

2021 Impact Report

# Changing the Conversation

Together, we are helping our children to grow up healthy, smart,  
and kind in our increasingly immersive digital environment.





## Every day, millions of children and teens worldwide log on through their smartphones, tablets, computers, and gaming systems.

There they find entire worlds that enable them to learn new skills, communicate with friends, play games, watch movies, and meet new people. This connectivity can support healthy social interaction and learning, but it also introduces a host of risks, including physical ailments, social challenges, and mental health issues.

After the COVID-19 pandemic locked us down, young adolescents reported using screens and interactive media nearly eight hours per day, a doubling of their reported pre-pandemic use.<sup>1</sup> While these media were important to adolescents' sense of connection and joy<sup>2</sup>, we also know that depressive symptoms and suicide rates have been shown to increase in parallel with increased time engaging with interactive and screen-based media. When combined with the other stressors youth have experienced in recent years, it's not surprising that young people are reporting higher rates of psychological distress.<sup>3</sup>

# 8 HOURS

average amount of time kids are spending online each day, not including school hours







## In the absence of comprehensive current research, the broader public debate over technology and wellness has become deeply and unproductively polarized.

On one side are those who focus almost exclusively on potential risks. On the other side are those who focus almost exclusively on potential benefits. Every parent, doctor, entrepreneur, and educator knows that the digital revolution isn't all good or all bad. New technologies have improved our schools, workplaces, and homes in ways unimaginable even a few years ago – and with that transformation comes a new set of challenges that must be addressed.

By addressing children's use of digital media from a values-based, "right vs wrong" perspective - rather than holistically, pragmatically, and with academic rigor – each participant feels their viewpoint must win and leaves the discourse dissatisfied and unchanged. Doctors, psychologists, and other healthcare providers lack the information they need to make sound recommendations regarding prevention and treatment of screen-related problems. Educators are excited by the potential of educational technology but have variable training in how to use technology effectively while avoiding problematic behaviors. Technology companies and content creators lack the information they need to build wellness into their products. Perhaps most importantly, parents and families are left feeling confused, overwhelmed, and guilty.

**New technologies have transformed nearly every facet of our lives. Yet, decades after the start of this technology revolution, we still don't really understand how our interactions with digital media affect our brains, bodies, and behaviors.**



The Digital Wellness Lab at Boston Children's Hospital was created to answer two fundamental questions and develop research-based recommendations for those who create and use digital technology.

Can we develop technology that **nurtures creativity, empathy, and wellbeing?**

How can I best raise **healthy, smart, kind children** in our digital age?





**FROM A MOTHER OF AN INTROVERTED TEENAGE BOY**

**Interactive social media has been a blessing.** During the pandemic my son was able to engage with a group of friends for online gaming. He also used Tik Tok to find a daily workout routine and got himself more fit and healthy.

**FROM THE SAME MOTHER OF AN EXTREMELY SOCIAL TEENAGE GIRL**

**Interactive social media became more of a curse.** During the pandemic my daughter found herself engaging in multiple social groups with people I didn't even know. At one point the online bullying became so bad that she attempted suicide on Instagram Live and ended up institutionalized for anxiety and depression.





“ We have an opportunity to **change the conversation**, to help our kids gain control of the screens they are growing up with and to harness them for healthy development and social engagement. **DR. MICHAEL RICH** | *Founder & Director, Digital Wellness Lab & Pediatrician, Boston Children's Hospital*



## 2021 Impact Report

# Changing the Conversation

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## Dear Friends,

In 2019, we at the Center on Media and Child Health at Boston Children's Hospital made the bold decision to broaden our focus to engage key stakeholders from academic research, healthcare, and corporate industry in an open collaboration designed to: deepen our understanding of the positive and negative effects of the media and technology young people use and how they use them; to use what we learn to empower caregivers, educators, and clinicians; and to make meaningful wellness-focused changes in the design of digital devices, applications, and content.

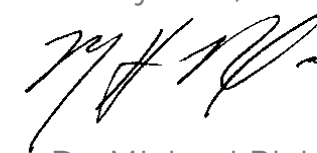
While the pandemic slowed us operationally, it functioned as an accelerant and amplifier of the issues we have been addressing for two decades. In Spring 2021, the Digital Wellness Lab was born, with a mandate to join forces with healthcare providers, scientists, and industry in order to transform the health of children, families, and society by fostering understanding of, innovation in, and humanization of the digital environment.

Over the last year, we have built impactful relationships with our dozen founding supporters, who have helped to ensure that the Lab's initial start up phase is successful. Despite travel bans and the limitations of Zoom-based meetings, we have taken the Lab global, holding meetings with researchers in Singapore, Brazil, Switzerland, United Arab Emirates, Sweden, Australia, Canada, and India; educators from Abu Dhabi to Alberta; and industry professionals in Peru and the United Kingdom. Our staff have delivered presentations and webinars to parents across the country and our researchers have designed and executed studies that provide actionable, evidence-based guidance for caregivers, educators, and clinicians.

Our team has grown and we look forward to growing it further in the coming year. We will need additional capacity to achieve all of the big, audacious goals and impact we have in store! I'm excited to share all that we've accomplished this year and all that we look forward to accomplishing in 2022 and beyond.

As we face the post-pandemic "next normal," we have a heightened obligation to change how we engage with each other and with our screens and to support and nurture young people's digital wellness as they dive more deeply into an ever-more immersive digital world. We are thrilled to be at the forefront of that opportunity and look forward to engaging with you on this work.

