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NEWSLETTER

MYLIFE-STUDY



Your answers contributed to a very high participation rate in our third round of the MyLife-study last fall: **75 % of you completed the survey!**

Our fourth survey round will be executed electronically as planned this fall. We hope as many of you as possible will participate!

The personal interviews were performed as planned in June.

We thank you again for participating and for this important contribution!



Photo: colourbox.com

FIRST PUBLICATIONS

The first set of scientific papers from the MyLife-study is published!

Here you can get an **overview** of the study, some selected **results** from the first two years, and an overview of our **plans**:

Brunborg GS, Scheffels J, Tokle R, Buvik K, Kvaavik E, Burdzovic Andreas J.

Monitoring young lifestyles (MyLife) - a prospective longitudinal quantitative and qualitative study of youth development and substance use in Norway.

BMJ Open 2019;9:e031084.

<https://bmjopen.bmj.com/content/9/10/e031084>

Norms, close relationships to caregivers, and the need for a sense of control. We used answers from

personal interviews conducted with 95 of you to understand why youth drink less alcohol than before: Scheffels J, Buvik K, Tokle R, Rossow I.

Normalisation of non-drinking? 15-16-year-olds' accounts of refraining from alcohol.

Drug Alcohol Rev. 2020 May 4.

<https://www.ncbi.nlm.nih.gov/pubmed/?term=32367622>

Read our newest article, here:

Tokle R. **'Vaping and fidget-spinners': A qualitative, longitudinal study of e-cigarettes in adolescence.**

Int J Drug Policy. 2020 Jun 6;82:102791.

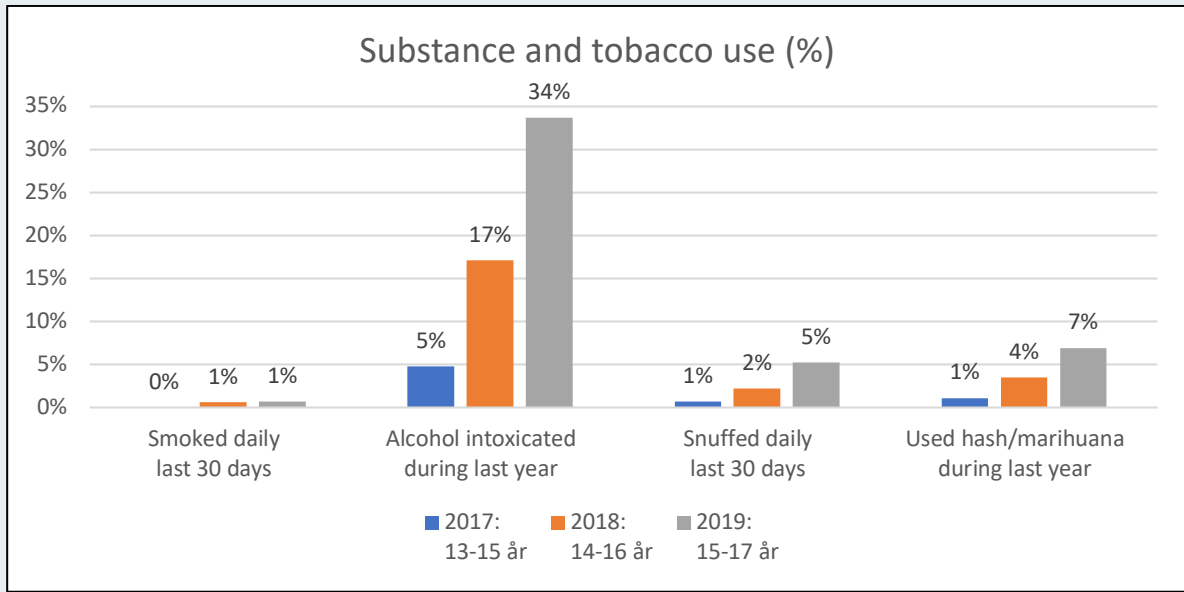
<https://www.sciencedirect.com/science/article/pii/S0955395920301328>

