The global covid-19 pandemic has challenged our daily lives. Having a virtual drink with friends, attending concerts from home, practicing online sports lessons... Containment seems to inspire creativity with the objective of dealing with isolation and minimizing impacts on mental health. We had to adapt. Interestingly, to overcome loneliness, digital media and the Internet were key during this period. This is remarkable since, most of the time, these tools are depicted negatively. Today, more than ever, these tools have allowed many people, not only the young ones, to keep in touch.

More screen time, more connection, certainly more flexible rules and less school... Some might say that teens finally get what they want! However, confined at an age during which they aspire to more freedom and independence, and during which peers are of particular importance, adolescents may experience difficulties living such a situation. While containment can be an opportunity to spend time with family, in some cases, the loss of social relationships and the cohabitation can fuel family tensions. School is about acquiring knowledge but not only. School is also a place where social and relational skills are developed.

As adolescence is already a period full of challenges without a pandemic, it seems crucial to advocate for special and adapted support for adolescents during this period as well as the post-pandemic period, which will undoubtedly also be challenging.

**NEWS**

A cold (and unforgettable) winter

Yara moved to Quebec City for her post-doc on January 1st, and once she had adapted to the (very) cold weather, the University was closed due to the pandemic. She keeps her spirits high (especially now that spring has arrived) and keeps working from home in the old town of the city. She will be back at the GRSA on July 1st.
SAHM 2020

We were supposed to attend the SAHM annual meeting in San Diego in March where we were invited to present six posters and conduct a workshop. Unfortunately, it was cancelled due the COVID-19 pandemic.

Internet use study: the positive effects

We were lucky that all data for our new survey on Internet use were collected just before schools were closed. Over 3’000 pupils in 10th grade in the canton of Vaud participated and results should be ready next summer. The second wave of this longitudinal study will take place in winter 2020-2021.

Emergency contraception use

The final report on the qualitative study on emergency contraception use in pharmacies is now available here: https://serval.unil.ch/resource/serval:BIB_9D5FB3D7E904.P001/REF

A fact-sheet summarizing the main results is being prepared and will be available online.

Internet use study: the positive effects

The pupils in 10th grade and their parents in the canton of Vaud are currently answering our new survey on Internet and media use, focusing on their positive effects. Data collection will end at the end of January 2020 and data analysis will begin.

Energy drinks and youths: an update on their consumption

The final report on the qualitative study on the consumption of energy drinks among youths aged 14-20 is now available: https://serval.unil.ch/resource/serval:BIB_715EE027F0B7.P001/REF

Youth smoking and electronic cigarettes use

We have just finished a study using the GenerationFree data (secondary analysis) on cigarettes and electronic cigarettes consumption trajectories of young people over time. The final report will soon be available online.

Sexuality and media

Our research group participated in the creation of educational cards for parents to engage discussion with their child relating to sexuality and screen / Internet use. The four sheets using an Easy to read and understand method are free to download in French, German and Italian: https://www.sante-sexuelle.ch/shop/fr/education-sexuelle/fiches-educatives-pour-des-parents-d enfants-de-0-a-18-ans-sur-la-sexualite-et-les-ecrans. A training related to these sheets will be given on January 26th 2021 at the University of Fribourg.
Containment, parents and screen / Internet use
We are about to launch an exploratory study with parents to assess the effects of the containment due to the pandemic on parental rules related to screen and Internet use at home with adolescents. This summer, we will conduct interviews with adolescents and parents to develop this research by exploring how the containment was lived in terms of relations, activities, needs, etc.

A different way to interact
Since mid-March, our weekly meetings have been through screen from home... Once you get used to it, it can be quite fun and allows to make sure that everyone is doing fine. The down point is that we cannot share a cake!

A wonderful MD
For the last 6 months, Marion Meuwly (bottom right on the picture above) has been doing her MD thesis with us. She has worked (very hard!) to produce four papers using the Swiss sexual health survey data. She is pursuing her training in internal medicine and wants to become a family doctor. We wish her all the best!

UPCOMING EVENTS

ATTENTION! Due to the current pandemic, the Journée Adolescence is reported to 2021. More information to come on www.lesados.ch or https://wp.unil.ch/sympados/

Swiss Public health conference 2020.
Luzern, 2-3 September 2020: From evidence to public health policy and practice

12th Excellence in Pediatrics Conference.
Amsterdam, 3-5 December 2020

Le sexting comme illustration des pratiques. Lausanne, Haute école de travail social et de la santé, 1-2 February 2021.
More information to come on https://www.hetsl.ch/formation-continue/formations-courtes

**Substance use and criminal recidivism**


The cumulative substance problem score (SPS) was a valid measure for assessing the risk of criminal recidivism for youth having 2-3 (OR 2.24-2.56) and 4+ problems (OR 3.40-4.37) in comparison to youth with 0-1 problems. Forensic experts and clinicians should comprehensively assess substance use patterns in juvenile offenders and may use the SPS as an indicator for further criminal risks. Additional analysis of the SPS in other forensic samples and cultures would be worthwhile.

**Clinical screening of media use**


This article provides practical tools for screening the use of media in consultation with the adolescent and illustrates with a clinical story what lies behind the screens.

**Unwanted sexual experiences**


Unwanted sexual experiences (USE) is a complex issue, and the level of complexity increases in parallel with its severity. Although it is much more frequent among females, males report higher rates than expected. When investigating sexual victimization, there is a need to consider the diverse forms of USE and adopt a gendered approach in order to better comprehend sexual victimization and effectively intervene on the social, legal, and public health levels to prevent sexual victimization among youths.