All my best,



Dr. Michael Rich





At the Digital Wellness Lab, we focus on topics of key importance for young people's healthy development within a digitally immersive environment.

**We conduct research on the influence of the screens youth use and how they use them on:**

Brain Development

Digital Inequities

Digital Literacy and Citizenship

Social Connection  
& Belongingness

Social Emotional  
Development

Technology in Education

Mental Health

Health Risk Behaviors

Cyberbullying

Screen Time vs. Green Time

Problematic Interactive  
Media Use (PIMU)

Prosocial Media



“ How do we know how much screen time is too much? And how do we compete with an industry that specializes in algorithms we can't even begin to understand? **PARENT, New Hampshire** ”

## 2021 Highlights

We responded to the pandemic by producing:

**5**

**webinars conducted  
with 20 expert panelists**

**27**

**resources released, including:  
The Family Digital Wellness  
Guide, 5 additional toolkits,  
20 articles, and 1 research  
repository**

**35+**

**press mentions**



**TIME**



**WSJ**





## 2021 Highlights

# Officially launched Digital Wellness Lab

In March 2021, we launched the [Digital Wellness Lab at Boston Children's Hospital](#) as an evolution of the Center on Media and Child Health, originally founded in 2002. Instead of continuing the polarized discourse between those who advocate for children and those focused on digital innovation, the Lab brings together a team of rivals from technology, entertainment, education, and healthcare to bring their diverse skillsets to bear on the challenge of building a healthier, more humane digital environment.



Digital wellness needs to be considered a critical part of overall health and wellbeing.

KRISTELLE LAVALLEE *Senior Content Strategist, Digital Wellness Lab*



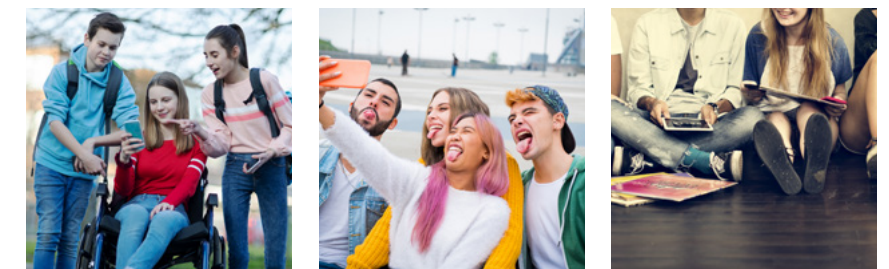


## 2021 Highlights

### RESOURCE

# Family Digital Wellness Guide: 2nd Edition

In March 2021, we published an updated [Family Digital Wellness Guide](#), addressing “the next normal” as we all settled into life amidst a pandemic. Organized by developmental stage from infancy to adulthood, the guide examines key developmental tasks of each stage as they are affected by and reflected on the screens we use. The Guide offers caregivers recommendations for optimizing their childrens’ and teens’ online wellness.



### Ice Breakers

When you see something concerning, here are ways to get the conversation going.

**If you see this...**

Your child is watching a video containing graphic content that concerns you...

Your child is having a difficult time with remote learning...

Your child is spending more time indoors and being less physically active...

**Say this...**

“What is the video you are watching? “Can you tell me what you like about it? Maybe we can find one like it that isn’t so graphic and we can watch it together.”

“It can be tough learning in different ways, let’s take a break from the screen for a while and we can talk about how school is going and what we can do with your teachers to make it better.”

“I’ve noticed you’ve been inside a lot more recently, let’s take a walk outside, or go to your favorite park and talk about how we can be better about getting some active outdoor time!”

2021



### Ask the Mediatrixian™

What parents ask most about their teen

Can media use cause teens to be unhappy with their bodies and lead to eating disorders?

Here’s what we know about the complicated relationship between media and teen body:

- Many beauty and lifestyle media contain content focused on how their audience (regardless of gender identity) can “improve” themselves. What teens take away from this content is often inadequate— their thighs are too thick, or not muscular enough, etc. Research shows that some teens feel measurably worse about themselves after consuming these media.
- Numerous filters, photo and video editing apps make it easy for teens to alter their appearance. As a result, many teens manipulate their selfies and photos to look more like advertised beauty ideals. Teens are constantly bombarded with this altered reality of media, and research shows that teens who compare themselves to the images they see experience low self-esteem and body image issues.
- Eating disorders such as anorexia nervosa and bulimia are driven by a desire to take control of lives that feel out of control. Disordered eating behaviors can be the response to body dissatisfaction, and can be triggered by social media use, particularly when social media focuses on unrealistic beauty ideals.

Talk about the media messages and images your teen consumes, including the images they see of themselves. Encourage your teen to present their authentic (unfiltered) self online, and talk with them and their doctor if you notice any unhealthy or disordered eating behaviors.

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### How to talk to your child

Start conversations when you and your child are in good moods (not feeling angry or hurt) and when you’re both open to listening. Be sure to say exactly what you mean, encourage your child to take turns talking and listening, and give them your full attention. Let them know that you love them and that you value what they say.

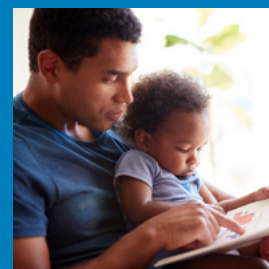
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# Family Digital Wellness Guide

What Parents Need to Know About Media and Their Child



From their first cry to their first job, today’s children are growing up in digital environments that affect how they develop and who they become. The Digital Wellness Lab provides the latest science-based resources to help raise infants to young adults, ages 0-25.





