reading comprehension dimension assessed (0 = Inferential, 1 = Literal, 2 = Mixed); and genre of the text or texts used (0 = Narrative, 1 = Expository, 2 = Mixed). Finally, regarding the reliability of the instruments employed, we considered the reliability coefficients of the reading comprehension test and the reading habits questionnaire. Lastly, we coded two extrinsic variables: the data collection year (when the study was conducted) and the publication status (whether the report was published or not).

### *Effect Size Calculation*

The effect size used to measure the relationship between leisure digital reading habits and reading comprehension scores was the Pearson correlation coefficient ( $r$ ) performing multilevel random-effects analysis. If the coefficients were calculated for each item of the reading habit questionnaire separately, we performed an average score by merging this information into one variable (“digital reading habits”).

If the study did not include these correlational analyses, we used two strategies to perform the calculation. First, we tried to use the descriptive data that allowed us to calculate the effect size: mean, standard deviations and sample size for both variables (e.g., the score in reading comprehension according to each reading frequency option). Second, when none of these data were reported, we looked for multiple regression analysis. In this specific case, we could impute the effect size using the following formula:

$$r = \beta + .05\lambda$$

This formula can be applied only when beta is standardized and when the value is inside a range of - 0.5 to + 0.5. The  $\lambda$  variable is an indicator that equals 1 when  $\beta$  is non negative and 0 when  $\beta$  is negative. This procedure was developed by

Peterson and Brown (2005) who proposed and evidenced an appropriate approach for imputing  $r$ -based meta-analytic effect sizes in behavioral studies using knowledge of corresponding beta coefficients. Ultimately, if any of these strategies could not be carried out, or necessary information was missing to perform other imputation strategies, we wrote to the authors asking for data.

To maintain the effect size independence across different studies, we followed specific selection criteria to identify the reports that best fitted our objectives and, additionally, covered a wider population range. Some pre-selected studies worked with the same database. Mostly, this was the case of PISA and PIRLS databases (PISA, n.d., PIRLS, n.d.). Therefore, to carry out the selection, the following criteria were applied, in order of relevance (a comparison table is available in the online Appendix, Table A):

- 1) Digital reading habits. We prioritized those studies that included more items that referred to digital reading habits. This criterion was applied mostly in the selection of PISA studies, as different authors included different items from the same sample.
- 2) Sample size. We prioritized those studies that included a larger sample (usually from different countries). In the case of PISA studies, we discarded the studies that used information from a limited number of countries and which were already addressed in other broader studies. For example, a study using information from 10 countries would be more relevant than one using four.
- 3) Sample independence. We prioritized those studies that worked with more independent samples (e.g., data from different countries or age-groups).

Regarding longitudinal studies, which included data from the same participants across several years, we decided to take the cross-sectional information from the 1st year in which participants were assessed. In this way, we guaranteed no dragging effect.

#### *Statistical Analyses*

Pearson correlation coefficients were transformed into the Fisher's  $Z$  metric to normalize distributions and stabilize variances. To facilitate the interpretation of the results, they were transformed back into correlation coefficients. A three-level random-effect meta-analysis was applied to address the fact that some effect sizes were nested within studies. This model suits our data best because several of the primary studies analyzed contained information from independent sub-samples (Cheung, 2019). Instead of aggregating the information for each sub-sample, with this multilevel analysis we were able to work with individual effect sizes while controlling dependence at the study-level, increasing statistical power as well (Harrer et al., 2021). In this model, the first level represents a within-effect size model, the second level shows variation between the effect sizes within the same study, and the third one represents variation across studies (Van den Noortgate et al., 2013). Despite the fact that the participant level only contributed to one effect size (the sampling errors are

conditionally independent), the non-independence could be introduced to the nested structure of the effect size. With the three-level random-effect analysis we could analyze the between-study heterogeneity that would be undetected in aggregated data. We opted for this approach, instead of nesting studies from the same research teams, because variation of sample characteristics and instruments used tended to be more diverse across studies than across teams. Thus, we calculated cluster-robust standard errors, statistical tests, and confidence intervals for our estimates by using the “CR2” method (Tipton & Pustejovsky, 2015). The method used to estimate the model parameters was restricted maximum-likelihood (REML). The inverse variance method was used to weigh each effect size. An average effect size and a 95% CI was calculated. Furthermore, outliers’ cases were assessed with standardized deleted residuals larger than 1.96 (Viechtbauer, 2021; Viechtbauer & Cheung, 2010).

Cochran's Q statistic was used to assess the presence of heterogeneity. The multilevel  $I^2$  statistic was also considered to estimate the proportion of the variance in observed outcomes that reflects variation in true effect sizes rather than sampling error, with  $I^2_{\text{Level 2}}$  and  $I^2_{\text{Level 3}}$  representing within- and between-study heterogeneity, respectively. Moreover, a 95% prediction interval around the main effect size was calculated to know how the true effect varied across populations (Borenstein, 2019; Cheung, 2014).

To explore heterogeneity, the analyses of moderator variables were performed by using multilevel meta-regression models with robust variance estimation method for continuous and categorical moderators.

Sensitivity analyses were carried out to assess the robustness of the results. First, the average effect size was calculated for the whole sample of studies and for the sample without the outlier (Gumus & Atalmis, 2011). Second, we ran the same meta-regression analysis for the moderators including the outlier. Third, due to the big variability of sample sizes, the average effect size was compared between those studies which presented extra-large sample sizes and the rest of the studies. Publication bias was assessed using Egger's linear regression (Card, 2012), and applying multilevel meta-regression models to evaluate whether publication status moderated the effect size.

The statistical analyses were performed using the R 4.2.1 version with Metafor (Viechtbauer, 2010) and clubSandwich (Pustejovsky, 2020) packages.

## Results

### *Descriptive Characteristics of the Studies*

Twenty-six studies fulfilled the selection criteria. Because six of these studies contained independent subsamples, we could analyze a total of 40 independent effect sizes with 469,564 participants. The main characteristics of the studies are described in Table 2.

