

tolerance, less communication and more social distancing were also discussed as long-term consequences. Some participants were pessimistic regarding societal changes, considering that the pandemic will only have temporary effects.

Conclusions: Participants mostly reported shortsighted and personal visions of future. Based on their worries that focused on education and work, it is necessary to improve information and discussions on life transitions and opportunities to give them the possibility of reconsidering their future serenely. We call for more consideration of the post-pandemic period as long-term consequences on adolescent well-being are certainly not yet known.

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RESEARCH POSTER PRESENTATION II: COVID

140.

"I THINK THAT THEY ARE THE GREAT FORGOTTEN ONES IN THIS WHOLE PANDEMIC AND THEY'RE THE ONES WHO WILL PAY THE HEAVIEST PRICE" THE EXPERIENCE OF ADOLESCENTS IN THE COVID-19 PANDEMIC: A QUALITATIVE RESEARCH FROM THE PERSPECTIVE OF PARENTS IN SWITZERLAND

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Purpose: This qualitative research aimed to explore the parents' point of view on the experience of adolescents in the COVID-19 pandemic

Methods: Twenty (14 mothers) individual interviews conducted between October 2020 and January 2021 with parents (median age 48) who have at least one adolescent aged 14–19 years. We used a diversified sample in terms of family type, residence, number of children and occupation. A content analysis was performed.

Results: Almost all parents reported being aware that this pandemic, including the restrictive measures, was certainly very difficult for their adolescent. Peers are essential during adolescence and some parents encountered difficulties, especially moral ones, when it came to imposing physical distancing. Several parents wondered about the impact of the pandemic on the future of their child, especially educationally and professionally, but also on the developmental, experimental, social and relational aspects specific to adolescence. "I have a great empathy for young people [...]. I wonder how it will be for them in 20 years? [...] What's gonna happen? Knowing that they may not have time to explore certain things now because they have been prevented from doing so. Are they going to be teenagers any longer?" (Mother). The stigmatization of adolescents regarding their responsibility in infections was also discussed by parents. Most parents considered that adolescents around them respected the sanitary measures. Such efforts were particularly admired because of the fact that the virus affected less adolescents, demonstrating solidarity on their part. "The masks for example, young people are impressive. They put them on and they don't complain. They put their masks on and they even come home from school with the mask. And I tell them "But you have the right to take it away now, you can ventilate yourself!" [...] We are asking them a lot of effort; they are making this collective effort." (Mother). Several parents considered that adults did not always set an example during this pandemic when they should be the role models for adolescents. "I find that there are a lot of adults who trivialize and pretend nothing has happened; this is also an example that is passed on to the younger ones.

Why should I be careful if the adults who are supposed to be setting an example for me aren't paying attention?" (Father).

Conclusions: Parents reported some difficulties and concerns about their child, their development and their future. Discussion spaces and support for parenting must be put in place in a post-pandemic perspective. The media played a big role in stigmatizing adolescents over disrespect for health measures. It is now important to communicate around this stigma, respect for measures, solidarity and promotion of the needs and rights of adolescents in order to transmit a positive message. In addition, a good communication would also highlight the significant psychosocial negative effects of the pandemic on adolescents, even if, from the point of view of the disease, they were less affected.

Sources of Support: Direction Générale de la Santé du Canton de Vaud.

RESEARCH POSTER PRESENTATION II: MENTAL HEALTH/COVID

141.

EXPLORING PREFERENCES FOR OUTREACH AND THE IMPACT OF ENGAGING WITH DEPRESSION-RELATED SOCIAL MEDIA CONTENT: SELF-REPORTED RESPONSES FROM TEENS WHO HAVE EXPERIENCED SELF-INJURY AND SUICIDAL IDEATION

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Purpose: Engagement with social media (SM) among US teens has been found to parallel the rise in negative mental health outcomes, including depression, among this group. Teens who experience suicidal ideation (SI) or engage in non-suicidal self-injury (NSSI) may engage with SM more often than their peers. However, previous literature has not examined how engagement with depression-related SM content may impact these groups differently than teens who do not report these experiences. Such studies may have implications for reaching youth in need remotely—both now and post pandemic.

Methods: This mixed methods study evaluates the frequency of qualitative themes endorsed among 93 teens with depressive symptoms aged 15–17 years old recruited from SM (i.e., Instagram, Facebook, Twitter, Tumblr, Reddit). Qualitative themes captured advantages and disadvantages of interacting with depression-related SM content. Chi-square tests were conducted to compare qualitative responses among teens who reported past year SI, lifetime SI, and lifetime NSSI to those who did not report each of these experiences respectively.

Results: Among the sample, 73% identified as female, 42% identified as non-White, 27% identified as Hispanic/Latinx, and 61% identified with sexual identities other than heterosexual. Sixty teens (68%) endorsed SI within the past year, and this group was more likely to indicate unhelpful social interactions (i.e., receiving pitying) ($p=0.02$) as a disadvantage of posting depression SM content. Seventy-four teens (80%) endorsed lifetime experience of NSSI, and this group was significantly more likely to indicate that posting SM content about depression has the disadvantage of negatively impacting relationships (i.e., being judged) ($p=0.01$) and that rumination results from following depression content on SM ($p=0.02$). Fifty-four teens (58%) endorsed lifetime SI, and this group was more likely to mention offering concrete solutions (i.e., resources and contact information) ($p=0.03$) as a response to someone posting concerning content on SM. When asked about how someone should respond when seeing disclosures of SI on SM,