

ABCD Study Newsletter

What's Next in ABCD



It's been eight years since ABCD started - Wow! When the ABCD Study® began, you were in third, fourth, or fifth grade. Now, many of you are graduating and moving on to your next steps in life. We're thrilled to have been working with you and learning from you over these years, and we're even more excited to continue working with you moving forward!

Late adolescence and early adulthood are critical periods in brain development. New experiences, friends, as well as your work and education environments all can impact your brain development and wellbeing. With your participation, we are beginning to understand how this happens. We look forward to helping you continue with the exciting work of the ABCD Study!

If you have any questions about life circumstances, such as moving, going to college, joining the military, etc., and how they will impact your participation in ABCD, please contact your research site. Parents and caregivers: your involvement is just as important as ever too! We're excited to keep learning about your evolving relationship with your children, your life experiences, and health as well. Thank you for eight great years! We look forward to seeing you for many more

Participant Q&A—from COVID webinar

Earlier this spring, NIH held a webinar highlighting findings from the ABCD Study on adolescent experiences during the COVID-19 pandemic. An attendee asked this question about youth resilience during the pandemic:

“I've heard a lot of negative things coming from COVID like mental health struggles and kids not doing great in school. Did any positive factors emerge from your research about how youth coped during the pandemic?”

Dr. Ran Barzilay pointed to multiple findings showing the benefits of positive coping strategies like exercising regularly, eating healthfully, and getting good sleep. Dr. Marybel Gonzalez added that these routines are relatively simple but super important for maintaining good health and wellbeing, and that a lot of studies support this conclusion. Drawing from his research, Dr. Jason Nagata said that attending school in person is critical for youth wellbeing overall and was associated with lower stress during the pandemic. He also noted that youth who attended school in person had higher step counts, highlighting the benefits of physical education and participation in sports practices for overall health

Check out the full webinar [here](#). You can also view the latest ABCD infographic on adolescent experiences during the COVID-19 pandemic [here](#). The Spanish version is [here](#)