With regard to sociodemographic variables, the average age was 15.9 years (range = 9.9–72.5) and the mean percentage of female participants was 54.84% (range = 41.5–92.0). The majority of participants were middle school (35.89%) and high school (35.89%) students. Regarding the methodological variables, 66.67% of effect sizes were from studies that recruited the sample through a

**TABLE 2**

*Descriptive Characteristics of the Studies Included in the Analysis*

| Study                               | r     | N     | Extrinsic Data       |                 |               | Sociodemographic Data |                |                                                                                                                                     | Reading Comprehension Assessment                                                                                                                |                                                                                                                                                                                                                |                                  |
|-------------------------------------|-------|-------|----------------------|-----------------|---------------|-----------------------|----------------|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
|                                     |       |       | Published            | Data Coll. Year | Year          | Mean age (SD)         | % Fem.         | Student Level                                                                                                                       | Name of the Test                                                                                                                                | Genre of the Text(s)                                                                                                                                                                                           | Type of Questions and Assessment |
| Ahamura (2019) Study 1              | -.266 | 35    | No: Raw data from    | 2019            | 12.11 (0.53)  | 57.10                 | Middle school  | PROLEC-SE-R (Cuetos et al., 2016)                                                                                                   | Expository                                                                                                                                      | Mixed: inferential and literal 10 Multiple-choice questions and 10 open-ended questions                                                                                                                        |                                  |
| Ahamura (2019) Study 2              | -.055 | 47    | Yes: Bachelor thesis | 2019            | 13.42 (0.87)  | 53.20                 | Middle school  |                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                                                |                                  |
| Ahamura (2019) Study 3              | -.098 | 187   |                      | 2019            | 14.16 (0.68)  | 49.70                 | High school    |                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                                                |                                  |
| Ahamura (2019) Study 4              | .027  | 168   |                      | 2019            | 15.03 (0.61)  | 46.40                 | High school    |                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                                                |                                  |
| Ahamura (2019) Study 5              | -.202 | 119   |                      | 2019            | 10.46 (0.553) | 42.00                 | Primary school | PROLEC-R (Cuetos et al., 2014)                                                                                                      | Expository and narrative                                                                                                                        | Inferential 16 open-ended questions                                                                                                                                                                            |                                  |
| Ahamura (2019) Study 6              | -.219 | 85    |                      | 2019            | 11.62 (0.38)  | 44.70                 | Middle school  | Adapted: Based on PISA Texts                                                                                                        | Descriptive, expository, Mixed: location, integration and evaluation 13 multiple-choice questions, six open-ended and three double-entry tables |                                                                                                                                                                                                                |                                  |
| Aniama-Espallat & Mayor-Ruiz (2017) | .253  | 382   | Yes: Research paper  | NR              | 15.15 (0.85)  | 59.00                 | High school    |                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                                                |                                  |
| Champlsey et al. (2008)             | .220  | 96    | Yes: Research paper  | 2004            | 72.5 (4.19)   | 73.90                 | No students    | Qualitative Reading Inventory-3 (Leslie & Caldwell, 2001)                                                                           | Narrative, expository                                                                                                                           | Mixed: explicit and implicit                                                                                                                                                                                   |                                  |
| Chen & Fang (2013)                  | .120  | 352   | Yes: Research paper  | 2011            | NR            | 59.20                 | Undergraduates | Reading Comprehension Test developed by Chen and Su (2010)                                                                          | NR                                                                                                                                              | Mixed: literal (e.g., lexical access and parsing) and inferential (e.g., integration, summarization and analogy) comprehension                                                                                 |                                  |
| Duncan et al. (2016) Study 1        | .063  | 201   | Yes: Research paper  | 2009            | 12.66 (0.89)  | 57.80                 | Middle school  | YARC Secondary test (Stothard et al., 2010)                                                                                         | Fiction and non-fiction                                                                                                                         | Mixed: Vocubulary, literal, or inferential 12 questions                                                                                                                                                        |                                  |
| Duncan et al. (2016) Study 2        | -.041 | 99    |                      | 2009            | 15.09 (0.53)  | 50.50                 | High school    |                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                                                |                                  |
| Garcia (2013) Study 1               | .192  | 23    | No: Doctoral thesis  | 2013            | 11.5          | 47.36                 | Middle school  | TPC (Martinez et al., 2008)                                                                                                         | Expository                                                                                                                                      | Mixed: explicit ideas (literal) comprehension, inference making between different paragraphs, ideas, and between texts ideas and readers' prior knowledge 20 multiple-choice questions                         |                                  |
| Garcia (2013) Study 2               | .054  | 142   |                      | 2012            | 11.6          | 51.00                 | Middle school  |                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                                                |                                  |
| Gunnas & Autlins (2011)             | .425  | 4,942 | Yes: Research paper  | 2006            | 15.9          | 46.30                 | High school    | 2006 PISA Reading assessment (OECD, 2006)                                                                                           | Narrative, expository, descriptive, argumentative/persuasive, instructive                                                                       | Mixed: retrieve information, interpret information, reflect on text content, reflect on the structure of the text (Multiple-choice, short closed-constructed response, and open-extended) constructed response |                                  |
| Heesbeen & Schaans (2021)           | .060  | 108   | No: Doctoral thesis  | 2021            | 11.1 (0.7)    | 47.20                 | NA             | Cito Reading Comprehension test (CITO: Centraal Instituut voor Toetsontwikkeling: Institute for Test Development Netherlands, 2016) | Fictional story and formal text                                                                                                                 | Mixed: fill in the blank, prediction of content, text content, searching in sources, and summarizing Multiple choice questions                                                                                 |                                  |
| Hsu et al. (2019)                   | -.127 | 50    | Yes: Research paper  | 2019            | 22.88 (4.71)  | 52.00                 | Undergraduates | Gray Silent Reading Test - GSRT (Wiederholt & Blalock, 2000)                                                                        | Narrative                                                                                                                                       | NR five multiple-choice questions                                                                                                                                                                              |                                  |
| Johnson (2013)                      | .207  | 90    | Yes: Research paper  | NR              | 10.63 (1.3)   | 34.50                 | NA             | Adapted from the Wide Range Achievement Test Sentence Comprehension subtest (Wilkinson & Robertson, 2006)                           | NR                                                                                                                                              | NR Cloze technique                                                                                                                                                                                             |                                  |

