

## **Type of communication: Poster**

### **Abstract**

#### **1. Title**

Social media use, sleep and substance experimentation among secondary school students: a one-year follow-up study

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#### **4. Aims**

Although younger age of first substance experimentation is a major risk factor regarding the lifetime development of related disorders, it can occur early in life including childhood and adolescence. Recent studies suggested that use of social networking sites could represent a risk regarding substance use. Moreover, excessive use of Internet-connected devices has been shown to affect sleep quantity and quality. Other studies have shown longitudinal associations between sleep characteristics including shorter duration and subsequent substance initiation and use during adolescence. To sum up, both time-intensive use of social networking sites and shorter sleep time seem to be associated to substance use, but also interrelated. Therefore, the present study aims to examine the association between social media use and substance experimentation among young adolescents adjusting for sleep duration, cross-sectionally and one-year later regarding the persistence of use.

#### **5. Materials and methods**

Data were drawn from the *Cyberlife* study about Internet-connected devices uses, health and well-being among early adolescents. Secondary school pupils and their parents were invited to complete an online survey between January 2020 and August 2022. Both parents and adolescents who fully completed the survey were contacted to complete another survey one-year later. The baseline

sample was composed of mother-adolescent dyads from a French southwestern department (n=267). The follow-up sample included adolescents who also completed the follow-up survey (n=73). Baseline measure of social media included the number of accounts, and sleep time was estimated through bedtime and wake-up time for habitual weekdays, both adolescent self-reported. Any substance experimentation at baseline was established if alcohol, cigarette or e-cigarette use was reported lifetime. Persistence of use was established for adolescents who reported any 12-month use at follow-up in addition to lifetime use at baseline.

## **6. Findings and conclusions**

Logistic regression models, adjusted for sleep time and covariates, showed higher odds of experimentation when increasing the number of accounts only cross-sectionally. However, lower odds of both experimentation and one-year persistence of use were associated with increasing sleep time. These findings allow a better understanding of the relationships between social media use, sleep and substance experimentation both cross-sectionally and one-year later at early adolescence. Such findings may inform prevention strategies designed to delay the age of experimentation.

## **7. Relationships of interest**

None.

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