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EDITORIAL

The Society for Adolescent Medicine - currently Society for Adolescent Health and Medicine [SAHM] - was founded in 1968 and we just celebrated its first 50 years at the annual meeting in Seattle.

Nineteen sixty-eight was a year to remember: Martin Luther King and Bobby Kennedy were assassinated, the Prague Spring gave a hope that ended brutally in the summer, the Civil Rights act was signed, and Yale university announced that it was going to admit women.

But it was also the young people who occupied a huge part of the news that year: apart from the marches for civil rights and against the Vietnam war, French students started a protest in Paris that was later known as the French May, and a student demonstration ended up in a bloodbath (with over 300 killed) in Mexico City, right before the Olympic games.

Things have changed in these fifty years: in some universities (such as the University of Lausanne), female students outnumber males; terrorism has taken the place of magnicides, and the Iron Curtain can only be found in history books.

However, young people are still on the front line: they fight for better public education in Chile or to have safer high schools in France, and they march for their lives in the USA.... And they remind us out loud that the world they are inheriting is no better than the one we inherited from our parents.

NEWS

SAHM 2018 Annual meeting in Seattle

C Akre, Y Berrense-Dias, A Gubelmann and JC Suris were lucky to attend the SAHM 2018 annual meeting in Seattle (WA) in March, present several abstracts (oral presentations and posters) and workshops, and celebrate the 50 years of the Society.



GenerationFree study

We just finished collecting the data for the fourth wave of the [GenerationFree study](#) (a longitudinal research on gambling and lifestyles of young people in the canton of Fribourg).

National survey on sexual health and behavior of young people in Switzerland

Data analysis is ongoing. We are currently writing the report presenting the results of the national survey on sexual health and behavior of young people in Switzerland. The report (in English) will be published online in June 2018 and the main results will be presented during the *Journée Adolescence 2018* (7 juin 2018).

UPCOMING EVENTS

Congrès fPmh 2018, 24-25 mai 2018, Lausanne. [Informations.](#)

Journée Adolescence 2018: 'A tes amours! Relations amoureuses et sexualité à l'adolescence'. Lausanne/UNIL, 7 juin 2018. [Registration and information.](#)



Symposium international multidisciplinaire « Jeu excessif : science, indépendance, transparence », 27-29 juin 2018, Université de Fribourg. [Informations.](#)

1st European Transition Symposium – 14 September 2018, Lausanne University Hospital, Auditoire Tissot. **Call for abstract open** (Deadline: 20 May!). [Program, info, abstract submission and registration.](#)



3rd International Summer course on children and adolescents with chronic illness – 12-14 September 2018, University of Lausanne. [Program, registration, and information.](#)

Excellence in Pediatrics Conference 2018, 10th Edition, Prague, December 6-8. [Information.](#)

2019 Annual Meeting of the Society for Adolescent Health and Medicine (SAHM). Washington, March 6-9, 2019.

PUBLISHED ARTICLES

Ambresin AE, Narring F. **La transition : entre vulnérabilité et résilience.** Rev Med Suisse. 2018 Apr 18;14(603):819-820. French. No abstract available.

Ambresin AE, Deppen A, Hofer M, Dahner L, Roche O, Huguenin Dezot M, Beltrami D, Nouvellet P, Armengaud JB. **[Together we are stronger: management of complex functional disorders during adolescence].** Rev Med Suisse. 2018 Apr 18;14(603):839-842. French.

Psychotropic drug prescription

Ansermot N, Jordanov V, Smogur M, Holzer L, Eap CB. **Psychotropic Drug Prescription in Adolescents: A Retrospective Study in a Swiss Psychiatric University Hospital.** J Child Adolesc Psychopharmacol 2017 Nov 13. doi: 10.1089/cap.2017.0054. [Epub ahead of print]

This retrospective study aims to evaluate off-label prescriptions and administrations of psychotropic medications in adolescents in a university psychiatric hospital in Switzerland. The authors conclude that the high rate of off-label psychotropic drug use strengthens the need for clinical trials to better evaluate the efficacy and safety of these treatments in adolescents.

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Badarau DO, Ruhe K, Kühne T, De Clercq E, Colita A, Elger BS, Wangmo T. **Decision making in pediatric oncology: Views of parents and physicians in two European countries.** AJOB Empir Bioeth 2017 Jan-Mar;8(1):21-31. doi: 10.1080/23294515.2016.1234519. Epub 2016 Sep 22.