(continued)

TABLE 2. (CONTINUED)

| Study                          | <i>r</i> | <i>N</i> | Extrinsic Data        |                 | Sociodemographic Data  |        |                | Reading Comprehension Assessment                                                               |                                                                                   |                                                                                                                                                                                                                                                                                                                      |
|--------------------------------|----------|----------|-----------------------|-----------------|------------------------|--------|----------------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                |          |          | Published             | Data Coll. Year | Mean age ( <i>SD</i> ) | % Fem. | Student Level  | Name of the Test                                                                               | Genre of the Text(s)                                                              | Type of Questions and Assessment                                                                                                                                                                                                                                                                                     |
| Kaminiäinen et al. (2022)      | .090     | 426      | Yes: Research paper   | 2014            | 12.34 (0.33)           | 47.00  | Middle school  | ORCA (Caccia et al., 2019) – Online assessment                                                 | Expository                                                                        | Mixed: locating information, evaluating information, synthesizing information, and communicating information. Process and open tasks                                                                                                                                                                                 |
| Kong et al. (2022)             | .130     | 14,087   | Yes: Research paper   | 2018            | 15                     | 49.10  | High school    | Digital reading comprehension 2018 PISA Assessment (OECD, 2019)                                | Descriptive, narrative, expository, argumentative, instructive, transaction texts | Mixed: scanning and locating, literal comprehension, inferential comprehension, assessing quality and credibility, reflecting on content and form, searching for and selecting relevant text, multiple-text inferential comprehension, corroborating/handling conflict Multiple choice and open constructed-response |
| Macedo-Rouet et al. (2019)     | -.005    | 146      | Yes: Research paper   | 2018            | 14.73 (0.53)           | 53.40  | High school    | Protocole Emilie (Duchêne May Carle, 2010)                                                     | Narrative                                                                         | NR True/false                                                                                                                                                                                                                                                                                                        |
| Megown et al. (2016)           | -.082    | 784      | Yes: Research paper   | 2012            | 9.91 (0.88)            | 52.70  | Primary school | Macmillan Test Unit, Group Reading Test II (2000)                                              | NR                                                                                | NR Cloze technique                                                                                                                                                                                                                                                                                                   |
| Mežák (2013)                   | .075     | 31       | Yes: Research paper   | 2009            | NA                     | 85.30  | Undergraduates | SweSAT-R (2006)                                                                                | NR                                                                                | NR Four multiple-choice questions                                                                                                                                                                                                                                                                                    |
| Norris (2010)                  | .059     | 515      | No: Doctoral thesis   | 2004            | 11.25 (6.34)           | 54.00  | NA             | Penbody Individual Achievement Test (PIAT Comprehension) (Dunn & Markwardt, 1970)              | NR                                                                                | NR                                                                                                                                                                                                                                                                                                                   |
| Park & Weng (2020)             | -.016    | 168,098  | Yes: Research paper   | 2015            | 15.78                  | NR     | High school    | 2015 PISA Reading assessment (OECD, 2017)                                                      | Narrative, expository, descriptive, argumentative/ persuasive, instructive        | Mixed: retrieve information, interpret information, reflect on text content, reflect on the structure of the text. Multiple-choice, short closed-constructed response, and open- (extended) constructed response.                                                                                                    |
| Petko et al. (2017)            | .078     | 222,811  | Yes: Research paper   | 2012            | 15.77 (0.048)          | NR     | High school    | 2012 PISA Reading assessment (OECD, 2013)                                                      | NR                                                                                | NR                                                                                                                                                                                                                                                                                                                   |
| Pfost et al. (2013)            | -.117    | 1,124    | Yes: Research paper   | 2010            | 13.4                   | 52.70  | Middle school  | NA                                                                                             | Narrative and expository                                                          | High inferences 26 multiple-choice                                                                                                                                                                                                                                                                                   |
| Salmerón et al. (2011) Study 1 | -.093    | 74       | No: Unpublished paper | 2011            | 12.36 (0.538)          | 51.90  | Middle school  | WebLEC (Salmerón et al., 2018) and ComPLEC (Llorens et al., 2011) (we used the ComPLEC scores) | Expository                                                                        | Mixed: retrieve information, interpret information, reflect on text content, reflect on the structure of the text 17 multiple-choice questions and three open-ended                                                                                                                                                  |
| Salmerón et al. (2011) Study 2 | .141     | 58       | No: raw data          | 2011            | 13.49 (0.658)          | 51.90  | Middle school  |                                                                                                |                                                                                   |                                                                                                                                                                                                                                                                                                                      |
| Salmerón et al. (2011) Study 3 | -.029    | 77       |                       | 2011            | 14.48 (0.749)          | 44.90  | High school    |                                                                                                |                                                                                   |                                                                                                                                                                                                                                                                                                                      |
| Salmerón et al. (2011) Study 4 | .236     | 64       |                       | 2011            | 15.48 (0.651)          | 41.50  | High school    |                                                                                                |                                                                                   |                                                                                                                                                                                                                                                                                                                      |
| Salmerón et al. (2018) Study 1 | -.209    | 138      | Yes: Research paper   | 2015            | 12.13 (0.542)          | 41.50  | Middle school  |                                                                                                |                                                                                   |                                                                                                                                                                                                                                                                                                                      |
| Salmerón et al. (2018) Study 2 | -.137    | 132      |                       | 2015            | 13.17 (0.601)          | 45.90  | Middle school  |                                                                                                |                                                                                   |                                                                                                                                                                                                                                                                                                                      |
| Salmerón et al. (2018) Study 3 | .068     | 136      |                       | 2015            | 14.18 (0.651)          | 50.00  | High school    |                                                                                                |                                                                                   |                                                                                                                                                                                                                                                                                                                      |
| Salmerón et al. (2018) Study 4 | -.007    | 136      |                       | 2015            | 15.13 (0.579)          | 47.80  | High school    |                                                                                                |                                                                                   |                                                                                                                                                                                                                                                                                                                      |