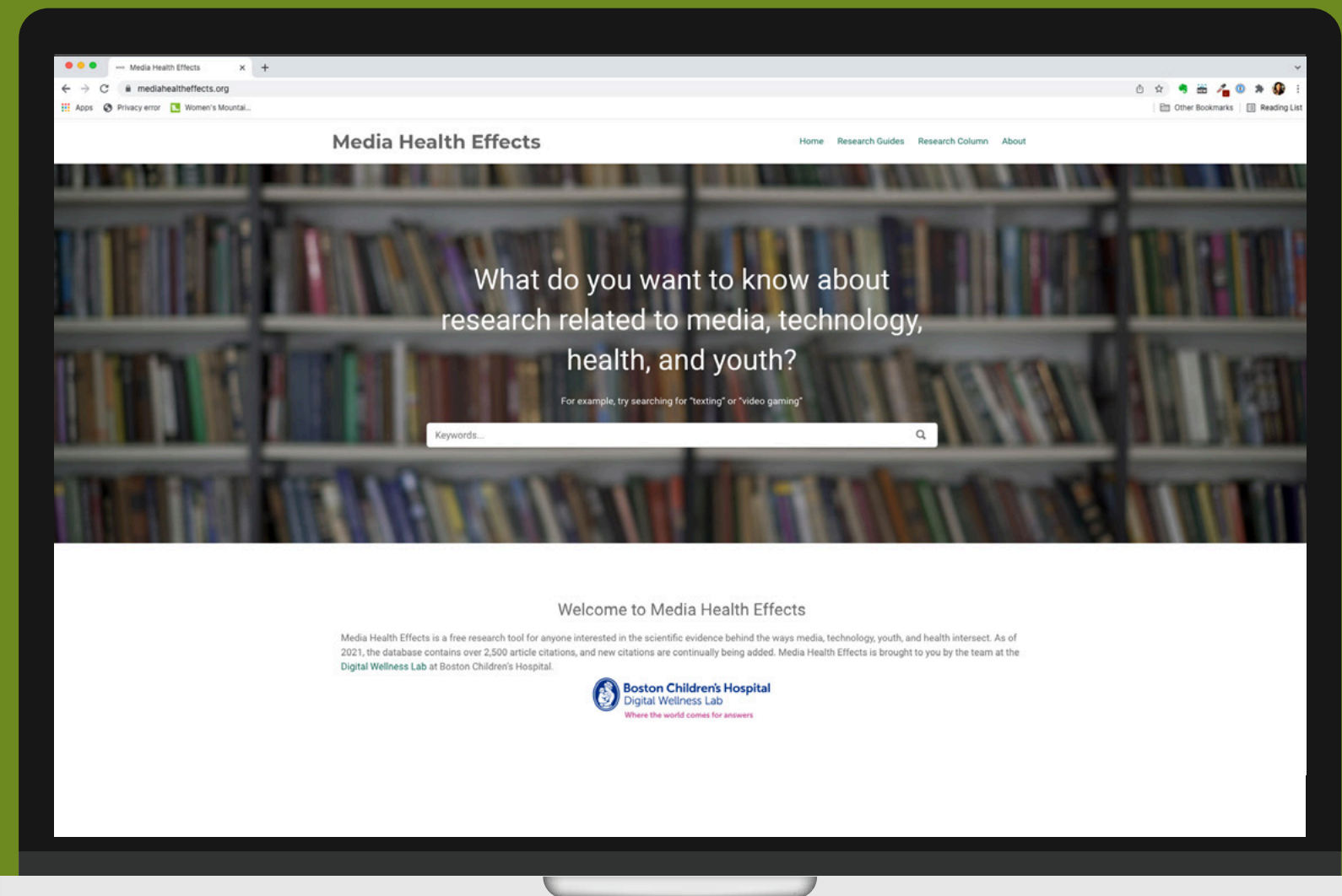
## 2021 Highlights

### RESOURCE

# Media Health Effects research database

In October 2021, the Digital Wellness Lab launched [Media Health Effects](https://mediahealtheffects.org), a powerful and dynamic research tool for anyone interested in learning more about the scientific research evidence on the intersections of media, technology, and young people's health. By reviewing over 30,000 articles from nearly 20 separate disciplines concerned with the influences of screen media on physical, mental, and social wellbeing, we populated the database with over 2,500 well-curated citations, with up-to-date citations added regularly. In the coming year, we will provide additional curated guidance to address the most pressing questions posed by caregivers seeking to support digital wellness for children and teens.

**Media Health Effects is a curated resource for anyone—  
from caregivers to clinicians—seeking to support  
digital wellness for children and teens.**





## Children's First Cell Phones

Parents' Perspectives on Risks and Benefits



Where the world comes for answers



PULSE SURVEY #2

## Parents' Perspectives:

Summer Media Use and the Return to School



Where the world comes for answers

## Parents' Perspectives: Media Use & Remote Learning During the COVID-19 Pandemic



Dependents of a survey said that in the past year, technology has changed the way children connect with others, both in and out of school. In addition, media use has had positive and negative effects on their children's health and well-being.

Information on the methodology can be found on Page 7 of this report.



