

www.lesados.ch Newsletter #10 May 2019

EDITORIAL

Research in adolescent health points out that school bonding, sport practice and religious affiliation are protective factors for youth. This means that an adolescent who likes going to school, enjoys practicing sport with friends and attends religious services could be considered as safe from detrimental influences or risky behaviors. However, research does not look much into the adults taking care of these youths, and an increasing number of cases of reported sexual abuses from teachers, coaches, or clergies are being denounced by the victims.

These practices have been especially mediatized among members of the Catholic Church, to the point that last February the Pope (finally!) called a conference among the top-ranked members of its hierarchy to debate the issue. To the great deception of the victims, the conference ended with nice words and no concrete plan to eradicate the problem. Moreover, in March the Pope refused the resignation of a French cardinal found guilty of covering up sexual abuses because his lawyers had appealed... *Eppur si muove*.

NEWS

SAHM 2019 Annual meeting in Washington D.C.

Christina Akre, Yara Barrense-Dias, Alicia Gubelmann and JC Suris attended the

SAHM 2019 annual meeting in Washington, DC, in March. The GRSA presented several abstracts (oral presentation and posters) and led a workshop on transition and a Special Interest Group on research.



During this annual conference, Yara Barrense-Dias received the 2019 Edie Moore Student Travel Scholarship Award. The purpose of this award is to encourage and maintain the interest of young professionals in adolescent health.



GenerationFree study

We just finished collecting the data for the fifth and last wave of this longitudinal research on gambling and lifestyles of young people in the canton of Fribourg (www.generationfree.ch).

The final report including longitudinal data analysis should be ready for the end of summer.

Internet use study: the positive effects

Our research group received a grant from the Service of Public Health of the Canton

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of Vaud to conduct a study on the use of Internet among 10th grade students. This study is an update / follow-up of the *ado@internet.ch* study conducted between 2012 and 2014. In the current study, however, we will focus more on the opportunities and positive effects of the Internet.

Launch of the Teen Advisory Board

Our research group together with the Interdisciplinary Division of Adolescent Health (DFME, CHUV) is launching a Teen Advisory Board in Lausanne. Its aim is to give voice to the adolescents and young adults regarding their health. The kick-off session will take place on 21 May 2019. This is thanks to the Fondation Planète Enfants Malades who gave us funding to start the project.



UPCOMING EVENTS

Journée adolescence 2019, University of Lausanne – **jeudi 6 juin 2019**. *Génération numérique: défis et opportunités*. Bâtiment Aula de l'IDHEAP UNIL-Mouline <https://wp.unil.ch/sympados/>

4th Annual Transition Conference, to be held this year at Aintree University Hospital's clinical sciences centre, Liverpool, England on **Friday 28th June 2019**. The event is free to attend, and places can be booked here: <https://www.eventbrite.co.uk/edit?eid=59759575499&published=0>

Swiss Public Health Conference – Child and Adolescent Public Health. ZHAW, Winterthur, **28-29 August 2019**, <https://sphc.ch/fr/>

2nd European Transition Symposium – Agora Convention Center, Lausanne, Switzerland, 12-13 September 2019. Call for abstracts deadline: 1st of June <http://www.lesadoscourses.ch/>

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

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/>

PUBLISHED ARTICLES

Identity status among adolescents

Albert Sznitman G, Zimmermann G, Van Petegem S. **Further insight into adolescent personal identity statuses: Differences based on self-esteem, family climate, and family communication.** J Adolesc. 2019 Feb;71:99-109. doi: 10.1016/j.adolescence.2019.01.003. Epub 2019 Jan 22.

The authors identified six identity statuses: Achievement, Foreclosure, Ruminative Moratorium, Reconsidering Achievement, Troubled Diffusion, and Carefree Diffusion. The use of the six-process model of identity allowed for the derivation of six identity statuses and provided further insight into how adolescents in different identity statuses confront identity-related issues in the context of their family.

Violent Victimization

Averdijk M, Ribeaud D, Eisner M. **Childhood Predictors of Violent Victimization at Age 17 Years: The Role of Early Social Behavioral Tendencies.** J Pediatr. 2019 Feb 27. pii: S0022-3476(18)31830-4. doi: 10.1016/j.jpeds.2018.12.056. [Epub ahead of print]

Childhood social behavioral tendencies predict victimization 10 years later. Incorporating this finding into early prevention programs could reduce victimization over the life course.

Defining Sexting

Barrense-Dias Y, Surís JC, Akre C. **"When It Deviates It Becomes Harassment, Doesn't It?" A Qualitative Study on the Definition of Sexting According to Adolescents and Young Adults, Parents, and Teachers.** Arch Sex Behav. 2019 Apr 8. doi: 10.1007/s10508-018-1358-5. [Epub ahead of print]

This exploratory study concludes that it is necessary to develop a precise and consensual definition of sexting by separating different dimensions and by using a specific vocabulary according to youth perceptions as their main definition of sexting seems to be different from the one of most adults. Prevention messages should aim to reduce the risks by targeting the problems linked to sexting rather than prohibiting sexting per se.

