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TITLE: Exploring ABCD phenotypes for future Behavioral Genetic analysis: Screen time is associated with mental health, academic outcomes, and peer relationships

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KEYWORDS: Screen time, adolescence, ABCD study, mental health, behavioral problems

ABSTRACT:

We are using screens more than ever. The high rate of electronic media use among children and adolescents begs the question: is screen time harming our youth? The current study draws from a nationwide sample of 11,875 participants, aged 9 to 10 years, from the Adolescent Brain Cognitive Development (ABCD) study. We investigate relationships between screen time and mental health, behavioral problems, academic performance, sleep habits, and peer relationships, by conducting a series of correlation and regression analyses, controlling for SES and race/ethnicity. We find that more screen time is associated with worse mental health, increased behavioral problems, lower academic performance, and poorer sleep, but heightened quality of peer relationships. However, effect sizes associated with screen time and the various outcomes were small; SES was more strongly associated with each outcome measure. The initial exploration of screen time, mental health, behavioral problems, academic performance, and sleep habits in the ABCD study has laid groundwork for future analyses utilizing co-twin control
designs and biometrical modeling to examine genetic and environmental contributions to those phenotypes over time.

GRANT SUPPORT: Data used in the preparation of this poster were obtained from the Adolescent Brain Cognitive Development (ABCD) Study (https://abcdstudy.org), held in the National institute of Mental Health Data Archive (NDA). This is a multisite, longitudinal study designed to recruit more than 10,000 children age 9-10 and follow them over 10 years into early adulthood. The ABCD Study is supported by the National Institutes of Health (NIH) and additional federal partners under award numbers U01DA041022, U01DA041028, U01DA041048, U01DA041089, U01DA041106, U01DA041117, U01DA041120, U01DA041134, U01DA041148, U01DA041156, U01DA041174, U24DA041123, and U24DA041147. A full list of supporters is available at https://abcdstudy.org/nih-collaborators. A listing of participating sites and a complete listing of the study investigators can be found at https://abcdstudy.org/principal-investigators.html. ABCD consortium investigators designed and implemented the study and/or provided data but did not necessarily participate in analysis or writing of this report. This poster reflects the views of the authors and may not reflect the opinions or views of the NIH or ABCD consortium investigators. The ABCD data repository grows and changes over time. The ABCD data used in this poster came from [NIMH Data Archive Digital Object Identifier (10.15154/1503209)].