The Swiss Cancer Survivor Study

Belle FN, Weiss A, Schindler M, Goutaki M, Bochud M, Zimmermann K, von der Weid N, Ammann RA, Kuehni CE. **Overweight in childhood cancer survivors: the Swiss Childhood Cancer Survivor Study.** Am J Clin Nutr 2018 Jan 1;107(1):3-11. doi: 10.1093/ajcn/nqx006.

The prevalence of and risk factors for being overweight are similar in long-term childhood cancer survivors and their peers. This suggests that prevention methods can be the same as in the general population.

Overweight in childhood cancer patients

Belle FN, Wenke-Zobler J, Cignacco E, Spycher BD, Ammann RA, Kuehni CE, Zimmermann K. **Overweight in childhood cancer patients at diagnosis and throughout therapy: A multicentre cohort study.** Clin Nutr 2018 Mar 2. pii: S0261-5614(18)30087-6. doi: 10.1016/j.clnu.2018.02.022. [Epub ahead of print]

Childhood cancer patients diagnosed with acute lymphoblastic leukaemia or lymphoma are at increased risk of weight gain during treatment, and might particularly benefit from early lifestyle interventions.

Recommendations on daily internet time

Berchtold A, Akre C, Barrense-Dias Y, Zimmermann G, Surís JC. **Daily internet time: towards an evidence-based**

recommendation? Eur J Public Health. 2018 Apr 17. doi: 10.1093/eurpub/cky054. [Epub ahead of print].

This study demonstrates the absence of justification for setting a limit to only 2 hours of screen time per day. Significant effects on health seem to appear only beyond 4 hours per day and there may be benefits for those who spend less than an hour and a half on internet.

Intervention for unhealthy alcohol use

Bertholet N, Studer J, Cunningham JA, Gmel G, Burnand B, Daeppen JB. **Four-year follow-up of an internet-based brief intervention for unhealthy alcohol use in young men.** Addiction 2018 Feb 3. doi: 10.1111/add.14179. [Epub ahead of print]

An internet-based brief intervention directed at unhealthy alcohol use among young men does not appear to reduce drinking over the long-term.

Czernielewski J, Comte Krieger É, Christen-Zaech S. **[What's new in the management of atopic dermatitis in children and adolescents?]** Rev Med Suisse 2018 Mar 28;14(600):692-697.

de Graaf NM, Cohen-Kettenis PT, Carmichael P, de Vries ALC, Dhondt K, Laridaen J, Pauli D, Ball J, Steensma TD. **Psychological functioning in adolescents referred to specialist gender identity clinics across Europe: a clinical comparison study between four clinics.** Eur Child Adolesc Psychiatry 2017 Dec 18. doi: 10.1007/s00787-017-1098-4. [Epub ahead of print]

Depallens S, Takeuchi YL, Roberts K. **[Lost in transition: crossed looks on the 18-25 years old].** Rev Med Suisse. 2018 Apr 18;14(603):831-834. French.

Devillé C, Lambert N. **[Care for unaccompanied minor migrant adolescents at the Youth Health Consultation: Support, psychotherapy and resilience]**. Rev Med Suisse. 2018 Apr 18;14(603):822-824. French

Dratva J, Stronski S, Chiolerio A. **Towards a national child and adolescent health strategy in Switzerland: strengthening surveillance to improve prevention and care.** Int J Public Health. 2018 Mar;63(2):159-161. doi: 10.1007/s00038-017-1062-6. Epub 2017 Nov 28.

Dratva J, Caviezel S, Schaffner E, Stolz D, Rothe T, Kuenzli N, Schmidt-Trucksäss A, Zemp E, Probst-Hensch N. **Is there a gender-specific association between asthma and carotid intima media thickness in Swiss adolescents?** Eur J Pediatr 2018 Feb 6. doi: 10.1007/s00431-018-3107-0. [Epub ahead of print]

Gaignard ME, Bénard J, Lang N. **[Fertility and cancer in young adults: cured, but what about having children?]** Rev Med Suisse 2018 Mar 14;14(598):558-562.

Pathways to suicide attempt

Grazioli VS, Bagge CL, Studer J, Bertholet N, Rougemont-Bücking A, Mohler-Kuo M, Daeppen JB, Gmel G. **Depressive symptoms, alcohol use and coping drinking motives: Examining various pathways to suicide attempts among young men.** J Affect Disord 2018 May;232:243-251. doi: 10.1016/j.jad.2018.02.028. Epub 2018 Feb 17.

Findings of this study suggest that young men with depressive symptoms and/or those who use alcohol to cope with negative affect may benefit from programs targeting suicidal behaviors.