(continued)

**TABLE 2. (CONTINUED)**

| Study                  | <i>r</i> | <i>N</i> | Extrinsic Data           |                 |                        | Sociodemographic Data |                |                                                                                                                               | Reading Comprehension Assessment                                                                                                               |                                                                                                                                                                                                                 |
|------------------------|----------|----------|--------------------------|-----------------|------------------------|-----------------------|----------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                        |          |          | Published                | Data Coll. Year | Mean age ( <i>SD</i> ) | % Fem.                | Student Level  | Name of the Test                                                                                                              | Genre of the Text(s)                                                                                                                           | Type of Questions and Assessment                                                                                                                                                                                |
| Salmerón et al. (2020) | .118     | 191      | No: Unpublished          | 2020            | 20.95 (3.959)          | 86.90                 | Undergraduates | CLOZE (Salmerón et al., 2022)                                                                                                 | Narrative                                                                                                                                      | High inference from little context Cloze technique (34 items)                                                                                                                                                   |
| Salmerón et al. (2020) | .063     | 120      | No: raw data             | 2020            | 22.76 (5.593)          | 80.70                 | Undergraduates |                                                                                                                               |                                                                                                                                                |                                                                                                                                                                                                                 |
| Smith & Smith (2010)   | .311     | 17,668   | Yes: Research paper      | 2003            | NA                     | 57.10                 | Mix            | NAAL literacy assessment (NAAL; NCES, n.d.a)                                                                                  | Prose literacy. Prose texts can be further broken down as expository, narrative, procedural, or persuasive. Document and quantitative literacy | NR                                                                                                                                                                                                              |
| Topppa et al. (2019)   | -.060    | 1,813    | Yes: Research paper      | 2013            | 12.5                   | NA                    | Middle school  | YKÄ (Lerikänen et al., 2018)                                                                                                  | NR                                                                                                                                             | NR                                                                                                                                                                                                              |
| Vergara et al. (2021)  | .045     | 113      | No: Unpublished raw data | 2021            | 20.02 (4.88)           | 92.00                 | Undergraduates | CLOZE (Salmerón et al., 2022)                                                                                                 | Narrative                                                                                                                                      | High inference from little context Cloze technique (34 items)                                                                                                                                                   |
| Wu & Peng (2017)       | .122     | 33,696   | Yes: Research paper      | 2009            | 15.77                  | 50.78                 | High school    | Printed Reading Assessment (PRA), Digital Reading Assessment (DRA) from 2009 PISA tests (OECD, 2010) (we used the PRA scores) | Narrative, expository, descriptive, argumentative/ persuasive, injunctive                                                                      | Mixed: retrieve information, interpret information, reflect on text content, reflect on the structure of the text Multiple-choice, short closed-constructed response, and open- (extended) constructed response |

Note. *r* = effect size, *N* = number of participants, Data Coll. Year = Data Collection Year, % Fem = percentage of female participants, NA = not applicable, NR = not reported.

non-probability sampling method. The most common data extraction method for measuring digital reading habits was the questionnaire (97.37%) with restricted questions (97.7%), as only one study did not use questionnaires and only one measured the reading habits frequency with open answer format, these variables were not included in the moderator analysis. On average, reliability of the reading comprehension tests used (Cronbach  $\alpha = .77$ ) was higher than that of the digital reading habit questionnaires ( $\alpha = .59$ ). Finally, in the case of extrinsic variables, 56.41% of effect sizes were from published research.

### *The Mean Effect Size*

To start, an exploratory analysis was conducted in order to assess influential cases and normality assumption before analyzing the average effect size. A particular effect size was identified as an influential outlier (Gumus & Atalmis, 2011; standardized deleted residuals larger than 3.42), and accordingly it was not used to estimate the average correlation. Therefore, the analyses presented include 39 effect sizes.

The overall association between leisure digital reading habits and reading comprehension was significant and positive, although the effect was rather small ( $r = .055$ ; 95% CI [.003, .107];  $p = .03$ ;  $k = 39$ ,  $n = 25$ ). Therefore, on average, people that engage in more frequent leisure digital reading activities tend to score higher in reading comprehension tasks.

In reference to the variability of the effect sizes, the heterogeneity  $Q$  statistic reached statistical significance,  $Q(38) = 2591.93$ ,  $p < .001$ . The  $I^2$  statistic was 98.9, that is, 98.9 of the variance in the observed effects reflected variance in true effects rather than sampling error. The majority of true variance comes from between-study variance (68.5%), versus within-study variance (30.5%). Furthermore, the prediction interval was -.18 to .29. This range is usually wider than the confidence interval, particularly when there is great heterogeneity in the data (Al Amer & Lin, 2021), as is the case in our meta-analysis. We would expect that the true effect size of all comparable populations would fall in this range in 95% of all populations.

### *Analyzing Moderator Variables*

The heterogeneity found led to an analysis of the influence of potential moderator variables. Tables 3 and 4 show the results of applying multilevel meta-regression analyses with robust variance estimation to assess the influence of moderator variables on the effect sizes for qualitative and quantitative moderators, respectively.

