

www.lesados.ch Newsletter #11 August 2019

EDITORIAL

We read the following news online:

"A resourceful teenager appeared to have taken the rise of increasingly powerful smart home devices to its logical conclusion – tweeting from her family's smart fridge after her mother confiscated her phone.

An Ariana Grande fan known only as "Dorothy" tweeted last week to say she was barred by her mother from using her phone but said she managed to find a number of innovative ways to reach her thousands of followers – a handheld Nintendo device, a Wii U gaming console and, finally, her family's LG Smart Refrigerator." (<https://www.theguardian.com/technology/2019/aug/13/teen-smart-fridge-twitter-grounded>)

And we thought that, independently of whether the news is fake or not (some now say it is), it can be discussed from two different perspectives. The first one (and probably the most common among adults of a certain age) would be that *Dorothy* was addicted to her phone and social media and that we (Parents? Professionals? Government?) must put an end to it. The second one would be being amazed by how incredibly resourceful young people can be.

However, although both approaches can be considered legitimate, the bottom line may be that banning per se has never

proved to be a good option and that maybe the mother taking the time to discuss the matter with her teenage daughter would have been a better option.

Although you can also think that banning may be the way to force people to innovate.

Who knows.

NEWS

GenerationFree study

We just finished collecting the data for the last wave of the *GenerationFree* study (a longitudinal study on gambling and lifestyles of young people in the canton of Fribourg). After 5 years of data collection, the final report will be published and freely downloadable from the website of the study (www.generationfree.ch) at the end of September.

Internet use study: the positive effects

This new study is ongoing. Data collection will begin after the fall holidays.

Journée adolescence 2019



In early June we hosted together with the Institutes of Psychology and Social Sciences at Unil our yearly Adolescence Symposium.

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This year it was dedicated to **Numeric generations: challenges and opportunities**. As it is (fortunately) the case every year, the event was fully booked with 125 participants from very different backgrounds but all interested in adolescence. Mrs. Celsa Amarelle, Cantonal Education Councilor, opened the day discussing about *Numeric education in the school system* and Prof. Joël Billieux closed the symposium with the conference *Addictions to new technologies: clinical reality or pathologization of everyday life?* Overall the conferences and the workshops were very highly rated by participants.

Team changes

Christina Akre, who has been working in our research group since 2006, is leaving the group to face new exciting professional challenges. She will be starting a new position at the *Direction Générale de la Santé* (Vaud) on the 1st of October. She thanks all partners and colleagues for great collaborations over the years!

UPCOMING EVENTS

2nd European Transition Symposium – Internef, University of Lausanne, Switzerland, **12-13 September 2019**. <http://www.lesadoscourses.ch/>

5ème Symposium Genevois des Troubles du Comportement Alimentaire et de l'Obésité « Troubles des conduites alimentaires : un continuum de l'enfance à l'âge adulte » - **Judi 26 septembre 2019**, 9h-17h Auditoire Marcel Jenny Hôpitaux universitaires de Genève

Vivre ensemble avec les écrans : Penser nos usages et nos représentations.

Colloque axé sur la recherche et la pratique. Bâtiment E Haute école de Travail social, Genève, 21 novembre 2019. Programme détaillé et inscription en septembre 2019 :

<https://www.actioninnocence.org/news/colloque-vivre-ensemble-avec-les-ecrans-penser-nos-usages-et-nos-representations/>

The Challenged Child. The Gerry Schwartz and Heather Reisman 5th International Conference on Child Health, Development, and Welfare. Jerusalem, Israel, 2-4 December 2019.

<https://www.jerusalemchild.com/>

11th Excellence in Pediatrics (EiP) meeting – Copenhagen, Denmark, **5-7 December 2019**, Crowne Plaza Copenhagen Towers <https://eip-pediatrics-conference.ineip.org/>

3rd IAAH Mena Region Adolescent Health Conference. Amman, Jordan, 12-14 December 2019

<https://www.mena-adolescent-health.org>

PUBLISHED ARTICLES

Sex education

Barrense-Dias Y, Akre C, Surís JC, Berchtold A, Morselli D, Jacot-Descombes C, Leeners B. **Does the Primary Resource of Sex Education Matter?** A Swiss National Study. *J Sex Res.* 2019 Jun 19:1-11. doi: 10.1080/00224499.2019.1626331. [Epub ahead of print]

The purpose of this paper was to determine the main sexual education resource during adolescence and its associations with personal characteristics and sexual behaviors of youths.

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Brunet P, Ambresin AE, Gojanovic B. [What do you know of RED-S? A field study on adolescent coaches' knowledge]. Rev Med Suisse. 2019 Jul 10;15(657):1334-1338. [Article in French; Abstract available in French from the publisher]

Asthma prognosis

de Jong CCM, Pedersen ES, Goutaki M, Trachsel D, Barben J, Kuehni CE. **Do clinical investigations predict long-term wheeze? A follow-up of pediatric respiratory outpatients.** Pediatr Pulmonol. 2019 Aug;54(8):1156-1161. doi: 10.1002/ppul.24347. Epub 2019 Apr 26.

Reported exercise-induced wheeze and wheeze triggered by pets or pollen were important predictors of wheeze persistence into adolescence. None of the clinical tests predicted wheeze more strongly than reported symptoms. Clinical tests might be important for asthma diagnosis but medical history is more helpful in predicting prognosis in children referred for asthma.

