Results: Of 11,063 posts made during the study dates, 1,305 (11.7%) posts were COVID-related, with an average of 9.2 COVID-related posts per influencer. Each influencer's combined COVID-related content had an average of 44.4 million views and over 8 million likes. Most (81.5%, n=1,064) posts contained behaviors that could be coded for CDC guidelines. Of these posts, 79.4% solely demonstrated behavior following CDC guidelines, with the most frequent being staying at home (n=805) and handwashing (n=50). 7.1% of posts solely demonstrated behavior that did not follow CDC guidelines, with the most frequent being not wearing face cover in public (n=41) or having contact with others outside the household (n=33). Posts that contained a combination of behaviors that followed or did not follow the guidelines comprised 10.3% of the sample. The COVID facts banner was only present in 3% of COVID-related posts.

Conclusions: At the beginning of the pandemic, AYA were felt to be at low risk for severe COVID-19 disease, but were encouraged to follow infection control measures to protect at-risk populations like the elderly. We found that the most popular US TikTok influencers created COVID-related content that reached millions of users on a platform mainly used by AYA. This content usually demonstrated adherence to public health guidance at the time, suggesting positive implications for future health messaging on social media platforms.

Sources of Support: Elizabeth E. Kennedy Children's Research Fund.

10.

SCREEN TIME AND MODERATE-TO-VIGOROUS INTENSITY PHYSICAL ACTIVITY AMONG ADOLESCENTS DURING THE COVID-19 PANDEMIC: FINDINGS FROM THE ADOLESCENT BRAIN COGNITIVE DEVELOPMENT STUDY

Jason M. Nagata, M.D., M.Sc.[1], Catherine A. Cortez, B.S.[2], Erin E. Dooley, M.S., Ph.D.[3], Puja Iyer, B.A.[1], Kyle T. Ganson, Ph.D., M.S.W.[4], Kirsten Bibbins-Domingo, Ph.D., M.D.[1], Fiona C. Baker, Ph.D.[5], Kelley Pettee Gabriel, M.S., Ph.D.[3]

[1]University of California, San Francisco; [2]University of California, Los Angeles; [3]University of Alabama at Birmingham; [4]University of Toronto; [5]SRI International, University of Alabama at Birmingham.

Purpose: The novel coronavirus 2019 (COVID-19) pandemic and subsequent stay-at-home mandates, remote learning, and social distancing requirements led to changes in nearly all facets of adolescents' lives; however, the pandemic's effect on adolescent screen time and physical activity has not been characterized using national data from the U.S. The aim of this study was to evaluate adolescents' screen use and moderate-to-vigorous intensity physical activity (MVPA) during the COVID-19 pandemic by sociodemographic characteristics, and to determine mental health and resiliency factors associated with screen use and MVPA.

Methods: Data from the Year 1 (2017-2019) and May 2020 COVID-19 survey of the Adolescent Brain Cognitive Development (ABCD) Study, a national prospective cohort study in the U.S., were analyzed. Average hours per day spent on six forms of screen time were summed to calculate a total daily screen time measure, excluding hours spent on school-related work. MVPA was quantified as the product of reported duration and frequency (hours per week; h·wk-1), which was further summarized as the proportion meeting age-appropriate 2018 Physical Activity Guidelines for Americans (i.e., 60 minutes per day). Mental health and resiliency measures were also collected. Regression models examined associations between mental health or resiliency measures and screen time or MVPA during the pandemic.

Results: The sample consisted of 5,153 adolescents predominantly ages 12-13 years, with 50.6% female and 39.5% racial/ethnic minorities. During the pandemic, adolescents reported an average of 7.70 hours of screen use per day, mostly spent on watching/streaming videos, movies, or television shows (2.42 hours), multiplayer gaming (1.44 hours), and single-player gaming (1.17 hours). Median MVPA was 2 hours per week (IQR 0, 6) during the pandemic. Overall, the percentage of the cohort meeting MVPA guidelines decreased from 16.1% (pre-pandemic) to 8.9% during the pandemic. Racial/ethnic minorities and adolescents from lower socioeconomic backgrounds reported higher daily screen use and were significantly less likely to meet MVPA guidelines during the pandemic. In adjusted regression models, poorer mental health and greater perceived stress were associated with higher total screen use. Poorer emotional well-being, COVID-related worry, and stress were associated with lower MVPA. More social support and coping behaviors were associated with lower total screen use and higher MVPA during the pandemic.

Conclusions: In this large, national sample of adolescents, we found that average total daily recreational screen use was 7.7 hours per day, representing a doubling of pre-pandemic estimates from the same cohort (3.8 hours). The proportion of those meeting MVPA Guidelines was lower during the COVID-19 pandemic, with significant disparities by race and class. Disparities across racial/ethnic and income groups in adolescents may be due to structural and systemic factors (e.g., built or neighborhood environment, access to resources) – all of which have been amplified in the COVID-19 pandemic. Interventions to promote social support and coping behaviors may reduce screen use and improve MVPA levels among adolescents during and post-pandemic.

Sources of Support: Supported by the National Heart, Lung, and Blood Institute (K08HL159350) and the American Heart Association Career Development Award (CDA34760281).

11.

CHANGES IN ADOLESCENT AND YOUNG ADULT (AYA) RELATIONSHIP STATUS DURING COVID19: DATA FROM A 30 COUNTRY SEXUAL AND REPRODUCTIVE HEALTH STUDY

Devon J. Hensel, PhD, MS, FSAHM[1], Linda Campbell, PhD[2], Jennifer T. Erausquin, PhD[3], Kristin P. Mark, PhD[4], The I-SHARE Consortium[5]

[1]Indiana University School of Medicine; [2]University of Antwerp; [3]University of North Carolina Greensboro; [4]University of Minnesota; [5]International Sexual Health And REproductive Survey.

Purpose: Important milestones - including romantic/sexual relationship development - were impacted by COVID19 mitigation measures. We examined self-reported change in relationship status before, during and after COVID among AYA who participated in a 30-country survey.

Methods: Data were drawn from the International Sexual Health And REproductive Health Survey (I-SHARE-1), a multi-country, cross-sectional, online study conducted to assess the impact of the pandemic on adult sexual health across the globe. Participants were recruited through local, regional, and national networks (e.g. listservs of professional organizations and international health organizations, social media, etc.) of each country's research team. We drew a sub-sample of AYA (N=7527 18-26 years; 32.3% of the total sample; 60.1% female, 86.1% cisgender, 77.1% heterosexual). We examined 5