**Youth support towards family**


The findings highlight that addressing different developmental contexts with person-oriented approaches can provide new insights in the understanding of adolescents’ adaptation processes.

**Primary sex education resources**


Even though some resources such as friends or the Internet presented negative outcomes when they were assessed individually, we cannot deny the important place that they occupy in the lives of some youths.

**The multi-facet sexting**


This study highlighted the need to offer a multi-disciplinary, multi-resource and multi-concept
approach in sexting-related prevention. Broader values such as respect and consent must be integrated. Consensual sexting must be clearly differentiated from non-consensual dissemination. Policy implications and future directions, including prevention strategies, are discussed.

Cochlear implants and foreign language

Almost 90% of cochlear implant children in Switzerland learn foreign language(s) at school. All the tested patients reached the current school objectives for English reading. The success rate for French was lower, especially regarding listening tasks. The 13 matched pairs with normal-hearing did not score substantially better.

Ineffective fat-shaming

The authors conclude that health professionals should be aware that body dissatisfaction or teasing triggered by the adolescent’s body are not an incentive to lose weight and increase the risk of eating disorders. Therefore, negative comments should be avoided in consultation.

Beverage-specific alcohol expectancies

The aim of this paper is to explore whether in the eyes of young adolescents the consumption of different alcoholic beverages is associated with different alcohol expectancies, namely beliefs on what emotional outcomes take place when alcohol is consumed. Findings reveal a level of nuanced knowledge existing among young adolescents with minimal drinking experience, in that they hold very different expectancies for different beverages, prompting for future investigations to examine beverage-specific expectancies.

Delay in school start time effect

Findings suggest that not only wake up times but also bed times may shift later when school start times are delayed. The 20 minutes delay in school start times may have been too slight to have an impact on daytime tiredness, behavioral persistence and positive attitude towards life.

Physical activity and substance use

Physical activity, even at a high level, is not a protective factor against substance consumption. Therefore, physicians should not forget to investigate substance use among people with
high levels of physical activity, especially since their consumption can (1) differ from the general population; and (2) have important consequences on their physical performance.

**Clinical practice of pre-hospital analgesia**
Pre-hospital analgesia is mostly adequate, especially when done with ketamine or fentanyl. Female paramedics provided better analgesia and in selected patients, an emergency physician on scene improved quality of analgesia in critical patients.

**Development of alcohol use disorder**
Maturing out of problematic alcohol use (AU) in emerging adulthood is not the norm in Switzerland, and the alcohol use disorder (AUD) score developed in late adolescence remains until at least emerging adulthood. AU on workweek days is a more practical marker of potentially problematic AU. This calls for timely interventions in adolescence and concerning regular drinking on workweek days in emerging adulthood.

**Stress disorder of children after a trauma**
The findings provide new information on children at risk for acute stress disorder after single-incident trauma, based on a unique set of international data. Classifying children based on latent symptom profiles helps to identify target groups for prevention and intervention after exposure to a potentially traumatic event.

**Type 1 diabetes care inequalities**
Globally it is estimated that over 1 million children and adolescents have Type 1 diabetes with large variations in incidence between different contexts. Health systems need to provide a variety of elements to ensure appropriate diabetes care, such as service delivery; healthcare workforce; information; medical products and technologies; financing and leadership and governance. Type 1 diabetes can serve as a litmus as we move towards the centenary of the discovery of insulin and beyond as there is a need for a global movement to ensure that innovation in the management of diabetes benefits the whole diabetes community and not just a select few.

**Recommendations for iron deficiency**
Mattiello V, Schmugge M, Hengartner H, von der Weid N, Renella R; SPOG Pediatric Hematology Working Group. Diagnosis and
**Burnout and educational practices**


Results from path analysis showed that the three dimensions of burnout were negatively associated with certain teacher- and school-related educational practices. These educational practices should be of particular interest when it comes to strengthening the protective role of schools and teachers against school burnout in adolescents.

**Vitamin D guidelines for adolescents**


Inspired by a clinical case, the authors try to answer this question of whether vitamin D plays a critical role in bone health in adolescence by presenting a summary of worldwide recommendations for vitamin D in adolescents.

**Analysis of reported females sexual abuse**


Results highlight important differences in child and adolescent sexual assault in terms of delay in presentation to primary care, perpetrator's relation to the victim, and presence of bodily lesions. This study confirms that gynecological findings alone are not consistently present in the patients who seek primary care after sexual assault.

**Boys sexual health in primary care**


The authors state that the primary care setting gives the opportunity to tackle sexuality topics with boys and that it allows defusing frequent causes of concern in this crucial developmental
Addressing gender identity in primary care
This article provides a synthesis about recent evidence and suggested communication approaches for primary care physicians, who play a central role for the health of all patients.

Bans effect on alcohol intoxication
The aim of this study was to estimate age-specific changes in hospital admissions for alcohol intoxication following two consecutive restrictions on off-premises alcohol sales introduced in the canton of Vaud, Switzerland. The authors conclude that even partial restrictions of off-premises sales of alcohol in Switzerland (only 2 days per week or only for beer and spirits) appeared to reduce hospital admissions for alcohol intoxication across a wide age range (ages 16-69 years).

Age influences in multiple sclerosis
Age is an important factor independently affecting clinical outcomes in multiple sclerosis. This should be considered when designing clinical trials or choosing disease-modifying therapy.

Obesity and waist circumference cutoff
The international waist circumference (WC) cutoffs developed in this study could be useful to screen central obesity in children and adolescents aged 6 to 18 years and allow direct comparison of WC distributions between populations and over time.

REPORTS
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*Stay safe!*

*Our website*