With regard to the sociodemographic variables, educational stage was a significant moderator ( $p = .047$ ;  $R^2 = .57$ ). We performed pairwise comparisons across the levels and two comparisons were significant: the difference between middle and high school students ( $p = .021$ ) and between primary and university students ( $p = .030$ ). The results showed that the effect size for high school students was positive and higher ( $r = .085$ ) than the effect size obtained in middle school students ( $r = -.025$ ). In addition, the mean age of the participants exhibited a positive relationship with the effect sizes, although this difference was not statistically significant ( $p = .175$ ). As most of the samples included student

**TABLE 3**

*Results of the Mixed-Effects Meta-Regressions for the Qualitative Moderator Variables on the Effect Sizes Obtained From the Studies*

| Variable                                                 | <i>k</i> | <i>n</i> | <i>b</i> | <i>SE</i> | 95% CI [LL, UL] | <i>F(df)</i>    | <i>Qe(df)</i>   | Pseudo R2 | <i>p</i> |
|----------------------------------------------------------|----------|----------|----------|-----------|-----------------|-----------------|-----------------|-----------|----------|
| <i>Sociodemographic Variables</i>                        |          |          |          |           |                 |                 |                 |           |          |
| Educational stage                                        | 36       | 22       |          |           |                 | 13.522(3, 2.44) | 1238.47(32)***  | .57       | .047     |
| Primary/Elementary <sup>1</sup>                          | 2        |          | -.095    | .018      | [-.32, .13]     |                 |                 |           |          |
| Middle school <sup>2</sup>                               | 14       |          | -.025    | .035      | [-.10, .06]     |                 |                 |           |          |
| High school <sup>2</sup>                                 | 14       |          | .085     | .026      | [.01, .03]      |                 |                 |           |          |
| Undergraduate <sup>1</sup>                               | 6        |          | .070     | .03       | [-.03, .17]     |                 |                 |           |          |
| <i>Methodological Variables</i>                          |          |          |          |           |                 |                 |                 |           |          |
| Extra-large sample size                                  | 39       | 25       |          |           |                 | 2.976(2, 8.72)  | 2554.687(37)*** | .12       | .153     |
| < 10,000                                                 | 34       |          | .029     | .029      | [-.02, .08]     |                 |                 |           |          |
| > 10,000                                                 | 5        |          | .127     | .056      | [-.02, .28]     |                 |                 |           |          |
| Sampling method                                          | 35       | 22       |          |           |                 | .0851(1, 17.52) | 2573.99(33)***  | .00       | .774     |
| Non-probability                                          | 26       |          | .06      | .037      | [-.01, .13]     |                 |                 |           |          |
| Probability                                              | 9        |          | .08      | .041      | [.003, .15]     |                 |                 |           |          |
| <i>Digital Reading Habits Instrument Characteristics</i> |          |          |          |           |                 |                 |                 |           |          |
| Temporal ranges                                          | 38       | 34       |          |           |                 | 1.919 (4, 5.43) | 1540.57 (34)*** | .27       | .204     |
| Non-specified                                            | 5        |          | .11      | .07       | [-.09, .30]     |                 |                 |           |          |
| Daily                                                    | 4        |          | .21      | .07       | [-.06, .48]     |                 |                 |           |          |
| Weekly habits                                            | 5        |          | .00      | .04       | [-.11, .12]     |                 |                 |           |          |
| Mixed                                                    | 24       |          | .03      | .03       | [-.05, .07]     |                 |                 |           |          |
| Temporal classification                                  | 38       | 24       |          |           |                 | .1791(2, 5.04)  | 2578.79(35)***  | .00       | .841     |
| Hours                                                    | 5        |          | .03      | .064      | [-.20, .26]     |                 |                 |           |          |
| Frequency adverbs                                        | 5        |          | .09      | .074      | [-.12, .31]     |                 |                 |           |          |
| Times per day/week/month                                 | 28       |          | .05      | .031      | [-.02, .12]     |                 |                 |           |          |
| Number of answer alternatives                            | 38       | 24       |          |           |                 | .1305 (2, 1.66) | 2577.87(35)***  | .00       | .886     |
| 4-point Likert-scale                                     | 4        |          | .02      | .058      | [-.16, .21]     |                 |                 |           |          |
| 5-point Likert-scale                                     | 32       |          | .05      | .031      | [-0.006, .12]   |                 |                 |           |          |
| 7-point Likert-scale                                     | 2        |          | .09      | .107      | [.03, .26]      |                 |                 |           |          |

(continued)

TABLE 3. (CONTINUED)

