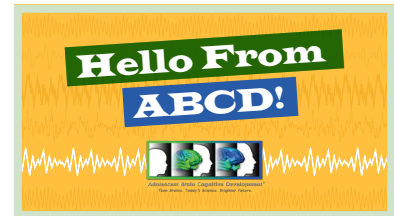


ABCD Study Newsletter



Happy New Year!

We hope you're having a great school year. We're excited to bring you this next edition of the ABCD Study® newsletter. We have a lot to tell you. First, thank you for your continued involvement with the ABCD Study – now in its 8th year. Check out this [thank you video](#) we made just for you! We are enormously grateful for your dedication to ABCD. If there's anything we can do to make your experience better, please reach out – we'd love to hear from you. You can find your site's contact information on [this page](#).



ABCD Science

Did you know that reading for fun is good for your mental wellbeing?

Using data from ABCD Study participants at all 21 sites, researchers in the UK and China found that participants who regularly read for pleasure when they were 9-10 years old showed benefits in mental health, sleep, and cognition two years later. The researchers found that the ideal duration of reading was about 12 hours per week.

ABCD in the news:

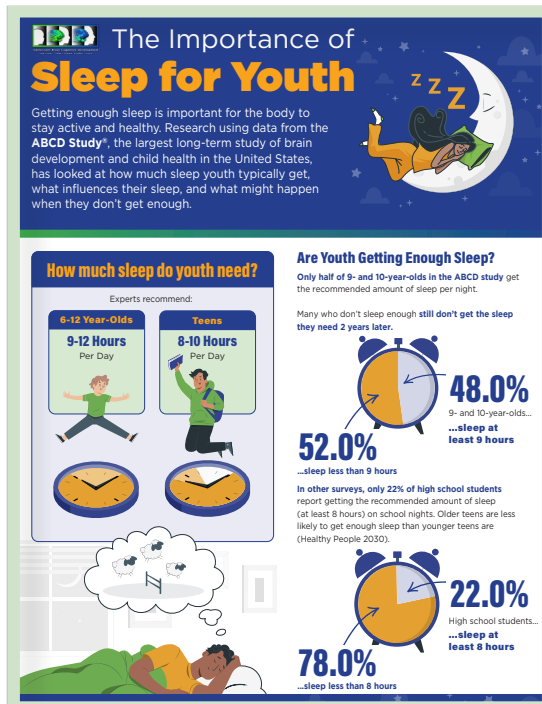
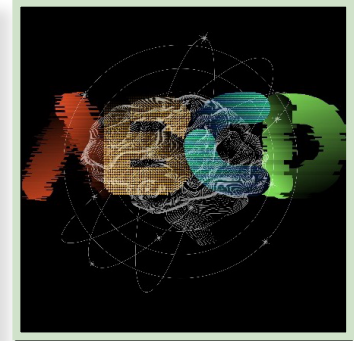
[Reading for pleasure early in childhood linked to better cognitive performance and mental wellbeing in adolescence](#)



Student Space

ABCD 2023 T-shirt Design Contest:

Thank you to all the 2023 t-shirt design contest submitters, and congratulations to the winners! After voting by ABCD participants, we have two winning designs! T-shirts will soon be available at your ABCD site.



Infographic: The Importance of Sleep for Youth

How much sleep do teens in the ABCD Study typically get? What influences their sleep, and what might happen when they don't get enough? Check out the latest infographic on sleep health based on data from the ABCD Study [here](#). The ABCD Study hosted a webinar on November 8 on sleep health: **ZZZs and Teens: The science of adolescent sleep in the ABCD Study®**. If you weren't able to attend, you can still watch the recording which is available on the [ABCD website](#). Have ideas for future ABCD webinar topics? Please send them to adolescentbrain@mail.nih.gov.

Community Outreach Challenge

The Substance Abuse and Mental Health Services Administration (SAMHSA) is hosting a contest for people aged 14-18 to propose community strategies to increase education and awareness around the dangers of fentanyl. Prizes total up to \$80,000. Contest is open until 2/26/24.

[Click here](#) to learn how you can get involved!



Families Place

ABCD-RECOVER



An Initiative Funded by the National Institutes of Health

For the past year, the ABCD Study has partnered with the National Institutes of Health on the ABCD-RECOVER (the Researching COVID to Enhance Recovery) research study to help researchers better understand the long-term effects of COVID infections. ABCD-RECOVER is open to all ABCD youths and their caregivers, regardless of COVID infection or vaccination status. As of November 2023, ABCD-RECOVER has enrolled over 5,600 ABCD youth and over 4,700 caregivers into this study.

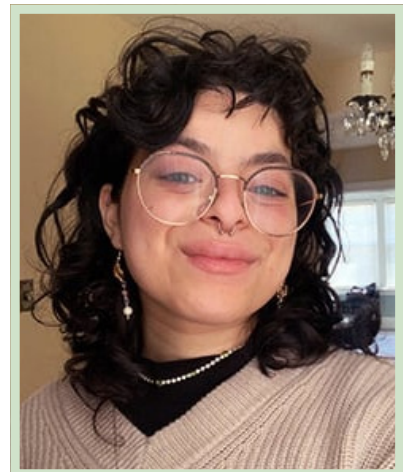
Participation in ABCD-RECOVER is completely remote, including surveys and a small sample of blood that is collected at home to test for COVID antibodies, a protein in blood made in response to COVID infections and vaccinations.

Your participation is critical in helping researchers learn more about COVID and its effects. If you and/or your youth have not yet enrolled in this study and are interested in participating, please let your ABCD team know as soon as possible. To learn more about the larger RECOVER initiative, please [click here](#) to view the study newsletter.

