

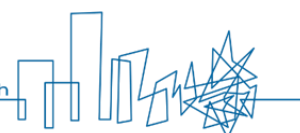
Amsterdam **B**orn **C**hildren and their **D**evelopment

PHASE 6: HEALTH AND DEVELOPMENT OF 17-18 YEAR OLD ADOLESCENTS

Information for ABCD-youth and their parents



For information in English, see: www.amc.nl/abcd-english



What is the ABCD-study again?

The ABCD - *Amsterdam Born Children and their Development* – study is a longitudinal study examining child and youth health. More than 8,000 children are followed from pregnancy until they reach adulthood. The ABCD-study examines to what extent child health may be affected by lifestyle and environmental factors during and after pregnancy. We pay attention to differences in health between children of different social and ethnic subgroups. So far, we have had five research phases. The last time was when the ABCD-youth were about 15 years old.



Why another assessment?

We hear you think: ‘Another assessment again?’ **Absolutely!** The phase you are currently in as an ABCD-adolescent is a super important period in your development.

You may recognize some of this: the transition to young adulthood can be a tough period. It is the period in which school demands a lot from you, important choices have to be made, friends get more and more important in your life, and you get more responsibility. It is also the period where you may start experimenting with alcohol and drugs.

Furthermore, you might feel a pressure to perform and the use of social media has increased significantly in recent years. In addition to that you also have to deal with the corona pandemic! Some adolescents seem to have no trouble with this all, while others feel less comfortable with themselves, develop feelings of anxiety and depression, or use a lot of drugs. We see that more and more young people suffer from anxiety, stress and depressive feelings. There is also an increase in gaming among youth.

We do not yet fully understand why some adolescents suffer from these emotions and others do not. Does it matter if you grow up in a big city or in a smaller town? Or how much stress you experience from school? Or does it just depend on how you are as an individual? How does the corona pandemic affect your life? And may environmental factors and upbringing play a role?

In order to know more about this, we would like to know how you are doing, and whether that changes a lot during a time period of one year. That is why we would like to ask you to complete a questionnaire several times during this period.

Urban Mental Health Centre

We are conducting this research in collaboration with the Centre for Urban Mental Health of the University of Amsterdam. Within this centre it is studied whether there is a difference in mental health between people living in a big city like Amsterdam, and people who live in a village or in a smaller town.



PHASE 6 STARTS NOW!



What does the ABCD-study ask of the adolescents in phase 6?

How to participate?

In order to fill in the questionnaire on paper, you can easily request an English version on paper by phone at 020-5661252, via WhatsApp at 06-83 56 98 50, or by email at abcd-fase6@amsterdamumc.nl. When it is time for the next questionnaire, you will automatically receive the follow-up questionnaire by post.

Questionnaires

The questionnaires cover multiple topics, such as school, work, friends, the impact of corona on your life, your mental health, social media use, alcohol and drugs, or gaming.

We would like to know if this changes over a one-year period. We therefore ask you to complete several questionnaires in the coming year: first one longer baseline questionnaire and then four shorter follow-up questionnaires.

The baseline questionnaire is divided into **6 short questionnaires** and will take about **10 minutes** each. You can complete them all consecutively or one per day. Do what suits you best!

You have a maximum of one month to complete the baseline questionnaire. You will earn a Bol.com voucher of €10 if you complete all 6 parts.

After **3 months** you will receive the first follow-up questionnaire which takes about **15 minutes**, then you will receive another one **after 6, 9, and 12 months**. Again, you have a maximum of one month to complete every questionnaire. You earn another Bol.com voucher of € 10 if you fill in all 4 follow-up questionnaires.

Informed consent

All ABCD-adolescents are 16 years of age or older at this stage. Your parents no longer have to give permission to participate, you can now do that yourself.

WHAT DO WE ASK OF YOU?

- ✓ REQUEST THE QUESTIONNAIRE
- ✓ GIVE CONSENT
- ✓ COMPLETE THE BASELINE QUESTIONNAIRE
- ✓ COMPLETE A FOLLOW-UP QUESTIONNAIRE AFTER 3, 6, 9 AND 12 MONTHS

HEY!

More information?
Scan the code and
watch our video!



What does the ABCD-study ask of parents in phase 6?

Questionnaires for parents

Similar to the previous research phase, we ask both the mother and the father/partner to fill in a questionnaire. Like your child, we ask you to complete the baseline questionnaire and a shorter follow-up questionnaire after 3, 6, 9 and 12 months. The questionnaires cover topics such as your health and lifestyle and that of your child, and the impact of the corona pandemic on your life. The **baseline questionnaire** is divided into 5 short questionnaires and will take about **10 minutes** each. Filling in the **follow-up questionnaire** takes about 15 minutes. If your child does not see one of his/her parents regularly, but does have regular contact with a current partner of the mother/father, then the questionnaire should be completed by the current partner.

WHAT DO WE ASK OF PARENTS?
WE ASK THE FATHER AND MOTHER TO:
✓ REQUEST THE QUESTIONNAIRE
✓ GIVE CONSENT
✓ COMPLETE THE BASELINE QUESTIONNAIRE
✓ COMPLETE A FOLLOW-UP QUESTIONNAIRE AFTER 3, 6, 9 AND 12 MONTHS

How to participate?

As a parent you can also participate by filling in the questionnaires on paper. You can easily request an English version on paper by phone at 020-5661252, via WhatsApp at 06-83 56 98 50, or by email at abcd-fase6@amsterdamumc.nl. When it is time for the next questionnaire, you will automatically receive the follow-up questionnaire by post.



What will happen to your data?

All information is stored **separately** from your name and address. To the adolescents applies that your parents **do not see your answers** and vice versa. Researchers who work with your data **can not find out** that the questionnaire was filled in by you. All data will be sent to a server via a **secure connection**, after which everything will be securely stored at the Amsterdam UMC, location AMC. We do not process your data with your name, but with a code. The personal data will be stored for up to 15 years after the study, but are **only** accessible to persons designated on behalf of the Health Care Inspectorate or to the person who carried out the research to check the data. Amsterdam UMC is responsible for the regulatory compliance regarding the processing of your personal data in this study.

Check our social media channels for updates about your development and how you are doing!

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