| Variable                                          | <i>k</i> | <i>n</i> | <i>b</i> | <i>SE</i> | 95% CI [LL, UL] | <i>F</i> ( <i>df</i> ) | <i>Q<sub>E</sub></i> ( <i>df</i> ) | Pseudo <i>R</i> <sup>2</sup> | <i>p</i> |
|---------------------------------------------------|----------|----------|----------|-----------|-----------------|------------------------|------------------------------------|------------------------------|----------|
| Type of digital reading habit                     | 39       | 25       |          |           |                 | 1.499(2, 13.35)        | 1740.73(36)***                     | .02                          | .258     |
| Social-communicative                              | 21       |          | .03      | .048      | [-.08, .14]     |                        |                                    |                              |          |
| Linear-informative                                | 8        |          | .12      | .037      | [.02, .21]      |                        |                                    |                              |          |
| Mixed                                             | 10       |          | .03      | .033      | [-.04, .11]     |                        |                                    |                              |          |
| <i>Reading Comprehension Test Characteristics</i> |          |          |          |           |                 |                        |                                    |                              |          |
| Media                                             | 32       | 18       |          |           |                 | .0684 (1, 8.84)        | 1373.97(30)***                     | .00                          | .799     |
| Printed                                           | 25       |          | .07      | .041      | [-.02, .16]     |                        |                                    |                              |          |
| Digital-based                                     | 7        |          | .05      | .031      | [-.03, .14]     |                        |                                    |                              |          |
| Text genre                                        | 34       | 20       |          |           |                 | .3701 (2, 5.06)        | 2545.36(31)***                     | .00                          | .708     |
| Narrative                                         | 5        |          | .02      | .042      | [-.12, .16]     |                        |                                    |                              |          |
| Expository                                        | 15       |          | .06      | .04       | [-.04, .16]     |                        |                                    |                              |          |
| Mixed                                             | 14       |          | .08      | .05       | [-.02, .18]     |                        |                                    |                              |          |
| Assessment method                                 | 35       | 21       |          |           |                 | .4867 (3, 4.83)        | 1341.74(31)***                     | .00                          | .707     |
| Multiple-choice questions (MCQ)                   | 8        |          | .01      | .049      | [-.10, .14]     |                        |                                    |                              |          |
| Open-ended                                        | 6        |          | .05      | .011      | [-.27, .39]     |                        |                                    |                              |          |
| CLOZE type                                        | 4        |          | .01      | .060      | [-.25, .28]     |                        |                                    |                              |          |
| Mixed                                             | 17       |          | .09      | .034      | [.008, .17]     |                        |                                    |                              |          |
| Reading comprehension dimension                   | 31       | 17       |          |           |                 | 5.169 (1, 3.35)        | 1241.34(29)***                     | .44                          | .098     |
| Inferential                                       | 6        |          | -.05     | .058      | [-.24, .14]     |                        |                                    |                              |          |
| Literal                                           | 0        |          |          |           |                 |                        |                                    |                              |          |
| Mixed                                             | 25       |          | .08      | .022      | [.03, .13]      |                        |                                    |                              |          |
| <i>Extrinsic Variables</i>                        |          |          |          |           |                 |                        |                                    |                              |          |
| Published status                                  | 39       | 25       |          |           |                 | .4312(1, 10.38)        | 2588.62(37)***                     | .00                          | .528     |
| Non-published                                     | 17       |          | .03      |           | [-.05, .12]     |                        |                                    |                              |          |
| Published                                         | 22       |          | .06      |           | [-.005, .13]    |                        |                                    |                              |          |

Note. *k* = number of effect sizes (clusters). *n* = number of studies (clusters). *r* = mean effect size. *F* = statistical test for testing the significance of the moderator variable. *Q<sub>E</sub>* = statistic for testing the model misspecification. Pseudo *R*<sup>2</sup> = proportion of variance explained by the moderator (*r*<sup>2</sup> between -*r*<sup>2</sup> within) <sup>1,2</sup> Significant paired comparisons.  
 \**p* < .05. \*\*\**p* < .001.

**TABLE 4**  
*Results of the Mixed-Effects Meta-Regressions for the Continuous Moderator Variables on the Effect Sizes Obtained From the Studies*

| Variable                                                     | <i>k</i> | <i>n</i> | <i>b</i> | <i>SE</i> | 95% CI       | <i>F(df)</i>   | <i>QE(df)</i>  | <i>R</i> <sup>2</sup> | <i>p</i> |
|--------------------------------------------------------------|----------|----------|----------|-----------|--------------|----------------|----------------|-----------------------|----------|
| <i>Sociodemographic Variables</i>                            |          |          |          |           |              |                |                |                       |          |
| Mean age of student sample                                   | 34       | 21       | .012     | .001      | [-.01, .03]  | 2.32(1, 6.44)  | 1293.22(32)*** | .38                   | .175     |
| Mean age of student sample from primary and secondary school | 30       | 18       | .028     | .011      | [.002, .05]  | 6.04(1, 9.12)  | 1289.91(28)*** | .36                   | .036     |
| Percentage female                                            | 35       | 21       | .003     | .002      | [-.002, .01] | 2.53(1, 4.35)  | 533.53(33)***  | .00                   | .181     |
| Percentage male                                              | 34       | 21       | -.003    | .002      | [-.01, .002] | 2.54(1, 4.30)  | 538.48(32)***  | .00                   | .181     |
| <i>Methodological Variables</i>                              |          |          |          |           |              |                |                |                       |          |
| Sample size                                                  | 39       | 25       | .00      | .00       | [-.00, .00]  | - <sup>2</sup> | 2298.81(37)*** | .00                   | .965     |
| Reading comprehension test reliability                       | 35       | 21       | .326     | .265      | [-.29, .95]  | 1.51(1, 7.35)  | 1020.92(33)*** | .31                   | .257     |
| Digital reading questionnaire reliability                    | 30       | 17       | -.012    | .140      | [-.36, .34]  | .007(1, 5.57)  | 240.41(28)***  | .13                   | .935     |
| Number of items (DRH)                                        | 39       | 25       | .00      | .01       | [-.02, .02]  | 0.001(1, 6.21) | 874.86(37)***  | .00                   | .969     |
| <i>Extrinsic Variables</i>                                   |          |          |          |           |              |                |                |                       |          |
| Collection data year                                         | 38       | 24       | -.01     | .006      | [-.02, .003] | 2.978(1, 8.43) | 826.69(36)***  | .34                   | .121     |

*Note.* *k* = number of effect sizes. *n* = number of studies. *b* = unstandardized regression coefficient. 95% CI [LL, UL]. *F* = statistical test for testing the significance of the moderator variable. *Q<sub>E</sub>* = statistic for testing the model misspecification. Pseudo *R*<sup>2</sup> = proportion of variance explained by the moderator ( $\tau^2$  between -  $\tau^2$  within). <sup>2</sup> Not statistical power enough to load the calculus.  
 \**p* < .05. \*\**p* < .01. \*\*\**p* < .001.

**TABLE 5**

*Results of the Mixed-Effects Meta-Regression Analysis for the Average Effect Sizes Obtained From the Studies*

| Analysis                   | <i>r</i> | 95% CI [LL, UL] | <i>p</i> | 95% PI [LL, UL] | $\tau^2$ between | $\tau^2$ within |
|----------------------------|----------|-----------------|----------|-----------------|------------------|-----------------|
| Main Analysis              | 0.073    | [.012, .013]    | .019     | [-.21, .35]     | .014             | .004            |
| Cases Removed <sup>1</sup> | 0.055    | [.003, .107]    | .039     | [-.18, .29]     | .009             | .004            |

*Note.* CI = confidence interval, PI = prediction interval, *r* = mean effect size,  $\tau^2$  between = between-study variance,  $\tau^2$  within = within-study variance.