Get to know your ABCD Study Research Assistants!

RA spotlight: Olive Calonge, from the Virginia Commonwealth University site

"I joined the ABCD Study as a research intern at Virginia Commonwealth University (VCU) in June 2021 after graduating from Stony Brook University. It was only supposed to be a 3-month internship, but by August I had done so much training, shadowing visits, and bonding with co-workers, I felt like I was just getting started! As an RA, I spent lots of time with participants and their families. I also got to develop our lab's social media presence, create new resources for youth participants, plan recruitment events, and develop new guides for training RAs. Being an RA taught me a lot about how to do research, and working with youth brings me so much joy. Mainly, I want everyone to always leave the lab feeling understood and heard."



My co-workers and bosses have had a profound impact on my growth and career interests. In November 2022, I accepted a new position as Participant Engagement and Support Coordinator at VCU. I manage our site's RECOVER Study along with the many other hats I wear. I am planning to apply to Ph.D. programs in Clinical and Counseling Psychology later this year. My research interests include pregnancy, trauma, and youth, particularly within the LGBTQ+ and Latinx communities. Outside the Lab, you can find me playing The Sims, painting, trying a new vegan restaurant, singing, or hanging out with my cat Winston! My favorite musician is Adrienne Lenker, my favorite book is Little Weirds by Jenny Slate, and my most recent joy was making amazing vegan feta cheese from tofu!"



Student Q & A

Screen media use, and its relationship to health and other outcomes, is one focus of the ABCD Study. A student asked this question: “The researchers ask a lot about screen use and how much time I spend on screens. Why all the questions?”

Many teens use screens for a wide range of activities, including socializing with friends, streaming video content, and playing video games. We want to know about all the different ways you use screens and how you engage with them alongside other behaviors and activities in your daily life. We’re interested not only in how much time you spend on screens, but also what you do with them, how they affect you, and how these activities change throughout adolescence into young adulthood.

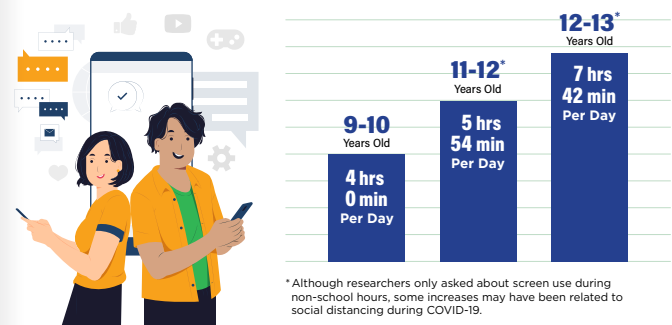
For more information, check out this recording of a recent webinar on screen use findings in the [ABCD Study](#)!

The Pros and Cons of Screen Use

Research using data from the ABCD Study®, the largest long-term study of brain development and child health in the United States, has shown both positive and negative associations of screen use for preteens.



Youth use screens more as they get older



Average daily screen use*

Boys spend more time on:

- Video Games
- TV & Movies Streaming

Time by Activity

Video Games (single player)	Boys 1 hr 40 min Girls 42 min
Video Games (multiplayer)	Boys 2 hrs 13 min Girls 41 min
TV & Movies Streaming	Boys 2 hrs 20 min Girls 2 hrs 6 min

Tech-Savvy Teens Making a Difference

3D printing has come a long way in recent years, and some teens have started using it for the greater good. See below for some cool examples. Note - the students described here are not ABCD participants.



Sumner County Schools / Kelly Flood; Matthew Jackson, Sergio Peraota, Leslie Jaramiooo, and Ella Holtermann

A group of high school students in Tennessee, for instance, used 3D printing to create a life-changing [robotic hand for a new classmate](#). The

students spent months refining the model for their classmate Sergio Peraota. Sergio wears the prosthetic every day, declaring that, "They changed my life." The experience has also inspired all four students to pursue a career in engineering.

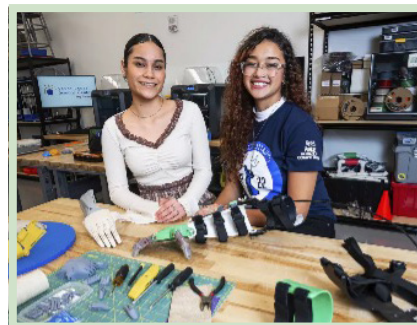
Another group of high schoolers in North Carolina designed a [prosthetic leg for their teacher's golden retriever, who lost his leg due to cancer](#).



WCNC Charlotte; Bentley trying on his new prosthetic leg

Similarly, best friends Yariselle Andujar and Daniela Moreno in Cleveland, Ohio, are [using 3D printing to help youth in need of a prosthetic](#).

After witnessing a classmate with a disability spill his lunch on the cafeteria floor, 15-year-old Adaline Hamlin wanted to help, so she designed a [3D printed inclusive lunch tray](#). The design, which included brackets and



Ken Blaze published in People.com

a cup holder, earned a state "STEM for ALL Award," and the file is available for any school to download and use!



Claire Kopsky; Adaline Hamlin and Zach Lance with the 3D printed inclusive lunch tray

These students all saw a need within their communities. They took the initiative to brainstorm a solution, design prototypes, and find resources/people who could help them reach their goals. **Note: There are also many low tech ways teens are helping in their communities, from [building a water station](#), to [joining a school service club](#).**



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For More Information, Please Visit: [ABCDStudy.org](https://www.abcdstudy.org)

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