Where the world comes for answers

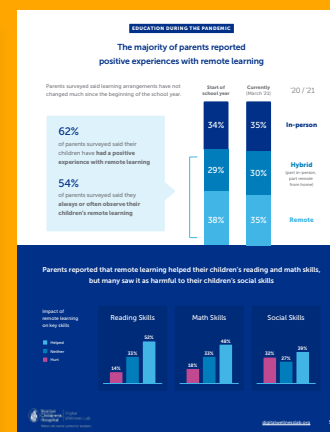
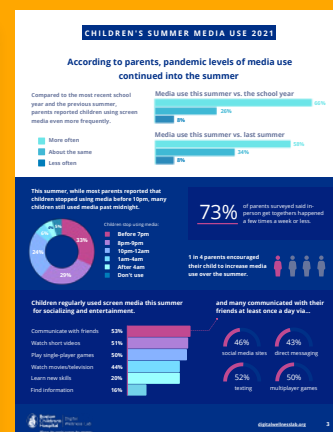
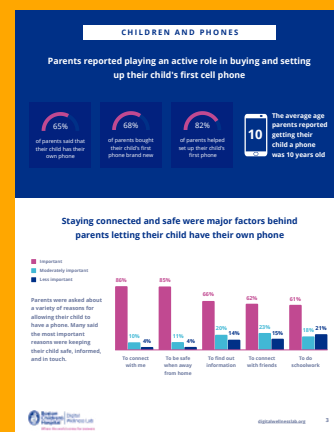
## 2021 Highlights

### RESOURCES

## Pulse Reports

In March, September, and December, 2021, the Lab published three reports sharing out the results of an ongoing series of surveys that **"take the pulse" of the nation** on topics related to children's and adolescents' media use and their physical, mental, and social health. These surveys asked parents about their child's use of media and its impact on their wellbeing during the COVID-19 pandemic, eliciting findings that were expected – kids' total screen time rose dramatically during lockdown and remote schooling; unexpected – their screen time increased after lockdowns were lifted and remote schooling ended in the summer; and nuanced – both positive and negative mental and social health outcomes and increased negative physical health outcomes were observed.

The Digital Wellness Lab's Pulse Surveys asked parents about their child's use of media and its impact on their wellbeing during the COVID-19 pandemic.





## 2021 Highlights

### PROFESSIONAL DEVELOPMENT

## Course on Problematic Interactive Media Use (PIMU)

In October 2021, the Digital Wellness Lab sponsored the first-ever continuing medical education course on Problematic Interactive Media Use (PIMU). The course taught physicians, physician assistants, nurses, psychologists, and social workers to recognize, respond to, and prevent PIMU. On-demand access to the course is scheduled to go live in January 2022.