Compliance to daily physical activity

Gubelmann C, Marques-Vidal P, Bringolf-Isler B, Suggs LS, Vollenweider P, Kayser B. **Correlates of weekday compliance to physical activity recommendations in Swiss youth non-compliant in weekend days.** Prev Med Rep 2017 Dec 21;9:86-91. doi: 10.1016/j.pmedr.2017.12.004. eCollection 2018 Mar.

Male gender, being a sports club participant and having a physically active parent significantly increase compliance with physical activity recommendations during weekdays among Swiss youth who are inactive on weekends.

Young adult cancer survivors

Harju E, Roser K, Dehler S, Michel G. **Health-related quality of life in adolescent and young adult cancer survivors.** Support Care Cancer 2018 Mar 23. doi: 10.1007/s00520-018-4151-z. [Epub ahead of print]

Results emphasize the need for individualized support services to improve survivors' health-related quality of life in vulnerable subgroups. The authors recommend adapted care for women and migrants, in addition to educational and employment support systems.

An RCT for smoking cessation

Haug S, Paz Castro R, Kowatsch T, Filler A, Schaub MP. **Efficacy of a technology-based, integrated smoking cessation and alcohol intervention for smoking cessation in adolescents: Results of a cluster-randomised controlled trial.** J Subst Abuse Treat 2017 Nov;82:55-66. doi: 10.1016/j.jsat.2017.09.008. Epub 2017 Sep 14.

Overall, the integrated smoking cessation and alcohol intervention exhibited no advantages over a smoking cessation only intervention, but it might be more effective for the subgroup of

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adolescent smokers with higher alcohol consumption. Providing a combined smoking cessation and alcohol intervention might be recommended for adolescent smokers with higher-level alcohol consumption.

Inflammatory bowel disease

Herzog D, Fournier N, Buehr P, Rueger V, Koller R, Heyland K, Nydegger A, Spalinger J, Schibli S, Petit LM, Braegger CP; Swiss IBD Cohort Study Group. **Age at disease onset of inflammatory bowel disease is associated with later extraintestinal manifestations and complications.** Eur J Gastroenterol Hepatol 2018 Jan 22. doi: 10.1097/MEG.0000000000001072. [Epub ahead of print]

After 10 years of disease evolution, age at disease onset is not anymore associated with disease behavior but only with a small difference in the occurrence of specific extraintestinal manifestations and complications.

Juvenile delinquency

Leenarts LEW, Dölitzsch C, Pérez T, Schmeck K, Fegert JM, Schmid M. **The relationships between gender, psychopathic traits and self-reported delinquency: a comparison between a general population sample and a high-risk sample for juvenile delinquency.** Child Adolesc Psychiatry Ment Health 2017 Dec 19;11:64. doi: 10.1186/s13034-017-0202-3. eCollection 2017

Psychopathic traits were found to be present in a wide range of youths (i.e., high-risk as well as general population sample, young children as well as adolescents, boys as well as girls) and were related to delinquent behavior. Therefore, screening for psychopathic traits among young children with psychosocial adjustment problems

seems relevant for developing effective intervention strategies.

Leu A, Jung C, Frech M, Sempik J, Moser U, Verner M, Becker S. **Study protocol: young carers and young adult carers in Switzerland.** BMC Health Serv Res 2018 Mar 15;18(1):183. doi: 10.1186/s12913-018-2981-5.

Leu A, Frech M, Jung C. **"You don't look for it"- A study of Swiss professionals' awareness of young carers and their support needs.** Health Soc Care Community 2018 Apr 11. doi: 10.1111/hsc.12574. [Epub ahead of print]

Müller-Luzi S, Schmid M. **[Success Factors and Stumbling Blocks in the Cooperation with Child and Adolescent Psychiatry/Psychotherapy from the Perspective of Social Pedagogues].** Prax Kinderpsychol Kinderpsychiatr 2017 Oct;66(8):576-598. doi: 10.13109/prkk.2017.66.8.576.

Inflammatory bowel disease

Pepe J, Zawadzinski S, Herrmann FR, Juillerat P, Michetti P, Ferrari-Lacraz S, Belli D, Ratib O, Rizzoli R, Chevalley T, Ferrari SL. **Structural Basis of Bone Fragility in Young Subjects with Inflammatory Bowel Disease: A High-resolution pQCT Study of the SWISS IBD Cohort (SIBDC).** Inflamm Bowel Dis 2017 Aug;23(8):1410-1417. doi: 10.1097/MIB.0000000000001139.

Young patients with inflammatory bowel disease have low areal bone mineral density and altered trabecular bone microarchitecture compared with healthy controls. The latter is independently associated with fractures and may predispose increased susceptibility to fragility fractures throughout life.

