Impact of Technology and Digital Media on Child and Adolescent Development and Mental Health

April 4-5, 2024

Neuroscience Center
Rockville, Maryland

The goal of this meeting, hosted by the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) and the National Institute on Mental Health (NIMH), is to discuss the current state of, and future directions for, research on the positive and negative impacts of technology and digital media (TDM) on the development and mental health outcomes of infants, children, and adolescents. The invited Workshop panelists represent an array of scientific disciplines and research topics. The workshop will address TDM effects at different ages (early development, childhood, and adolescence) and outcomes (cognitive, physical and mental health), as well as the need for diversity and inclusion in TDM studies. The meeting will be open to the scientific community and the public at large.

Day 1 - Thursday, April 4th, 2024

8:00 a.m. Registration

9:00 a.m. Welcome and Opening Remarks

Welcome by Workshop Co-Chairs
James Griffin (NICHD) and Julia Zehr (NIMH)

Opening Remarks
Dr. Alison Cernich, Deputy Director, NICHD
Dr. Monica Bertagnolli, Director, NIH (invited)
Senator Markey, MA (invited)
Congressman Raskin, MD (invited)
9:30 a.m.  
**Session I: The Influence of TDM on Cognitive Development**

*Moderator will introduce the session and each speaker. Speakers will give brief 10-minute presentations with slides. Discussant will give a 15-minute integrative presentation and will then lead a Q&A and the moderated discussion.*

- Virginia Salo, NICHD, *Moderator*
- Shayl Griffith, Florida International University
- Ying Xu, University of Michigan
- Eva Telzer, University of North Carolina
- Rachel Barr, Georgetown University, *Discussant*

10:20 a.m.  
**Moderated Discussion**

10:50 a.m.  
**Break**

11:10 a.m.  
**Session II: The influence of TDM on Physical Health and Health Behaviors**

*Moderator will introduce the session and each speaker. Speakers will give brief 10-minute presentations with slides. Discussant will give a 15-minute integrative presentation and will then lead a Q&A and the moderated discussion.*

- Brett Miller, NICHD, *Moderator*
- Alison Ventura, California Polytechnic State University
- Megan Moreno, University of Wisconsin, Madison
- Anne-Marie Chang, Pennsylvania State University
- Jason Nagata, University of California San Francisco, *Discussant*

12:00 pm  
**Moderated Discussion**

12:30 pm  
**Lunch**

1:45 p.m.  
**Session III: The influence of TDM on Socioemotional Development and Mental Health**

*Moderator will introduce the session and each speaker. Speakers will give brief 10-minute presentations with slides. Discussant will give a 15-minute integrative presentation and will then lead a Q&A and the moderated discussion.*

- Ashley Smith, NIMH, *Moderator*
- Sarah Coyne, Brigham Young University
- Henry Willis, University of Maryland, College Park
- Sameer Hinduja, Florida Atlantic University
- Lucia Magis-Weiinberg, University of Washington, *Discussant*

2:35 p.m.  
**Moderated Discussion**
3:05 p.m.  Break

3:20 p.m.  Session IV: Panel Discussion - Addressing the Need for Greater Diversity and Inclusion in TDM Research
   Moderator will introduce the chair and all panelists. Panelists will provide brief ~5-minute opening remarks in respond to a common prompt. Chair will then lead discussion, reserving ~20 minutes for audience engagement.
   Laura Thomas, NIMH, Moderator
   Cesar Escobar-Viera, University of Pittsburgh, Chair
   Keith Hampton, Michigan State
   Mimi Ito, University of California, Irvine
   Cindy Liu, Brigham & Women’s Hospital
   Robin Stevens, University of Southern California
   Darcy Thompson, University of Colorado School of Medicine

4:35 p.m.  Day 1 Wrap-Up
   Group Discussion led by Workshop Co-Chairs (Julia & Jim)

4:45 p.m.  Day 1 Closing Remarks
   Jane Simoni, NIH Associate Director for Behavioral and Social Sciences and Director, Office of Behavioral and Social Sciences Research (invited)

5:00 p.m.  Adjourn for Day

Day 2 - Friday, April 5th, 2024

8:00 a.m.  Registration

9:00 a.m.  Welcome and Opening Remarks
   Welcome by Workshop Co-Chairs
   James Griffin (NICHD) and Julia Zehr (NIMH)
   Opening Remarks
   Diana Bianchi, Director, NICHD
   Shelli Avenevoli, Deputy Director, NIMH
   Vice Admiral Vivek H. Murthy, U.S. Surgeon General (invited)
9:20 a.m.   Session V: Panel Discussion - Assessing the Short- and Long-Term Effects of TDM: Conceptual and Measurement Issues

Moderator will introduce the chair and all panelists. Panelists will provide brief ~5-minute opening remarks in respond to a common prompt. Chair will then lead discussion, reserving ~20 minutes for audience engagement.

Julia Zehr, NIMH, **Moderator**
Jason Chein, Temple University, **Chair**
Munmun De Choudhury, Georgia Institute of Technology
John Hutton, UT Southwestern in Dallas
Heather Kirkorian, University of Wisconsin-Madison
Laura Marciano, Harvard School of Public Health
Jennette E Moreno, Baylor College of Medicine
Tiera Tanksley, University of California, Los Angeles

10:35 a.m.   Break

10:50 a.m.   Session VI: Panel Discussion - Current Knowledge Gaps and Future Directions in TDM Research

Moderator will introduce the chair and all panelists. Panelists will provide brief ~5-minute opening remarks in respond to a common prompt. Chair will then lead discussion, reserving ~20 minutes for audience engagement.

James Griffin, NICHD, **Moderator**
Brendesha Tynes, University of Southern California, **Co-Chair**
Nicholas Allen, University of Oregon, **Co-Chair**
Rachel Barr, Georgetown University
Jason Chein, Temple University
Cesar Escobar-Viera, University of Pittsburgh
Lucia Magis-Weinberg, University of Washington
Jason Nagata, University of California San Francisco

12:00 pm   Working Lunch – Breakout Groups Future Directions in TDM Research

1:15 p.m.   Report Out and Discussion

*Breakout group sessions led by Moderators*

1:50 p.m.   Concluding Remarks

James Griffin (NICHD) and Julia Zehr (NIMH)

2:00 p.m.   Adjourn