#### Digital Wellness Lab

Michael Rich, MD, MPH  
David Bickham, PhD  
Kristelle Lavalley, MA

#### Clinic for Interactive Media & Internet Disorders (CIMAID)

Michael Tsappis, MD  
Lauren Mendoza, LCSW  
Tarek Aly, MD, MPH

#### Boston Children's Hospital

Isdin Oke, MD

#### Alberta (Canada) Teacher's Association

Phil McRae, PhD



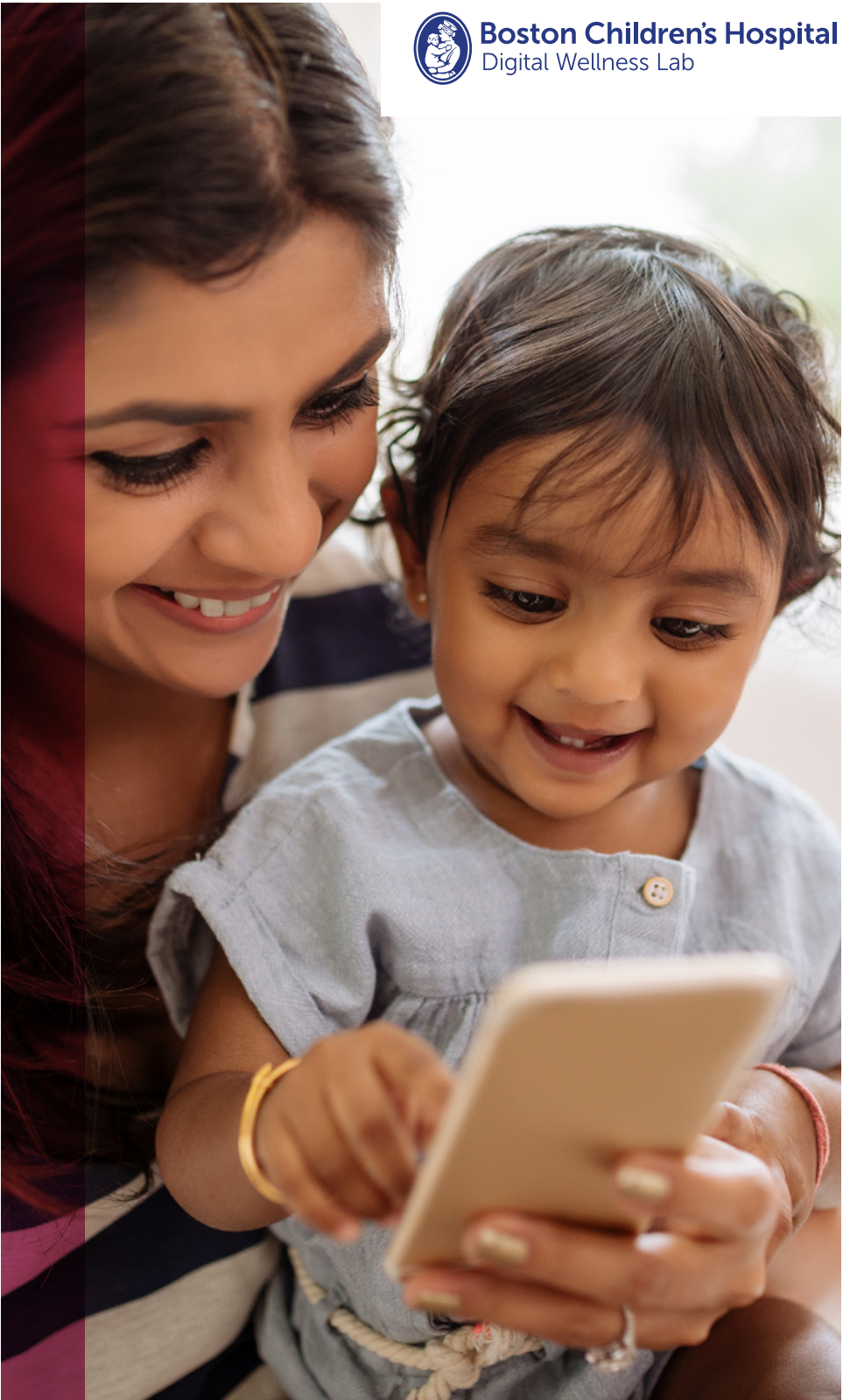
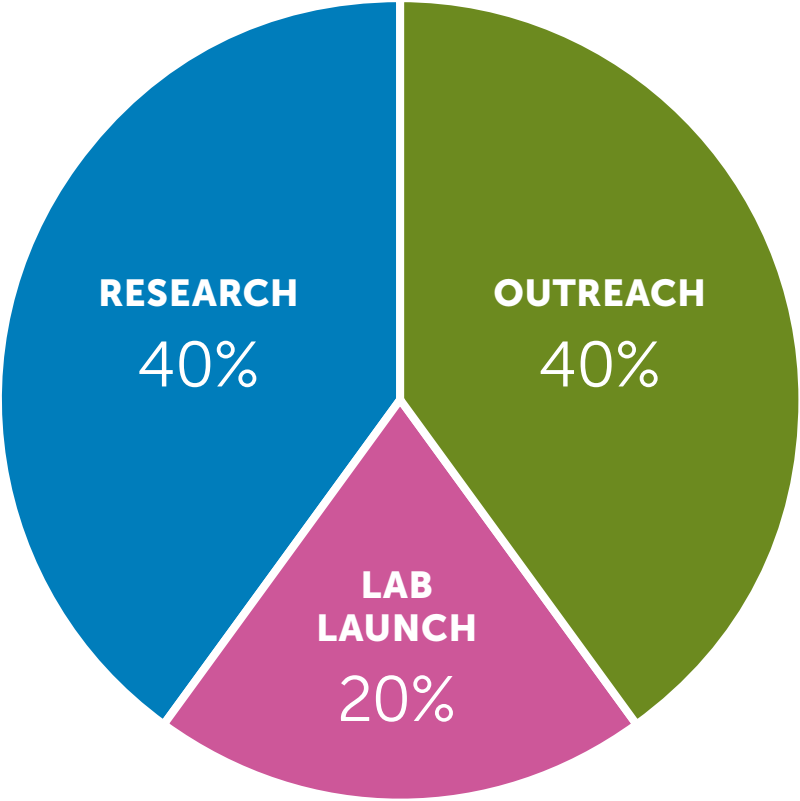
Unlike a substance addiction, where abstinence from the substance is the treatment, the therapeutic goal for PIMU is self-regulation of a necessary resource. **DR. MICHAEL RICH**

# 2021 Financials

## REVENUE SOURCES

Unrestricted Gifts	\$1,660,000
Restricted Gifts	\$121,000
	<b>\$1,781,000</b>

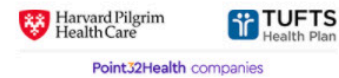
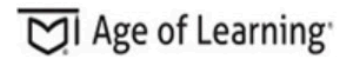
## USE OF FUNDS RAISED





## Digital Wellness Lab Supporters

Our work is made possible through the generosity of individuals, foundations, and corporate supporters.



We're proud to partner with the Digital Wellness Lab in our ongoing effort to support families and encourage positive digital habits. **TRACY ELIZABETH** *Global Minor Safety Policy Lead, Tik Tok*

## Donors & Grants

### GRANTS

#### **Technology and Adolescent Mental Wellness**

##### **University of Wisconsin & Media Power Youth**

Dr. David Bickham, the Lab's Lead Research Scientist, led a collaboration with Media Power Youth (MPY) - a digital literacy organization based in Manchester, NH - on a grant provided by the University of Wisconsin to evaluate MPY's Screenshots curriculum in shaping constructive media usage and stimulating the behaviors that lead to positive social connections and resilience.

#### **Identifying the Unique Characteristics of a Clinical Sample of Patients with Media-Use Disorders: Building Towards a Research-Based Clinical Trial**

##### **McCarthy Family Foundation**

Dr. David Bickham served as Principal Investigator on a McCarthy Family Foundation-funded project employing a chart review of patients from the Clinic on Interactive Media and Internet Disorders (CIMAID) in order to identify behavioral patterns and emotional problems that increase the risk of developing Problematic Interactive Media Use (PIMU).

#### **Digital Wellness Lab Parent Resources**

##### **Anonymous**

Kristelle Lavallee led a project funded by a large media company to develop a set of science-based resources designed to provide parents and other caregivers with evidence-based information, strategies, and tools to support them in raising healthy, smart, and kind children in a digitally saturated world.

