and fatigue (OR = 1.02, CI = 1.01, 1.03). The later that adolescents stopped using media at night, the more likely they were to experience fatigue (OR =1.10, CI = 1.01, 1.20). Using media to view short videos was related to a lower odds of experiencing back or neck pain (OR = .55, CI = .32,.93). Finally, the greater the number of behavioral health diagnoses the higher the likelihood that an adolescent would experience back or neck pain (OR = 1.45, CI = 1.15, 1.82), headaches (OR = 1.59, CI = 1.26, 2.01), or fatigue (OR = 1.91, CI = 1.48, 2.47).
Conclusions: "Multitasking" was consistently associated with physical symptoms, although the association was small. Late night media use likely reduces and interferes with sleep, thereby contributing to fatigue. Behavioral health conditions may predispose adolescents to certain use habits, including physical positioning, that could increase physical symptoms associated with screen use. Until further research clarifies mechanisms linking media use to physical symptoms, encouraging the use of one screen at a time and earlier cessation of use may help reduce these problems.
Sources of Support: Digital Wellness Lab.

RESEARCH POSTER PRESENTATION II: MEDIA USE

138.

HOW MUCH IS TOO MUCH? SCREEN TIME AMONG YOUNG ADOLESCENTS IN SWITZERLAND

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Purpose: The literature indicates that adolescents should spend less than two hours a day in front of a screen, although more recent research indicates that up to 4 hours would be acceptable and recommends an update of this limit regarding the generalized access to screens. The aim of this research was to compare the characteristics of adolescents depending on self-reported daily screen time.
Methods: Data were collected in school among tenth graders (N=3006; mean age 13.6) between October 2019 and February 2020. Three groups were created according to self-reported daily screen time: under 2 hours (G<2), between 2 and 4 hours (G2-4), and over 4 hours (G>4). Groups were compared at the bivariate level and all significant variables (p<.05) were entered in a backwards multinomial logistic regression using G<2 as the reference category. Results are presented as relative risk ratios (RRR).
Results: Although significant in the bivariate analysis, considering oneself a below average student, relationship with mother, self-reported low socioeconomic status, relationship with father, and living with both parents were subsequently eliminated in the stepwise regression process. At the multivariate level, and compared to G<2, those in G2-4 were older (RRR: 1.20), and more likely to report lower emotional well-being (RRR: 1.40), being overweight (RRR: 2.05), to consider their screen time as excessive (RRR: 4.80) and reporting sleeping troubles (RRR: 1.46). No differences were found for gender, problematic internet use, or extracurricular sport practice. Compared to G<2, those in G>4 were older (RRR: 1.87) and more likely to be males (RRR: 1.48), overweight (RRR: 4.23), problematic internet users (RRR: 3.50), to consider that their screen time as excessive (RRR: 12.94) and reporting sleeping troubles (RRR: 1.97). They were also less likely to practice extracurricular sport (RRR: .57). No differences were found for emotional well being.
Conclusions: Our results indicate that young adolescents tend to do less well as screen time increases, especially males. Nevertheless, this effect seems to be independent of their familiar, academic or economic situation. It is worth noting that they are well aware that their screen time is excessive. This finding could imply that self-content might be a better approach than just limiting time. Prevention strategies should probably be less strict on the 2-hour limit and take advantage of the self-assessment of young adolescents regarding their screen time. Such strategies should also be gender-specific. Moreover, prevention should be more focused on content that merely on duration.
Sources of Support: Direction Générale de la Santé du Canton de Vaud.

RESEARCH POSTER PRESENTATION II: MENTAL HEALTH/COVID

139.

"WE ARE GOING ON A WASTELAND, WE DO NOT KNOW WHERE WE ARE GOING ..." THE VISION OF THE FUTURE POST-PANDEMIC COVID-19: A QUALITATIVE STUDY FROM THE POINT OF VIEW OF YOUNG PEOPLE IN SWITZERLAND

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Purpose: This qualitative research aimed to explore the vision of the future of adolescents in the context of the COVID-19 pandemic.
Methods: Twenty-one (12 females) individual interviews were conducted between August 2020 and January 2021 with adolescents aged 14-19 years (median 16). We used a diversified sample in terms of family type, residence, sibship and occupation. A content analysis was performed.
Results: For their personal future, most participants talked about education and work. Some participants wondered about the effect of pandemic on their grades, especially when difficulties preexisted or during transitions (e.g., from mandatory school to post-mandatory school). Some participants faced failures and refusals for educational projects (e.g., find an apprenticeship or repeat a year) during the pandemic and had to change their plans sometimes in vain leading to precarious situations. "I am stuck. At the last minute, I have to look for a solution, an apprenticeship. Knowing that people who have apprenticeship projects started looking at the beginning of the year and not at the last minute [...]. "(Girl, 16 years old). Very few participants talked about family future. Some even reported that the pandemic had no impact on the daily family life, particularly when no complications related to the virus were experienced. When the family future was mentioned, worries were mostly on the academic future of siblings. "For her (sister), I don't know how she will do it either [...]. She has her exams at the end and she has already missed 4 months of classes, it's almost half a year [...]! " (Boy, 18 years old). In terms of societal future, some participants thought that people will have to learn how to live with the virus and sanitary measures. For some participants, general vaccination would be the only solution, while for others it would not stop the barrier gestures and infections because of a lack of hindsight. Some positive and negative changes in terms of behaviors and habits among the population were reported. People would be less focused on their work, less stressed and more aware of climate changes. "[...] Perhaps we will be more attentive to the environment because during lockdown we saw the return of dolphins and there was a drop in the level of CO2 ... I think it could teach us to respect the environment better.» (Girl, 17 years old). However, more aggressiveness, less