



## Correction: Reducing smartphone addiction through calisthenic exercises: a randomized controlled trial

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In the first sentence of the Methods section of the abstract currently written as “participants performed calisthenic exercises 3 times a day for 8 weeks”. However, the correct sentence should read: “participants performed calisthenic exercises 3 times per week for 8 weeks”.

The complete correct sentence of method section is given below.

**Method:** A total of 40 participants were randomly divided into two groups: the calisthenic-exercise group (CalExG) in which participants performed calisthenic exercises 3 times per week for 8 weeks, and the control group (CG) in which participants did not perform any application. Smartphone addiction, sleep quality, and headache were assessed with the Smartphone Addiction scale short form (SAS-SF), Pittsburgh sleep quality index (PSQI), and visual analog scale (VAS), respectively.

The original article has been corrected.

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The original article can be found online at <https://doi.org/10.1007/s11332-025-01455-1>.

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