

Conclusions: There is a significant relationship between SB and adverse MHO in a sample of BC youth during the COVID-19 pandemic. Future analyses will assess for the potential moderating impact of sociodemographic variables. Further research is indicated to measure the size and effect of the role of SB on MHO for youth in a post-pandemic world.

Sources of Support: CHART lab (<http://chartlab.ca>), Simon Fraser University, British Columbia Center for Disease Control, Pacific Northwest University of Health Sciences.

RESEARCH POSTER PRESENTATION II: MEDIA USE/ADOLESCENT PHYSICAL HEALTH

134.

THE EFFECT OF THE COVID-19 PANDEMIC ON THE VIDEO GAMING BEHAVIOR, DEPRESSIVE SYMPTOMS, SLEEP QUALITY, AND PHYSICAL ACTIVITY OF EXCESSIVE VIDEO GAMERS

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Purpose: Problematic video game use is strongly associated with insomnia, anxiety, depression, lower academic achievement and substance use. Since the declaration of the COVID-19 pandemic, video game use has increased significantly along with social isolation. We aimed to evaluate the impact of COVID-19 on the video gaming behavior of excessive video game players and the risk factors associated with problematic video game use in adolescents.

Methods: This research was carried out at Hacettepe University Children's Hospital, Adolescent Medicine Clinic as a second step of another study that included 75 adolescents aged 11-18 years with more than 2 hours of video game use per day, data for the first study was collected before the pandemic. This group was defined as the 'pre-pandemic group'. Among that sample, 56 adolescents agreed to participate in the current study. All data collected for the first study were re-asked online between June and July 2021. This group was defined as the 'during the pandemic' group. In addition, 33 adolescents with less than 2 hours of video game use per day, who presented for a routine follow-up agreed to participate as the control group. Data collected included time spent playing video games and other screen-based activities, nicotine and alcohol use, exercise and nutrition status. Additionally, all participants completed the Internet Gaming Disorder Scale-Short Form (IGDS9-SF), Pittsburg Sleep Quality Index (PSQI), and Children's Depression Inventory (CDI). A IGDS9-SF score >21 was accepted as problematic video game use. After pre-pandemic data collection, the group received at least one counseling session aiming to manage online video gaming-related addictive behaviors through motivational interviewing.

Results: The mean age of the adolescents was 14.06±1.87 years pre-pandemic, 15.64±1.71 years during-pandemic and 14.48±1.61 years in the control group. Of the video gamers and control group 89.3% (n:50) and 24.3% (n:8) were male, respectively. Video game time per day (4.86±2.33 vs 6.03±2.42 hours, p=0.037) and other leisure-based screen time (1.93±1.58 vs 4.12±1.94, hours p=0.000) increased significantly during the pandemic among video game players. While, both pre-pandemic and during-pandemic PSQI (p=0.020) and IGDS9-SF (p=0.000) scores were significantly higher than the control group, no difference was observed for CDI scores (p=0.136). The presence of depression increased from 22.6% to 37.5% and the

presence of problematic video game use decreased from 60.7% to 48.2% in the video game player group during the pandemic. However, these changes along with PSQI scores (5.98±3.40 vs 5.98±3.15), school success (p=0.765) and alcohol (p=0.412) and nicotine use (p=0.701) were not statistically significant (p>0.05). There was a significant increase in exercise during the pandemic (22.9% to 64.3%, p=0.006).

Conclusions: Our initial hypothesis was that we would observe an increase in IGDS9-SF and CDI scores of video gamers. However, although screen time increased, problematic video gaming did not. Our findings indicate that the interventions applied in our clinic after the initial study might have acted as a protective factor towards problematic video game use and the associated sedentary lifestyle.

Sources of Support: None.

RESEARCH POSTER PRESENTATION II: MENTAL HEALTH/COVID

135.