#### **Digital Wellness Lab Launch Ruderman Family Foundation**

The Ruderman Family Foundation provided seed funding to support the evolution of the Center on Media and Child Health (CMCH) to the Digital Wellness Lab, to help enable the team to lay the foundation for the new Lab and to create resources for parents and other caregivers over the course of the year.



## Looking Ahead

### Over the next 3-5 years, we are focusing our efforts on:

Deepening our **shared understanding** of what digital wellness looks like in practice and how to foster it within existing and emerging technologies;

Designing and disseminating impactful **evidence-based guidance** to empower young people in building and maintaining a healthy engagement with the digital world;

Working collaboratively with relevant industries to support their **building wellness into the foundational design** of existing and emerging technologies, applications, and supports; and

Building the **sustainability and profile** of the Digital Wellness Lab for impact, reach, and longevity.

This strategy is intentionally flexible to enable us to shift nimbly with the pace of technological innovation and environmental changes (such as we experienced with the COVID-19 pandemic).

We will continue to produce research-informed resources, webinars, and presentations for caregivers and to engage in research on young people's digital wellness. The Lab continues to maintain a close relationship with the Clinic for Interactive Media and Internet Disorders (CIMAID), enabling us to derive clinical insights and develop and evaluate therapeutic interventions and prevention strategies.



“ Our K-12 school administrators are devoting an average of 10-20 hours per week to some aspect of social media's influence, ranging from the distribution of inappropriate photos and videos to bullying and threats. **SCHOOL DISTRICT LEADER, Massachusetts** ”

## Looking Ahead

In addition to our ongoing efforts, key new projects in 2022 will include:

Expanding the **Media Health Effects** database to include more cross-functional research citations, research guides, an insights column written by collaborating researchers, and spotlights on exciting new research on the intersections of media, technology, and young people's health.

Convening a **Youth Advisory Board** of geographically and demographically diverse youth to share their pressing questions and insights, express hopes and concerns, and review the Digital Wellness Lab's analyses and recommendations for relevance and feasibility for young people.

Launching a **monthly newsletter** summarizing the latest highlights and happenings from the Lab. Releasing a **podcast series** featuring experts from a variety of tech-related fields who will address some of the most provocative, yet common caregiver and educator concerns regarding digital wellness.

Engaging in formalized **collaborative partnerships** with leading researchers globally to increase the capacity and speed at which we can deepen our understanding of digital wellness, particularly as it relates to emerging technologies.





## Get Involved

The Digital Wellness Lab is made up of a dynamic and collaborative team of experts and thought leaders from health sciences, tech, academics and entertainment. We are ever-evolving and interested in others becoming part of our mission. Here are some opportunities on how you can become involved in the Lab's work:

### JOIN OUR TEAM

The Digital Wellness Lab at Boston Children's Hospital, the country's top pediatric hospital, is a mission-driven organization dedicated to understanding and promoting wellness in the digital age. We maintain a lean team but anticipate hiring for a number of roles in the coming year. If you are interested in joining the Lab, you can learn more on our [Hiring page](#).

### BECOME A SUPPORTER

The Digital Wellness Lab convenes supporters from healthcare, technology, media, and entertainment to deepen our understanding and address the future of young people's healthy engagement with media and technology. Our supporters meet regularly to discuss shared issues of importance related to digital wellness. If your organization is interested in becoming involved as a financial supporter, please [email Cori Stott](#) to discuss further.

### REQUEST FOR TALKS OR EXPERT PANELISTS

The Digital Wellness Lab has a wealth and breadth of knowledge about topics related to health, development, and interactive media use in the digital age. We would be happy to engage with your organization and stakeholders to present information of relevance to you through training, keynote speeches, and presentations. Please submit requests via our [website](#). If you have questions, please [email Cori Stott](#).

### VISITING SCHOLAR AND INTERNSHIP OPPORTUNITIES

The Digital Wellness Lab can host graduate students and post-doctoral researchers who are interested in learning more about digital wellness topics while leveraging their academic expertise to strengthen our global impact. If you are interested in joining us as a visiting scholar or intern, please [email Cori Stott](#) with your CV and area of academic interest.

To stay informed on our latest work, sign up for our [newsletter](#).

For more information, please contact Cori Stott, Administrative Director, at [dwl@childrens.harvard.edu](mailto:dwl@childrens.harvard.edu)

