

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,

participants with past year SI, lifetime SI, or lifetime NSSI were less likely to provide a response to this question compared to those without these behaviors (respectively,  $p=0.03$ ,  $p=0.09$ ,  $p=0.03$ ). Suggestions for how to help someone expressing SI on SM from those who did provide a response ( $n=83$ ) included using de-escalation/calming techniques (54%) and offering referrals to resources/helplines (39%).

**Conclusions:** Youth who have experienced SI or engaged in NSSI were found to have differing experiences with depression-related social media content. Lower likelihoods to respond to questions about outreach may indicate emotional overload, challenges with concentration and problem-solving, or fatigue among higher risk teens with depression, informing the need for proactive assessments and more structured mental health supports. This evaluation adds to the literature by utilizing a more diverse sample of adolescents and reflecting participants' own unique perspective on how engagement with social media impacts their depressive symptoms. Recruitment of this sample indicates the promise of SM for outreach among these groups and informs the use of SM and digital interventions to offer inclusive support for teens with depression.

**Sources of Support:** Funding was provided by the National Institutes of Health (K02 DA043657).

## 142.

### CONTENT AND LINGUISTIC ANALYSIS OF COVID-19 TWEETS ON ONE UNIVERSITY'S TWITTER PAGE

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**Purpose:** Covid-19 information is commonly shared on Twitter. Universities may use Twitter to share public health information with adolescents and young adults (AYAs). However, the content that universities share regarding Covid-19 on Twitter amid the pandemic is unknown. This study evaluated Covid-19 messaging content from one university's Twitter account to understand how 1) engagement 2) post frequency and 3) linguistic elements of tweets, changed during the pre-surge and surge phases of fall semester 2020.

**Methods:** We conducted a content analysis of the University of Wisconsin's tweets from August 15 to December 23, 2020 followed by linguistic analysis. First, tweets mentioning Covid-19 or related key words were identified. The number of likes and retweets were recorded and summed to create an engagement score. Second, the post frequency, defined as the total tweets posted during the evaluation period, was recorded to determine a ratio of Covid-19 posts to non Covid-19 posts. Third, the validated Linguistic Inquiry and Word Count (LIWC) program was used to examine tweets. From the LIWC dictionaries we utilized the following analysis categories (example words in parentheses) anxiety (worried, fearful), health (clinic, flu), and reward (praise, benefit). In analyses, tweets were categorized as either pre-surge or surge, based on the Center for Disease Control's (CDC) designation of the fall Covid-19 surge in Wisconsin (beginning November 1st). T-tests were used to assess significant differences in engagement and LIWC categories during pre-surge and surge times, and the relationship between post frequency and pre-surge and surge times was assessed using a chi square test.

**Results:** A total of 350 tweets were included in this study, and 144 (41.14%) referenced Covid-19. A total of 200 tweets were pre-surge and 150 were surge. We found no significant difference in tweet engagement scores in pre-surge ( $M= 61.3$ ,  $SD= 108.3$ ) and surge

times ( $M= 35.5$ ,  $SD= 68.8$ ,  $p= .114$ ). We found no significant difference in the frequency of Covid-19 tweets to non-Covid-19 tweets in the pre- and post-surge times ( $p= .21$ ). Tweets posted in the pre-surge times ( $M= .37$ ,  $SD= 1.2$ ) had more anxiety terminology than tweets in the surge times ( $M= .05$ ,  $SD= .342$ ,  $p= .017$ ). Tweets posted in the pre-surge times ( $M= 1.69$ ,  $SD= 2.5$ ) had more health terminology than in the surge times ( $M= .88$ ,  $SD= 1.7$ ,  $p= .023$ ). There was more reward terminology in the pre-surge times ( $M= 2.02$ ,  $SD= 2.5$ ) than in the surge times ( $M= 1.13$ ,  $SD= 1.7$ ,  $p= .012$ ).

**Conclusions:** Comparatively high health, anxiety, and reward terminology in pre-surge tweets may have reflected an effort to enforce public health protocols when students were returning to campus as Covid-19 cases on campuses increased. However, of all tweets posted by the university in the fall semester, less than half included Covid-19 content, suggesting Covid-19 related information needs to fit into the university's larger communication plan and social media presence. Future studies should examine the importance of continued social media messaging throughout the semester to promote AYA compliance with public health protocols.

**Sources of Support:** This project was completed without funding support.

## 143.

### SOCIAL MEDIA USE, SOCIAL MEDIA RACIAL/ETHNIC DISCRIMINATION, AND MENTAL HEALTH AMONG BIPOC ADOLESCENTS DURING THE COVID-19 PANDEMIC

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**Purpose:** The recent increase of racial/ethnic discrimination messaging on social media during the COVID-19 pandemic and racial justice movements places Black, Indigenous and people of color (BIPOC) youth at higher risks of mental health problems (Croucher et al., 2020; Fowers & Wan, 2020). Pre-pandemic research has shown that between 10% to 42% of BIPOC adolescents have experienced and 70% witnessed online racial discrimination (English et al., 2020; Rideout et al., 2016). However, there is a paucity of studies on the association between social media racial/ethnic discrimination (SMRD) and mental health, especially during the pandemic. This study assessed the relationships among different aspects of social media use, SMRD, and mental health among BIPOC youth.

**Methods:** A national sample of 407 cisgender 15-18-year-old Black, East/Southeast Asian, Indigenous, and Latinx youth who had used social media at least 5 days per week in the past month completed an online survey. In addition to demographics and COVID-19 pandemic-related information, social media use measures included hours of social media use, social media intergroup contact, and social media racial justice civic engagement. Standardized measures were used to assess individual and vicarious SMRD, depression, anxiety, alcohol use disorder, and illicit drug use problems.

**Results:** Correlation analyses indicated that hours of social media use, social media racial justice civic engagement, individual and vicarious SMRD were associated with mental health and substance use. Results of structural equation modeling (SEM) analyses found that social media racial justice civic engagement was associated with increased levels of depression, anxiety, and alcohol use disorder risks among BIPOC adolescents, which could be fully explained by relationships with levels of SMRD.