Bringolf-Isler B, Schindler C, de Hoogh K, Kayser B, Suggs LS, Dössegger A, Probst-Hensch N; SOPHYA Study Group. **Association of objectively measured and perceived environment with accelerometer-based physical activity and cycling: a Swiss population-based cross-sectional study of children.** Int J Public Health. 2019 Jan 30. doi: 10.1007/s00038-019-01206-3. [Epub ahead of print]

Screen time and mobile phone use

Foerster M, Henneke A, Chetty-Mhlanga S, Rössli M. **Impact of Adolescents' Screen Time and Nocturnal Mobile Phone-Related Awakenings on Sleep and General Health Symptoms: A Prospective Cohort Study.** Int J Environ Res Public Health. 2019 Feb 12;16(3). pii: E518. doi: 10.3390/ijerph16030518.

The results suggest a detrimental effect of screen time and mobile phone-related awakenings on sleep problems and related health symptoms. However, the results should be interpreted cautiously with respect to adolescents' natural changes in circadian rhythm, which may coincide with an increase in mobile phone and media use.

Gaillard F, Quartier V, Roman P. **[A sensorymotor precursor of the hyperactivity syndrome. Study of a sample of Swiss French-speaking children].** Rev Med Suisse. 2019 Mar 6;15(641):555-558. [Article in French; Abstract available in French from the publisher]

Self-esteem and stress effects

Jafflin K, Pfeiffer C, Bergman MM. **Effects of self-esteem and stress on self-assessed health: a Swiss study from adolescence to early adulthood.** Qual Life Res. 2019 Apr;28(4):915-924. doi: 10.1007/s11136-018-2059-1. Epub 2018 Dec 17.

In addition to their known influence on mental health, stress and self-esteem are important factors influencing individuals' general health, even in adolescence and young adulthood. While all types of stressors have a negative impact on health, the negative stressors seem to have more prominent effects than neutral stressors.

Teasing about weight

Kohlmann CW, Eschenbeck H, Heim-Dreger U, Hock M, Platt T, Ruch W. **Fear of Being Laughed at in Children and Adolescents: Exploring the Importance of Overweight, Underweight, and Teasing.** Front Psychol. 2018 Aug 14;9:1447. doi: 10.3389/fpsyg.2018.01447. eCollection 2018.

Girls who felt too fat and boys who felt too thin reported teasing. Teasing was related to diminished joy at school and to gelotophobia (fear of being laughed at). Among boys, underweight mediated by weight-related teasing contributed to gelotophobia. The results suggest that more research should be devoted to gelotophobia and the experience of weight-related teasing and mocking to better understand factors contributing to the well-being of children and adolescents with weight problems.

Cancer survivors

Michel G, François C, Harju E, Dehler S, Roser K. **The long-term impact of cancer: Evaluating psychological distress in adolescent and young adult cancer survivors in Switzerland.** Psychooncology. 2019 Mar;28(3):577-585. doi: 10.1002/pon.4981. Epub 2019 Jan 24.

Of 160 AYA cancer survivors, 34 (21%) reported being distressed (27% in women, 17% in men; $P=0.129$). Systematically screening for distress and providing psychological follow-up for survivors at risk may help to provide adequate psychological support.

Rios-Leyvraz M, Bovet P, Bochud M, Genin B, Russo M, Rossier MF, Tabin R, Chiolero A. **Estimation of salt intake and excretion in children in one region of Switzerland: a cross-sectional study.** Eur J Nutr. 2018 Oct 19. doi: 10.1007/s00394-018-1845-4. [Epub ahead of print]

Ströhle A, Richter M, González-Gross M, Neuhäuser-Berthold M, Wagner KH, Leschik-Bonnet E, Egert S; German Nutrition Society (DGE). **The Revised D-A-CH-Reference Values for the Intake of Vitamin B₁₂: Prevention of Deficiency and Beyond.** Mol Nutr Food Res. 2019 Mar;63(6):e1801178. doi: 10.1002/mnfr.201801178. Epub 2019 Jan 28.

REPORTS

Delgrande Jordan, M., Schneider, E., Eichenberger, Y, & Kretschmann, A. (2019). **La consommation de substances psychoactives des 11 à 15 ans en Suisse – Situation en 2018 et évolutions depuis 1986 - Résultats de l'étude Health Behaviour in School-aged Children (HBSC)** (rapport de recherche No 100). Lausanne: Addiction Suisse. (https://www.addictionsuisse.ch/fileadmin/user_upload/DocUpload/HBSC-2018-rr-100.pdf)



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