# Appendix



## Our Team

**Michael Rich, MD, MPH**  
DIRECTOR, FOUNDER, PEDIATRICIAN

**David Bickham, PhD**  
RESEARCH SCIENTIST LEAD

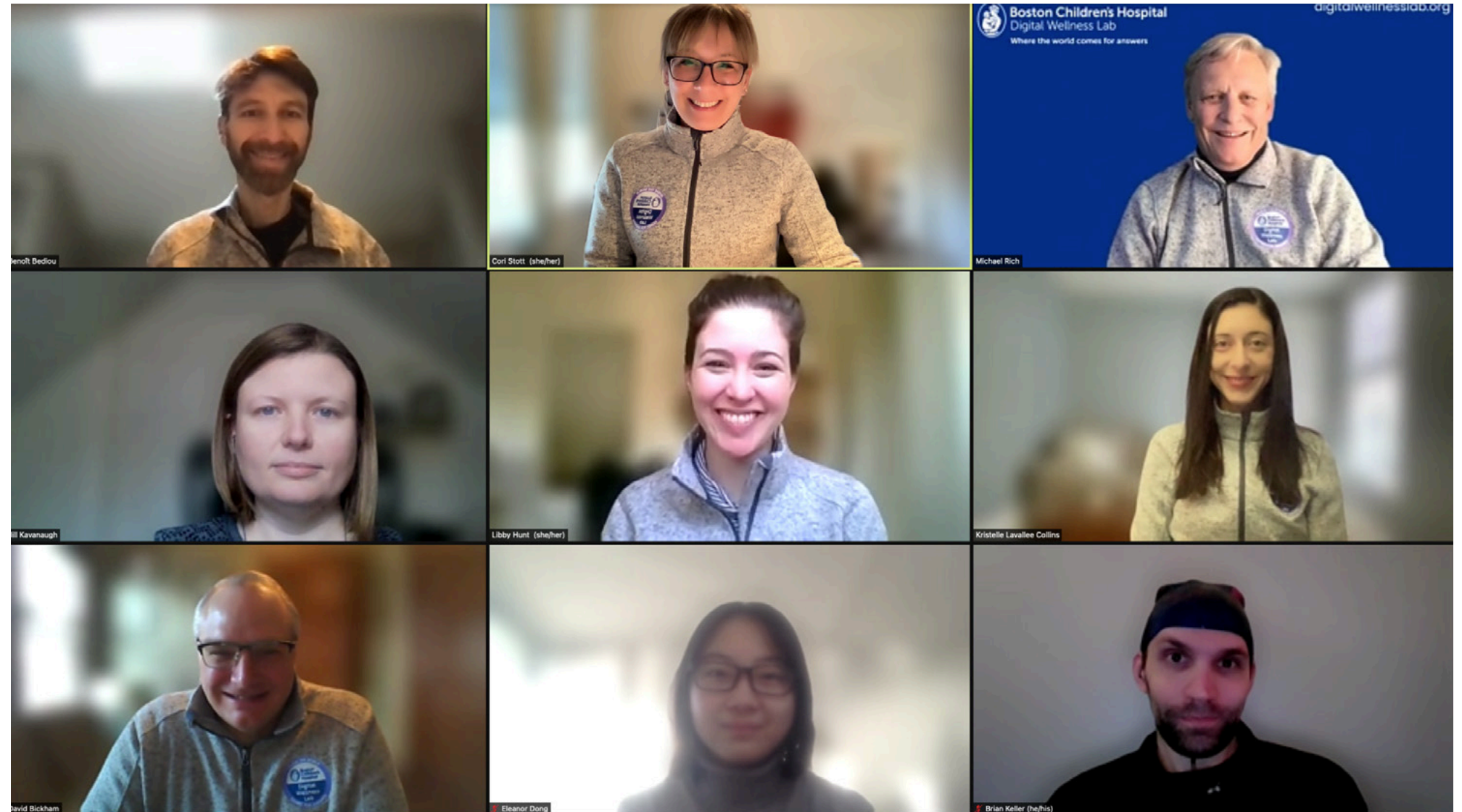
**Cori Stott, MBA, EdM**  
ADMINISTRATIVE DIRECTOR

**Kristelle Lavalée Collins, MA**  
SENIOR CONTENT STRATEGIST

**Libby Hunt, MA**  
CLINICAL RESEARCH SPECIALIST

**Jill R. Kavanaugh, MLIS, AHIP**  
KNOWLEDGE PROGRAM LIBRARIAN

**Brian Keller**  
WEB DEVELOPER



## Expert Advisors

### ASSOCIATES

Associates of the Digital Wellness Lab are individuals who contribute unique knowledge or skills to the Lab, typically on a time-bound basis as volunteers, visiting scholars, or hourly supports. Associates strengthen our collective efforts, increase our impact, and add capacity in targeted ways based on their specific areas of expertise and interest.

**Tarek Aly, MD, MPH**

**Benoît Bediou, PhD\***

**Yuxuan (Eleanor) Dong\***

**Lisa Hurwitz, PhD**

**Isobel McEwen\***

**Summer Moukalled**

**Peter Raffalli, MD**

**Keneisha Sinclair-McBride, PhD**

**Ron Slaby, PhD**

**Nick Woolf, MA**

*\*Visiting Scholar or Intern*

### ADVISORS

Our talented advisors support the growth of the Digital Wellness Lab by offering their expert guidance as we work to make a difference in how young people engage with digital media.

**Daphne Bavelier, PhD**

**Katy Giffault**

**Alicia Haywood**

**Steve Horowitz**

**Heather Inyart**

**Ramy Katrib**

**Philip McRae, PhD**

**Yuhyun Park, PhD**

**Michael Preston, PhD**

**Jordan Shlain, MD**

**Tiffany Shlain**

**Kimberly Voll, PhD**



## Our Visiting Scholars & Interns

### **Benoît (Ben) Bediou, PhD**

#### ***Senior Research Associate***

UNIVERSITY OF GENEVA, SWITZERLAND

Dr. Bediou is spending the academic year with the Digital Wellness Lab conducting advanced analyses on collected data; collaborating on current and future research; and helping develop new research questions, methods, and experimental designs that incorporate cognitive and affective measures. Ben adds new perspectives from his research focusing on specific types of media uses and outcomes by combining cross-sectional data with experimental research designs in adult populations. Ben is helping us grow internationally by transporting Digital Wellness Lab research to Europe, allowing us to increase research sample sizes and examine cultural differences in media effects.