BMJ Open



Results from the MyLife-study so far

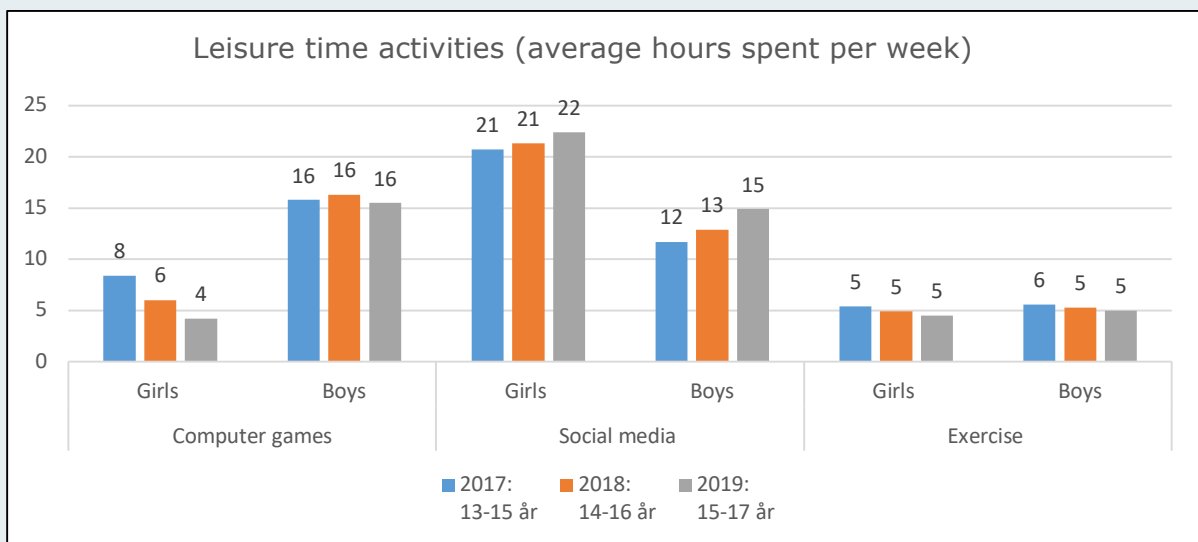
Your participation informs us on *how habits and attitudes evolve as youth grow older*. Here are some comparisons between the time when you were 13 -15 years old in 2017 and when you were 15 -17 years old last year:



The figure shows a large increase in the group who answered they had been **alcohol intoxicated** in the past year, from about 5% in 2017 to nearly 34% in 2019. There is

also a big difference between age groups. The youngest, who were 13 years old in 2017, had less increase than the oldest (not shown in graph). Few took up daily **smoking**, but there

was a larger change in the use of **snuff**. Daily snuff-users increased from near zero in 2017 to 5% in 2019. There was also an increase in the use of **hash or marihuana** in the past year.



There were also changes in time spent on leisure time activities during this two-year period. For example, in 2017 boys spent twice as much time on **computer games**

than girls, who continued to spend even less time on games as time went by. In contrast, in 2017 girls spent almost twice as much time on **social media** than boys, but boys seem to

be slowly catching up by 2019. There were no differences between boys and girls in the amount of time spent **exercising**, and exercise time remained stable since 2017.

Results from personal interviews

Your participation informs us on what influences your choices when it comes to activities such as drinking.

These are some quotations used in the article

“Normalisation of non-drinking? 15-16-year-olds’ accounts of refraining from alcohol”:



We are the achievement generation



«I think young people today drink less because we have more pressure on us, with grades and with how you look, and with sports»

«We talk about how it could go wrong, and that if I do drink, I have to call my mum immediately, if something happens»



«There’s actually more pressure that you should not drink»



«Maybe it’s not cool anymore? I don’t know, at least I like soda much better»

«My mum expects me not to drink or do anything stupid»

«Everybody who is at the party is drunk, and they will be filmed. It’s embarrassing»



«It’s not that my parents are strict, it’s more about trust»



«If I do not feel like drinking, I have the courage to say no»

«I have this job as a leader for younger children, I have to be a role model»



What now?

You will be invited to the fourth round of the computerized MyLife-study after the Fall break. You have all graduated from secondary school this June. For the first time, there will be no more computerized surveys in school as all of you will be asked to respond to the survey on your own time and when it suits you best.

News for recent graduates from 10th grade

- You will receive an SMS and e-mail with necessary instructions and survey links.
- You will receive an electronic gift card upon participation.
- It is therefore very important that you check your email and SMS for messages from the MyLife-study.

REMEMBER!

- You are free to decide whether to continue with study participation or not.
- You are very welcome to complete the questionnaire even if you have not answered before.
- You can get more information about our Privacy Policy on our website.

iPhone

Three lucky participants won the lottery for a new iPhone 11 Pro in December! The winners are from Rogaland and Trøndelag. All who consented in 2017 to participate in the MyLife-study were included in this drawing.

All photo: colourbox.com

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You can also read more about the study at: www.fhi.no/mittliv