

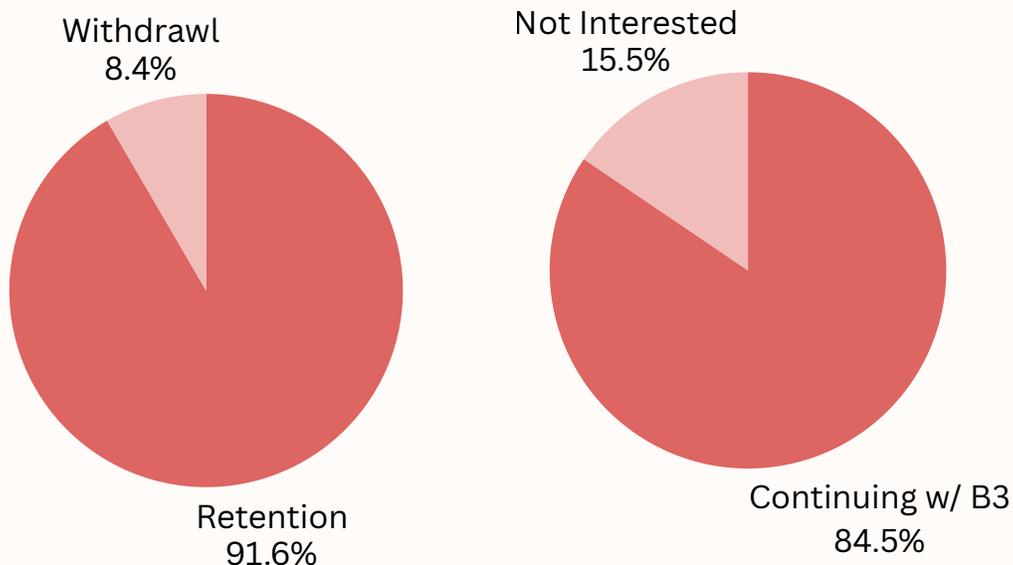
BRAIN, BEHAVIOR & WELLBEING

Hello!

Welcome to the official B3 Study newsletter! This newsletter will share fun facts about the study, highlight study team members, and share important resources for current participants and their families. Thank you for joining us!

Study Fun Fact

There are over 350 total teens enrolled in the B3 study, for the last 2 years they have been completing tasks every 6 months! Currently, the B3 study has a 91.6% retention rate! With 84.5% of participants interested in continuing with another 2 years of tasks related to the study!

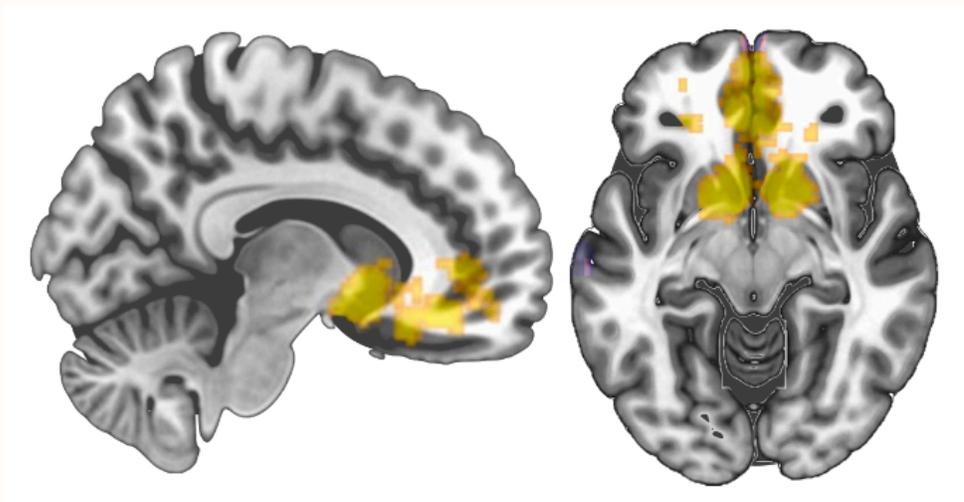


Research project highlight

Understanding social media use through the brain

Dr. Chris Cascio's research team leads the brain development portion of the B3 study and shares some facts about what the team is looking for in the brain scans!

- We can look at the "whole brain" to see what is the same for most teenagers. We can also look at specific "interest areas" to see how each person's brain reacts differently and how that affects their lives.
- It is important to scan brains over a long time, especially for teens. The brain keeps changing until a person is in their early 20s. During the teen years, the parts of the brain that handle emotions grow much faster than the parts that handle logic and thinking.
- The B3 study uses these brain scans to learn how social media changes the way teens act and how it affects their health.



The image above shows the brain's "reward system" in action—the parts of the brain that handle emotions and excitement, which we know grow very quickly during the teen years. Instead of looking at the whole brain, the researchers are zooming in on these specific "hot spots" to see how strongly a teen's brain reacts to social media.

Resources for Participants

The B3 study is hitting some major milestones! Our participants are starting to rotate off the study. We are also in the process of scheduling second appointments for the fMRI, text message tasks, and interviews. If you are a participant that completed those tasks in the past, be on the lookout for one of our study team members reaching out to set up the second appointments for those tasks.