### **Isobel McEwen**

#### ***Candidate for Master of Science, Epidemiology***

HARVARD T.H. CHAN SCHOOL OF PUBLIC HEALTH

Isobel is spending the academic year supporting the Digital Wellness Lab's research efforts, with a particular focus on deepening our understanding of the hallmarks of problematic interactive media use (PIMU). In collaboration with the Lab's research team and clinicians from Boston Children's Hospital's Clinic for Interactive Media and Internet Disorders (CIMAID), Isobel is working to identify patterns in environmental and relational circumstances that may serve as predictors of PIMU for children and adolescents. This work will be integral in designing early interventions and therapeutic approaches for Problematic Interactive Media Use (PIMU).

### **Yuxuan (Eleanor) Dong**

#### ***Candidate for Master of Education, Human Development and Education***

HARVARD UNIVERSITY GRADUATE SCHOOL OF EDUCATION

Eleanor is spending the academic year supporting the Digital Wellness Lab's outreach and engagement efforts, with a particular focus on building educators' understanding of digital wellness. In collaboration with the Lab's content and research teams, Eleanor is creating evidence-based, clinically-informed content focused on supporting parents and educators in fostering their young people's healthy, productive engagement with digital media. This work will increase the Lab's ability to translate research to actionable guidance for caregivers.

## Selected Press

### Reuters

NOV 2021

[Researchers study TikTok videos as unexplained tics appear in teens](#)

### USA Today

NOV 2021

[Screen time among teenagers during COVID more than doubled outside of virtual school, study finds](#)

### WBUR

NOV 2021

[Teens' screen time doubled to 8 hours a day during the pandemic - not counting schoolwork](#)

### Time Magazine

NOV 2021

[How Ryan Kaji became the most popular 10-year-old in the world](#)

### BBC News Brasil

OCT 2021 (in Portuguese)

[Abstinencia de telas': Como conter o uso excessivo de eletronicos por crianacas na pandemia](#)

### National Geographic

OCT 2021

[Pandemic myths are all over social media - and they're dangerous for kids](#)

### ConnectSafely

SEP 2021

[Protecting Mental Health on Instagram](#)

### Wall Street Journal

SEP 2021

[China sets weekday ban on kids' videogame play. Should you do that too?](#)

### HuffPost

AUG 2021

[How do we move away from all the screen time our kids are used to now?](#)

### TechCrunch

JUL 2021

[Instagram to default young teens to private accounts, restrict ads and unwanted adult contact](#)

### Mother Jones

JUN 2021

[Stop the Freakout Over Kids' Screen Time](#)

### NBC News

APR 2021

[Study shows some students benefiting from remote learning](#)

### Psychology Today

APR 2021

[What does summer screen-time balance mean in 2021?](#)

### United Nations Social Development Network

APR 2021

[Harnessing digital technologies for maternal health and parenting](#)



## Selected Presentations

### **Family Online Safety Institute Annual Conference**

NOV 2021 | K. LAVALLEE

[Talking to Parents About Screen Time and Digital Overload](#)

### **Family Online Safety Institute Annual Conference**

NOV 2021 | M. RICH

[Technology's Positive Role in Child Development](#)

### **International Association for Adolescent Health 12th World Congress**

NOV 2021 | M. RICH

[Plenary Debate: Is Social Media Good or Bad for Adolescents?](#)

### **Teachers College, Columbia University**

NOV 2021 | M. RICH (panelist)

[Pedagogies of Possibility: Exploring Culturally Responsive Education During COVID-19](#)

### **Technology, Mind, and Society 2021 Conference**

NOV 2021 | D. BICKHAM

[Young People's Media Use and Remote Schooling Experiences During the COVID-19 Pandemic](#)

### **American Academy of Child & Adolescent Psychiatry Annual Meeting**

OCT 2021 | M. RICH

[Debate: Are Problematic Screen Habits a Behavioral Addiction?](#)

### **Fairfax County Public Schools**

OCT 2021 | K. LAVALLEE

[Family Digital Wellness: When is the Internet a Problem?](#)

### **Penn Medicine Princeton Health Grand Rounds**

OCT 2021 | D. BICKHAM

[From Instagram to Internet Addiction: Adolescent Mental Health in the Digital Age](#)

### **Technology and Adolescent Mental Wellness 2021 Colloquium**

SEP 2021 | D. BICKHAM

[Youth-to-Youth Curriculum Design: The evolution of Screenshots, A School-Based Media Literacy Program](#)

### **EuroDIG**

#### **(European Dialogue on Internet Governance)**

JUN 2021 | K. LAVALLEE & J. KAVANAUGH

[Researchers study TikTok videos as unexplained tics appear in teens](#)

### **Society for Research on Child Development 2021 Conference**

JUN 2021 | D. BICKHAM

[Investigating Reading in Children's Daily Lives: The Role of Screen Media, Parental Presence and Location](#)

### **Pediatric Academic Societies 2021 Conference**

MAY 2021 | D. BICKHAM

[Behavioral Health Problems Underlying Problematic Interactive Media Use](#)

## Selected Academic Publications

### American Academy of Pediatrics

DEC 2021 | HO F, TUNG K, WONG R, CHAN K, WONG W, HO S, LAM T, MIRPURI S, VAN VOORHEES B, FU K, CHOW C, CHUA G, TSO W, JIANG F, RICH M, IP P.

[An Internet quiz game intervention reduced alcohol drinking among 7,792 Hong Kong adolescents: A cluster randomised controlled trial](#)

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