INTERNET ADDICTION AMONG ADOLESCENTS IN SOUTH EAST NIGERIA DURING COVID 19 PANDEMIC – IMPLICATIONS FOR ADOLESCENT CARE IN THE POST PANDEMIC ERA

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Purpose: The internet and the use of various digital devices are among the most important socialization factors and leisure activities in the lives of adolescents. With the COVID-19 pandemic and its associated restrictions on physical and social interactions, adolescents may escalate their use of internet. Excessive use of the internet can negatively affect their daily routine with adverse health consequences. It is important to know the magnitude of this problem and its associated factors as this would inform the planning of appropriate health and social programs for the adolescents in the post pandemic era. Considering the dearth of information on this in our environment, we carried out this study to determine the prevalence and associated factors of internet addiction amongst the adolescents in this continuing pandemic.

Methods: A cross sectional study in selected secondary schools was done between July and August 2021. A total of 6 schools, 2 (1 urban and 1 rural) each from Anambra, Ebonyi and Enugu states of the South East were selected randomly. The students who gave consent were selected systematically until the required sample size was obtained. Data on demographic variables was collected using structured self – administered questionnaire. Young's Internet Addiction Test (IAT) was used to assess internet use. Ethical approval was gotten from Health Research Ethics Committee of the University of Nigeria Teaching Hospital Enugu – NHREC/05/01/2008B-FWA00002458-IRB0002323. Analysis was done using the IBM SPSS Statistics version 23. Level of significance was set at p-value of <0.05.

Results: Eight hundred and fifty one (851) adolescents aged 12 – 19 years (mean 16.2±1.8 years) and male: female ratio of 1: 1.6 were studied. 46.5% of the students were from families of upper

socioeconomic class, while 31.4% were from lower social class. 467 [54.9%] reside in urban towns. Most of the adolescents (61.1%) used the internet for academic purposes while 32.8 % used it for social interactions. Majority used their personal phones. Internet addiction was found in 88.1% of the respondents (24.9% had mild, 59.6% had moderate while 3.6% had severe) and a good number (81.1%) perceived addiction as bad. Addiction was significantly associated with the respondent's age ($p = 0.043$), mother's level of education ($p = 0.023$), family size ($p = 0.021$), place of residence ($p = 0.035$), alcohol intake ($p = 0.017$), smoking ($p = 0.015$), substance use ($p = 0.001$) as well as duration of internet use. ($p < 0.001$). It was predicted by male gender (AOR: 2.054; CI: 1.200–3.518), early adolescent age group 10 to 13 years (AOR: 0.115; CI: 0.015–0.895) as well as having used internet for less than 6 months (AOR: 0.301; CI: 0.189–0.479).

Conclusions: There was increased prevalence of Internet addiction following the lock down of the COVID 19 pandemic. The associated factors found in this study will guide decisions in the planning of appropriate care for the adolescents when this pandemic ends.

Sources of Support: Nil.

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A TRYING TIME: PROBLEMATIC INTERNET USE (PIU) AND ITS ASSOCIATION WITH DEPRESSION AND ANXIETY DURING THE COVID-19 PANDEMIC

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Purpose: Problematic Internet Use (PIU) is defined as uncontrollable internet use associated with psychosocial or functional impairment that is not due to a primary psychiatric diagnosis. PIU has been measured using different screening tools such as the Young Diagnostic Questionnaire (YDQ) for Internet Addiction or the Internet Addiction Tool (IAT) and the pre-pandemic prevalence has been variable at 0–26.3%. The prevalence using the Problematic and Risky Internet Use Screening Scale (PRIUSS) is estimated at 9–11.1% in American college-aged students. PIU has also been linked with a negative impact on mental health (depression, anxiety, ADHD etc). The purpose of this study is to determine the prevalence of PIU using the PRIUSS screening tool and its relationship with depression and anxiety among adolescents and young adults during the COVID-19 pandemic.

Methods: Eligible participants 12 years and older, who presented to the Adolescent Medicine clinic from January 4, 2021 to June 30, 2021, were given three screening tools. They were the PHQ-9A (Patient Health Questionnaire-9A), GAD-7 (General Anxiety Disorder-7), PRIUSS and a survey that asked about demographics, schooling and pre-existing diagnosis of anxiety and/or depression. Fisher's exact test, Mann-Whitney test and Pearson and Spearman correlations were performed.

