

Amsterdam **B**orn **C**hildren and their **D**evelopment

Phase 5: health, development and growth of 15-16 year olds

Information for ABCD-participants and their parents



Please remind us, what is the ABCD study again?

ABCD stands for *Amsterdam Born Children and Their Development*. The ABCD study is an ongoing study of children's health. Starting from pregnancy more than 8,000 children are being followed and studied into adulthood. We want to investigate how the health of children is affected by lifestyle and environmental factors during and after pregnancy. We think it is also important to examine differences in health between children from different socio-economic backgrounds and from different ethnic backgrounds.

Why is the ABCD study important?

➤ The best possible start for every child

For several years, we have known that major health problems in children and adults can originate as early as pregnancy and young childhood. Examples of this are obesity, ADHD, diabetes and cardiovascular disease. We already know that certain lifestyle habits can affect the health of the child, but for many other habits it is still unknown how they influence the health of children. If we know more about unhealthy lifestyles, future parents can be better prepared to ensure that every child has a good start in life!

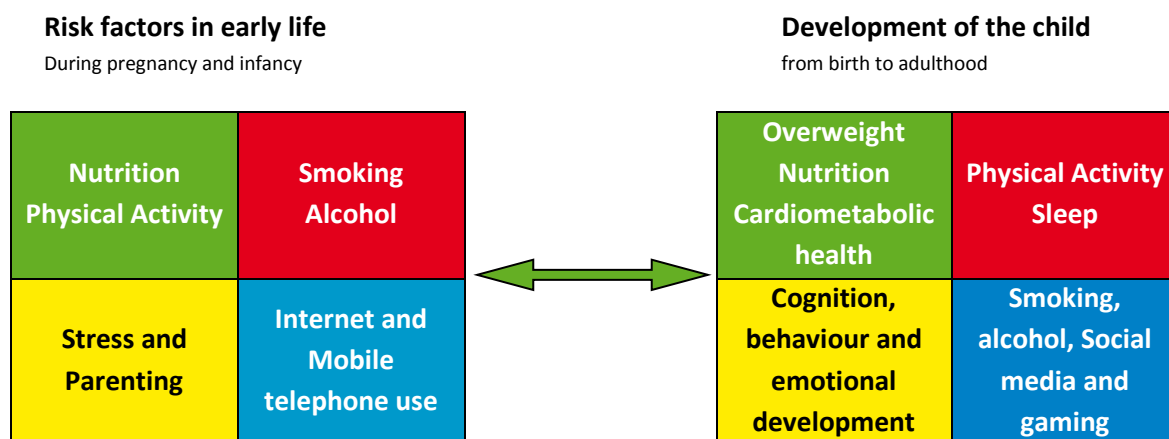
➤ Reducing socioeconomic and ethnic health differences

Research shows that, even at birth, there are health differences between children of different socio-economic or ethnic origins and these health differences often increase as the children grow older. The ABCD study wants to examine how these differences can be explained and with these results, we can help to reduce the health differences.

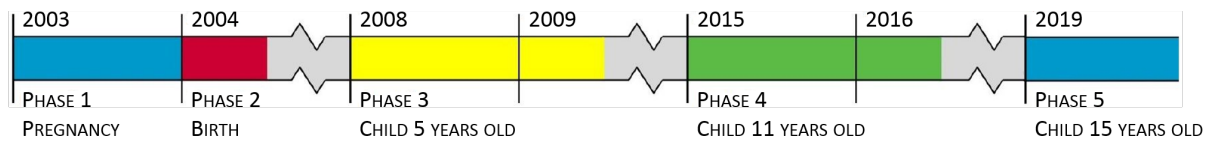
Why again a data collection?

Many health problems, described above, become visible in later life. In addition, the lifestyle of 15-16 years old youth can change a lot. They become more independent and change physically. We want to take all these important developments into account in new research, therefore we ask you to participate again.

The main topics within the ABCD study



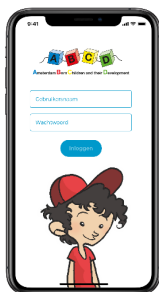
Time frame of the ABCD study



This colour bar shows what we have done so far:

1. In **phase 1**, 8266 pregnant women completed a questionnaire; 4389 pregnant women also underwent a blood test for research into nutrient levels.
2. In **phase 2**, 5131 mothers completed another questionnaire 3 to 6 months after giving birth. Additionally, data was collected on pregnancy duration, birth weight, and the growth of the children in the first 2 years of life.
3. In **phase 3**, 4488 mothers completed a questionnaire after their child's 5th birthday. The children's teachers also completed a questionnaire. In addition, 3321 children underwent a physical examination where, among other things, height, weight and blood pressure were measured. Some of the children also underwent a blood test, which measured various factors such as the fat levels in the blood. At the age of 7, important information was also collected about the environment, such as the exposure to electromagnetic radiation and radio waves.
4. In **phase 4**, at the age of 11-12 years, 3018 children, 2997 mothers, 2264 fathers and 2034 teachers of the children completed a questionnaire. Additionally, 1082 children underwent a physical examination.

PHASE 5 IS NOW STARTED!



What does the ABCD study ask of the youthful participants in Phase 5?

The ABCD study has been following your health and development since your mother was pregnant with you. Four years ago we asked you and your parents to fill out a questionnaire. Did you take part? Now you are 15-16 years old and we would like to collect information again.

➤ The ABCD-App

This year we ask you to download an App on your mobile phone. Filling in the questionnaire will be easier if you use this App. You will receive 7 short questionnaires about your health, eating and sleeping behaviour, emotional development, friends, smoking and alcohol, social media and gaming. Each questionnaire will take about 10 minutes to complete.

Only if you give permission for this, we will also measure for 7 days the amount of physical activity, screen use, the distance between your eyes and the screen and the volume on your mobile phone when you use headphones or earphones.

What do we ask of *you*?

- ✓ Download the ABCD-App
- ✓ Give consent
- ✓ Fill in the questionnaire

We hope you will all use the ABCD-App! If you don't want to download the App, you can also fill out the online questionnaire on the computer.

What does the ABCD-study ask of the parents in Phase 5?

➤ Questionnaire for the parents

Similar to the previous phases, we will ask both parents (the mother and father/partner) to fill out a questionnaire. The questionnaires can be filled in online and contains questions about the health and behaviour of you and your child. Completing the questionnaire takes about 30 minutes.

If the child does not regularly see his/her father and the mother has a new partner who is now part of the family, then this person can fill in this questionnaire.

What do we ask of the *parents*?

- ✓ Mother: fill in the questionnaire
- ✓ Father: fill in the questionnaire
- ✓ Share login details for the App with your child.
- ✓ Give consent for the ABCD-App if your child is younger than 16 years old.

If your child is 16 years old, he or she does not need your permission, as parents, to participate in a study. If your child is younger than 16 years old, you and your child both need to give permission for participation in this study. Years ago, you as parents, have already given permission for simple questionnaire research. However, we still need your permission for the use of the App, if your child is 15 years old. This consent can be given in your own questionnaire. One of the parents will be informed if your child has downloaded the ABCD-App.

What happens to your data?

The information from this study will be anonymously stored and processed. Your personal details are stored up to 15 years after the study. The personal details are only accessible to authorised persons on behalf of the Health Inspectorate or the sponsor of the study in order to check the data.

Because there are no risks involved in participation in this study, the Medical Research Ethics Committee has waived the obligation to take out special insurance for the participants.

Contact data

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Questions? More information can be found on our website: www.abcd-studie.nl. For questions or remarks about the questionnaire or ABCD-App, please contact Noekie van Lieshout or Esi van der Zwan:

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