<sup>1</sup>Removed as outliers: Gumus & Atalmis (2011).

populations (97.40%), we decided to narrow down the selection. In this regard, we carried out a second analysis in which we included studies whose participants were students, excluding only two reports (Champley et al., 2008; Smith & Smith; 2010). The regression analysis turned out to be statistically significant only when including primary and secondary school students ( $p = .03$ ;  $R^2 = .38$ ), and revealed higher effect sizes as the mean age of the students increased ( $\beta = .012$ ). Finally, the percentage of female participants did not reach a statistically significant relationship with the effect sizes ( $p = .181$ ;  $R^2 = .00$ ).

Regarding the methodological variables, the multilevel analysis did not identify any variable as a significant predictor. Contrary to our expectations, no differences were observed regarding the type of digital reading habit and reading comprehension ( $p = .18$ ): social-communicative habits ( $r = .03$ ), linear-informative habits ( $r = .12$ ).

Regarding the extrinsic variables, differences were not found in the magnitude of the effect sizes in regard to published status ( $p = .53$ ;  $R^2 = .00$ ). This was also confirmed by the publication bias analysis (see the sensitivity section). Lastly, contrary to our expectations, the data collection year was not significant as a predictor ( $p = .121$ ).

#### *Sensitivity and Bias Analysis*

For the sensitivity analysis, we calculated the average effect size for the studies, including the outlier (see Table 5). When comparing the calculations without the outlier, we observe that the average value is slightly higher and also significant. The main difference is found in between-cluster variance, being almost half when removing the outlier. In this case,  $\sigma^2$  is equivalent to the between-study heterogeneity variance ( $\tau^2$ ) in a conventional meta-analysis (since clusters represent studies in our model). Second, we performed multilevel meta-regression analysis for moderator variables including the outlier. The significance of the moderators remained the same except for the data collection year which turned out to be significant ( $b_{\text{withoutlier}} = -.014$ ; 95% CI [-.27, -.001];  $p = .043$ ).

In order to assess whether publication bias might be a threat against our meta-analytic results, two techniques were applied. The Egger test of the intercept did

not reach a statistically significant result ( $b = -.039$ ; 95% CI  $[-1.39, .61]$ ;  $p = .427$ ). In addition, multilevel meta-regression analyses with robust variance estimation revealed that the mean effect sizes from published versus unpublished studies were not statistically different ( $p = .525$ ). Thus, these results suggested that there was no publication bias.

Lastly, five studies were categorized as having extra-large samples ( $N > 10,000$ ): Kong et al., (2022), Park & Weng (2020), Petko et al., (2017), Smith & Smith (2010), and Wu & Peng (2017). This criterion was followed based on a recent meta-analysis (Lam et al., 2022). We did not find statistically significant differences between studies with extra-large samples and the rest of studies ( $p = .153$ ). This means that the relationship between digital reading habits and reading comprehension from studies with small and large sample sizes are not statistically different.

## **Discussion**

This meta-analysis sought to shed light on the inconclusive relationship between leisure digital reading habits and reading comprehension and to identify potential moderator variables for such relationship. By conducting multilevel analysis, this work provides robust information controlling for intra-studies dependencies. Still, we found great heterogeneity among studies, calling for a cautious interpretation of the data.

Regarding our main objective, the results evidenced a positive and significant association between digital reading habits and reading comprehension. The effect size is rather small, especially when compared with previous meta-analytical studies that have evidenced medium to strong positive associations between print-reading habits and comprehension (Mol & Bus, 2011). Regarding moderator analysis, students' academic stage played a significant role on the association between reading comprehension and digital reading habits: the relation is negative in younger populations (i.e., primary and middle school students), and becomes positive in older populations (i.e., secondary school and undergraduate students). All in all, these results allow us to untangle the relationship between reading habits and reading comprehension when it comes to the digital context, revealing that leisure digital reading habits do not pay off as much as traditional print reading.

Why is the relationship between reading habits and reading comprehension so different when it comes to different media? At this point, we can only speculate about those divergent patterns. Our results do not support the predictions from the displacement hypothesis, as the current change from print to digital reading habits dramatically decreased the association between habits and reading comprehension. Accordingly, we cannot just assume that the societal move towards digital reading habits mobilizes and spurs the same comprehension resources as previously reported for print reading habits. An alternative explanation could rely on the Shallowing Hypothesis (Annisette & Lafreniere, 2017; Carr, 2010), which emphasizes that the superficial way in which people tend to interact with new forms of digital reading may not support readers' engagement or further development of higher-order cognitive skills. The frequent characteristics of digital reading texts, such as short length and fast-paced stimuli, emphasize shallow processing (Baron, 2021; Ra et al., 2018). Additionally, the lower linguistic

quality of digital texts may prevent students from being exposed to academic models typically found in traditional printed texts (Snow, 2010). Future research should continue exploring these issues.