Results: The responses of 447 unique participants were analyzed and the ages ranged from 12–21 years old (22% were 12–14 years, 71% were 15–18 years and 7% were 19–21 years). Of the sample, 96% identified as female, 95% were enrolled in school and all had access to an electronic device(s). Regarding pre-existing conditions, 33% ($n=148$) had anxiety, 29% ($n=128$) had depression and 22% ($n=97$) had both anxiety and depression. Sixty percent ($n=268$) did not have a pre-existing diagnosis of either anxiety or depression. In our sample, 58% had a positive GAD-7 screen, of which 54% ($n=146$) did not have a pre-existing diagnosis of anxiety. Similarly, 58% had a

positive PHQ-9A screen of which 58% ($n=150$) did not have a pre-existing diagnosis of depression. A positive PRIUSS score was observed in 18% of our participants. Of those, 13% ($n=36$) did not have a pre-existing diagnosis of either anxiety or depression, 21% ($n=31$) had a pre-existing diagnosis of anxiety, 27% ($n=35$) had a pre-existing diagnosis of depression and 24% ($n=23$) had a pre-existing diagnosis of depression and anxiety. In our study, there was a positive association between PHQ-9A and GAD-7 scores and PRIUSS score ($p<0.001$). Analysis also showed positive correlation between PRIUSS score and pre-existing diagnosis of depression ($p<0.001$).

Conclusions: This study showed a higher prevalence of PIU using the PRIUSS screening tool scale during the COVID-19 pandemic. It demonstrated the importance of screening for depression and anxiety as over half the sample had positive screens without underlying diagnosis of depression and anxiety. Our study showed a positive correlation between PRIUSS scores and pre-existing diagnosis of depression, positive GAD and PHQ 9 A scores. Based on these findings, providers should consider screening for PIU in patients with underlying depression as well as positive mental health screens.

Sources of Support: Not Applicable.

RESEARCH POSTER PRESENTATION II: MEDIA USE/ADOLESCENT PHYSICAL HEALTH

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PARENTAL PERCEPTIONS OF THE IMPACT OF SUMMER MEDIA HABITS ON ADOLESCENT PHYSICAL HEALTH

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Purpose: Adolescent interactive media use increased dramatically during the Covid-19 pandemic, both for remote learning and socializing. Pandemic lockdown and media use contributed to a spike in mental health issues, but less is known about physical consequences of prolonged media use or the individual characteristics and media use habits that predict these physical outcomes. With many restrictions lifted in summer 2021, changes in adolescents' media use habits and health effects can help predict the "new normal."

Methods: A sample of 415 parents of adolescents in grades 9–12 was recruited by Alchemer using existing online panels as part of a nationwide online survey of parents of school-aged children ($N = 1,447$). Quota sampling was used to obtain a diverse sample. Parents completed a 15-minute anonymous survey about their child's summer media use and physical complaints including eye strain, neck or back pain, headaches, and fatigue. Other questions assessed habits of media use, including simultaneous use of multiple screens ("multitasking") and nighttime media use. Parents provided the number of behavioral health diagnoses of their child including ADHD, depression, anxiety, learning disabilities, and autism spectrum disorder. We conducted logistic regressions to examine associations among individual characteristics, media use patterns, and physical symptoms.

Results: Most adolescents used screen media more during the summer of 2021 than during the 2020–2021 school year (65.5%) or the summer of 2020 (53.8%). 71.3% of parents reported that their child experienced at least one physical symptom "sometimes" or more frequently following a typical day of media use. After controlling for demographic variables, "multitasking" frequency was linked to experiencing eye strain (OR = 1.01, CI = 1.00, 1.02), back or neck pain (OR = 1.02, CI = 1.01, 1.03), headaches (OR = 1.02, CI = 1.01, 1.03),