Burns in children and adolescents

Elrod J, Schiestl CM, Mohr C, Landolt MA. **Incidence, severity and pattern of burns in children and adolescents: An epidemiological study among immigrant and Swiss patients in Switzerland.** Burns. 2019 Aug;45(5):1231-1241. doi: 10.1016/j.burns.2019.02.009. Epub 2019 May 13.

The study emphasizes the need for highly specific measures of burn prevention and indicates the necessity of focusing on certain target groups who are especially vulnerable to burns, such as immigrants from less developed countries.

Quality of life in youth welfare institutions

Gander T, Boonmann C, Fegert JM, Kölch M, Schmeck K, Di Gallo A, Dölitzsch C, Schmid M. **Predictive factors for changes in quality of life**

among children and adolescents in youth welfare institutions. Soc Psychiatry Psychiatr Epidemiol. 2019 May 17. doi: 10.1007/s00127-019-01724-8. [Epub ahead of print]

This study investigated what factors are associated with an improvement in QoL during residential stay. The finding that a reduction in severity of psychopathology may result in an improvement in QoL underlines the importance of providing professional support for mentally ill residents of youth welfare institutions. Further research is needed to determine the causality of this association.

Social isolation

Hämmig O. **Health risks associated with social isolation in general and in young, middle and old age.** PLoS One. 2019 Jul 18;14(7):e0219663. doi: 10.1371/journal.pone.0219663. eCollection 2019.

This study aimed to examine prevalence rates and associations of social isolation with various health conditions and behaviors in the entire Swiss population and across different age groups. Social isolation may be less prevalent at younger ages, but is then even more strongly associated with poor health conditions and behaviors than at older ages.

Hermanussen M, Mumm R, Rintisch A, Tutkuvieni J, Suchomlinov A, Joubert K, Longas AF, Scheffler C. **Height SDS Changes (Δ hSDS) in Healthy Children from Birth to 18 Years, with Correction Factors for Measurement Intervals of Less than One Year.** Pediatr Endocrinol Rev. 2019 Jun;16(4):457-467. doi: 10.17458/per.vol16.2019.hmr.heightsdschanges.

Physical activity

Lang C, Brand S, Colledge F, Ludyga S, Pühse U, Gerber M. **Adolescents' personal beliefs about sufficient physical activity are more closely related to sleep and psychological functioning**

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than self-reported physical activity: A prospective study. J Sport Health Sci. 2019 May;8(3):280-288. doi: 10.1016/j.jshs.2018.03.002. Epub 2018 Mar 27.

Adolescents who believe that they are sufficiently physically active to maintain good health reported more restoring sleep. No differences in sleep were found between adolescents who meet PA recommendations vs. those who do not. Additionally, adolescents who believe that they were sufficiently physically active also reported better psychological functioning.

Substance use intervention

Pfarrwaller E, Meynard A, Reyre A, Sommer J, Haller DM. **Excessive substance use screening to encourage behaviour change among young people in primary care: Pilot study in preparation for a randomized trial.** Addict Behav. 2019 Jul 12;98:106049. doi: 10.1016/j.addbeh.2019.106049. [Epub ahead of print]

The present pilot study's objective was to assess the feasibility of methods for the future trial. The study procedures proved to be feasible in primary care practices and acceptable to young people who were readily available to participate. The main challenge for the future full-sized trial will be to ensure that recruitment targets can be met.

Adolescent mentalizing

Poznyak E, Morosan L, Perroud N, Speranza M, Badoud D, Debbané M. **Roles of age, gender and psychological difficulties in adolescent mentalizing.** J Adolesc. 2019 Jul;74:120-129. doi: 10.1016/j.adolescence.2019.06.007. Epub 2019 Jun 13.

The present study highlights a negative association between attentional difficulties and mentalizing performance in community adolescents. Moreover, it provides preliminary evidence suggesting that age, gender and

psychological difficulties can be distinctively associated with patterns of correct and incorrect mentalizing in community adolescents. Implications for future research and clinical practice are discussed.

Richter M, Baerlocher K, Bauer JM, Elmadfa I, Heseker H, Leschik-Bonnet E, Stangl G, Volkert D, Stehle P; on behalf of the German Nutrition Society (DGE). **Revised Reference Values for the Intake of Protein.** Ann Nutr Metab. 2019;74(3):242-250. doi: 10.1159/000499374. Epub 2019 Mar 22.

Substance use intervention

Schneider T, Pfister D, Wörner A, Ruppen W. **Characteristics of children and adolescents at the Switzerland-wide first ambulatory interdisciplinary pain clinic at the University Children's Hospital Basel - a retrospective study.** Swiss Med Wkly. 2019 Apr 17;149:w20073. doi: 10.4414/sm.w.2019.20073. eCollection 2019 Apr 8.

The average of more than 2 years of pain before referral to the clinic seems to be a long time. Assuming that specialised support is mandatory for young patients with complex pain syndromes, the referral time should be reduced. Interestingly, in this study, patients' parents suffered more often from psychiatric diseases than the mean Swiss population.



We wish you a good start of the academic year!

For more information: our [website](http://www.lesados.ch)