### *Digital Reading Habits and the Development of Reading Comprehension*

Our analysis contributes to the ongoing debate on the influence of digital technologies on the development of reading comprehension (Wolf, 2018). Previous longitudinal research regarding the relationship between reading habits and comprehension has already highlighted how such a relationship can vary across the life span (Locher & Pfof, 2020; Torppa et al., 2019; van Bergen et al., 2020). Nevertheless, there is still no clear developmental pattern for this relationship. Our exploratory analysis indicated a significant negative relationship between leisure digital reading habits and reading comprehension at earlier educational stages—such as primary and middle school, compared to high school—in which the relationship turned out to be positive, as was the case with undergraduate students. This pattern concurs with recent evidence showing a stronger negative association between the frequency of use of digital devices in the classroom and reading comprehension in representative samples of fourth grade in the United States, as compared to eighth grade (Salmerón et al., 2023). Nevertheless, due to the correlational nature of the original studies analyzed, we can only speculate about the underlying reasons for those differences. Such results could be interpreted in light of potential early sensitive developmental periods. Great exposition to digital reading activities, which frequently contain low linguistic quality texts, may detract early readers from building a strong reading foundational base. For example, early readers engaging in frequent digital reading may learn less academic vocabulary and syntax (Snow, 2010), or develop to a lesser extent the ability to keep focused on a task (Koolstra et al., 1997), in a critical period when they are shifting from learning to read to reading to learn. Future research should test those and other potential causal mechanisms for developmental variations in the association between digital reading habits and reading comprehension.

Beyond the developmental aspects, we expected that the type of digital reading habits would contribute differently to reading comprehension (Naumann & Sälzer, 2017). Our moderator analysis regarding this factor did not reach statistical significance, a pattern that does not align with previous research showing larger effect sizes for linear-communicative digital reading habits than for social-communicative ones (Duncan et al., 2016; McGeown et al., 2016; Pfof et al., 2013). Future research may clarify the nature of those effects by analyzing the combined relation between types of digital reading habits and print reading ones, in light of the Displacement Hypothesis. Combining digital linear-informative reading habits with print reading habits may be particularly beneficial. In the same line, research is needed to identify how different types of digital reading habits influence comprehension across the life span. This type of research would disentangle the cause of the negative associations between digital reading habits and reading comprehension observed for younger students, which may potentially be restricted to social-communicative habits.

### *Limitations and Future Research*

There are some limitations in this meta-analysis that should be discussed. Three relevant limitations are related to the existing datasets. First, we found several studies that belonged to the same research teams, which may add unexpected bias to the results. As explained in the method section, we tried to control as much as possible the dependency effects between each effect size by using a multilevel approach that controlled for the level of student, sub-sample, and study. As this research field continues to expand, future analyses would be able to include primary studies from a larger range of teams. Second, most of the primary studies used a cross-sectional design, so we relied on correlational coefficients that cannot inform us about causal effects. A larger number of longitudinal studies is needed in order to provide accurate estimates about causal relations between habits and comprehension. Third, most of the primary studies measured reading habits via self-reports with closed-answer options; thus, the information could be biased and tied to human-measurement errors.

Moreover, we only included leisure digital reading habits. Therefore, research focusing on other reading purposes, like academic reading, or exploring digital and print reading habits in combination, would be relevant for this matter. In addition, the scope of the search was narrowed down to assessments in readers' native language and did not include studies that were focused on readers with learning difficulties or physical impairments. From the perspective of the Matthew effects on reading, one could expect that the relationship between digital reading habits and reading comprehension may be smaller or even negative in students with learning difficulties. Future research could clarify this issue by carrying out studies focusing on this type of reader. Referring to our dependent variable, the studies included in this meta-analysis focused on traditional text reading comprehension (i.e., linear texts). Future research should explore the associations between digital reading habits and digital reading comprehension (i.e., hypertext, Internet documents). Finally, from a methodological perspective, we highlight that the nature of our data is aggregated, meaning that we have worked with means which do not reflect individual differences inside the studies. In addition, pseudo  $R^2$  coefficient used in multilevel meta-regression analysis cannot be considered fully stable when the number of introduced studies is below 40 (van den Noortgate et al., 2013). For this reason, we recommend taking the proportion of explained variance with caution.

As for the difficulties encountered, we highlight the heterogeneity of the scales and instruments used across studies, both regarding digital reading habits and reading comprehension measurements. Creating a standardized scale to assess digital reading habits may help to set a common ground for new studies. However, given the evolving nature of the tasks offered by new digital tools and services, such a scale may be difficult to create. That is why, when proposing future investigations, research in this field could benefit from using methods such as questionnaires to address common reading habits and, additionally, exploring qualitative dimensions such as the length of reading, motivation, and attitudes towards reading (Kaye et al., 2020). Moreover, triangulation with other data collection techniques should include more objective measures (such as phone use time-trackers

or observational techniques), as a recent systematic review has evidenced that the correspondence between self-reported and logged social media use is far from perfect (Parry et al., 2021).

### Conclusion

While the use of digital devices in education is an undeniable reality nowadays, our results emphasize the need to increase the awareness of how students interact with them and how this relates to important educational factors such as text comprehension. Based on our results, we cannot just assume that leisure reading times would be beneficial for developing readers, regardless of the medium used. The notable difference between the effect sizes of previous meta-analysis regarding print reading habits and the present work leads us to search for further explanations. Based on our moderator analysis, we cautiously recommend educators and practitioners to pay more attention to how different digital reading habits can play a role in the reading comprehension of younger readers. Because the heterogeneity found across effect sizes is rather big, we consider this meta-analysis only as a first step into exploring the relationship between reading comprehension and digital reading habits.

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### Educational Impact and Implications Statement

There are positive associations between the reading frequency of printed texts and comprehension. We found that such association is almost null when it comes to reading digital texts.

### ORCID iD

Ladislaó Salmerón  <https://orcid.org/0000-0002-4283-4279>

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### Authors

LIDIA ALTAMURA is a PhD student at University of Valencia, in the ERI-Lectura research group; Lidia.Altamura@uv.es. Her research focuses on the individual differences that contribute to reading comprehension development, such as reading habits and media multitasking.

CRISTINA VARGAS is a professor at the University of Valencia, in the ERI-Lectura research group; Cristina.Vargas@uv.es. Her research focuses primarily on applying quantitative methods for improving reading comprehension.

LADISLAO SALMERÓN is a full professor at the University of Valencia. He conducts his research at the ERI Lectura, a research unit focused on the study of reading in its multiple facets; Ladislao.Salmeron@valencia.edu. His research focuses on understanding, assessing, and improving digital reading in different populations.