Romann M, Rössler R, Javet M, Faude O. **Relative age effects in Swiss talent development - a nationwide analysis of all sports.** J Sports Sci 2018 Feb 2:1-7. doi:

10.1080/02640414.2018.1432964. [Epub ahead of print]

Stressors impact on substance use

Rougemont-Bücking A, Grazioli VS, Daeppen JB, Gmel G, Studer J. **Family-Related Stress versus External Stressors: Differential Impacts on Alcohol and Illicit Drug Use in Young Men.** Eur Addict Res 2017;23(6):284-297. doi: 10.1159/000485031. Epub 2017 Dec 22.

The family-related stress factor with the strongest association with substance use was lack of parental monitoring.

Rueegg CS, Kriemler S, Zuercher SJ, Schindera C, Renner A, Hebestreit H, Meier C, Eser P, von der Weid NX. **A partially supervised physical activity program for adult and adolescent survivors of childhood cancer (SURfit): study design of a randomized controlled trial [NCT02730767].** BMC Cancer 2017 Dec 5;17(1):822. doi: 10.1186/s12885-017-3801-8.

Pernin T, Haller DM, Meynard A, Narring F. **[Majority in asylum seekers and unaccompanied minors: Practical aspects for an effective inter-professional approach].** Rev Med Suisse. 2018 Apr 18;14(603):826-830. French.

Siegenthaler MH. **Pediatric Patients in Swiss Chiropractic Clinics: A Questionnaire Survey.** J Manipulative Physiol Ther 2017 Sep;40(7):477-485. doi: 10.1016/j.jmpt.2017.03.007. Epub 2017 Oct 25.

Suicide in adolescents

Steck N, Egger M, Schimmelmann BG, Kupferschmid S; Swiss National Cohort. **Suicide in adolescents: findings from the Swiss National cohort.** Eur Child Adolesc Psychiatry 2018 Jan;27(1):47-56. doi: 10.1007/s00787-017-1019-6. Epub 2017 Jun 29.

The authors conclude that familial and socioeconomic factors including type of household, birth order and urbanity are associated with youth suicide in Switzerland and that these factors should be considered when designing prevention programs for youth suicide.

Transition program evaluation

Thomet C, Lindenberg C, Schwerzmann M, Spichiger E. **Adolescents' with congenital heart disease and their parents' experiences of a nurse-led transition program – an interpretive phenomenological study** [Article in German]. Pflege 2018 Feb;31(1):9-18. doi: 10.1024/1012-5302/a000574. Epub 2017 Sep 5.

A transition program is a key element for establishing a continuous care in adolescents with a chronic disease. It facilitates the parents' process of allowing their youths to assume increasing responsibility for their own health.

Vust S, Cook-Darzens S, Lier F, Ambresin AE. **[Adolescents suffering from anorexia nervosa: an evidence-based approach of the parent's role in 2018].** Rev Med Suisse. 2018 Apr 18;14(603):835-838. French.

HPV vaccine uptake

Wymann MN, Zographos AS, Altpeter E, Spicher VM, Low N, Mäusezahl-Feuz M. **Human papillomavirus vaccine uptake in adolescence and adherence to cervical cancer screening in Switzerland: a national cross-sectional survey.** Int J Public Health 2018 Jan;63(1):105-114. doi: 10.1007/s00038-017-1050-x. Epub 2017 Nov

The results suggest that HPV vaccination is not associated with reduced uptake of cervical cancer screening. This study provides information that can be used to improve HPV vaccination uptake in Switzerland.

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Yaron M, Soroken C, Narring F, Brockmann C, Merglen A. **[Adolescence and sexuality: a risky business How best to inform parents ?]** Rev Med Suisse. 2018 Apr 18;14(603):843-848. French.

Zuffianò A, Colasante T, Buchmann M, Malti T. **The codevelopment of sympathy and overt aggression from middle childhood to early adolescence.** Dev Psychol 2018 Jan;54(1):98-110. doi: 10.1037/dev0000417. Epub 2017 Sep 21.

REPORTS

Barrense-Dias Y, De Puy J, Romain-Glassey N, Suris JC. **La prévention et le sexting : un état des lieux.** Lausanne, Institut universitaire de médecine sociale et préventive, 2018 ([Raisons de santé 285](#)).

PeNar & Insieme Vaud. **Handicap et migration. Entre obstacles et facilitateurs, comment trouver le chemin pour accompagner l'enfant et sa famille?** (<http://insiemevaud.ch/cms/wp-content/uploads/2017/07/Commande-de-fascicule-via-penar-A-5.pdf>)



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