

Dear Teen Behavior and Health Participant and Family,

Thank you very much for being involved in the first year of our 5-year study. During this first year, we had 29 of you involved in the study. We hope to have a total of 160 participants over the course of the five years. We wanted to provide you with a study update here and to let you know that we would like to plan a brief follow-up to the study during the coming year. We don't have the details worked out yet, but we are envisioning a brief online questionnaire for which you would be compensated—nothing like all of the parts of the TBH study. We will contact you some time during the coming year to see if you are interested.

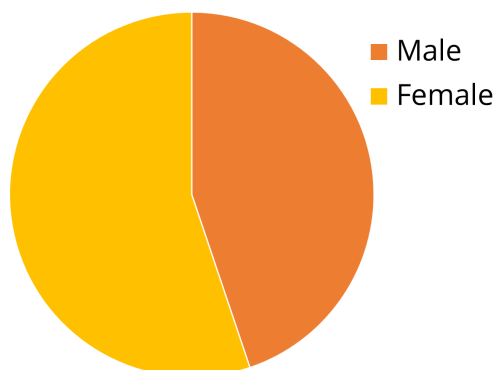
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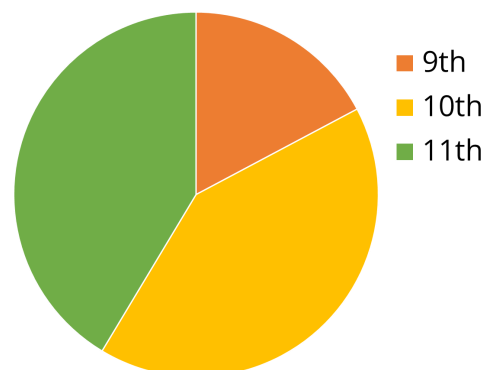
HERE IS HOW THE STUDY WENT THIS YEAR

29 high school students participated in the study

The split between male and female was roughly even.



Most of you were sophomores and juniors.



Across the four days of text surveys:

| | Fall | Spring |
|---|------|--------|
| The average completion rate | 76% | 71% |
| # of people who only missed 1 or 0 | 6 | 3 |
| # of people who completed 7 or 8 on at least one of the four days | 86% | 74% |

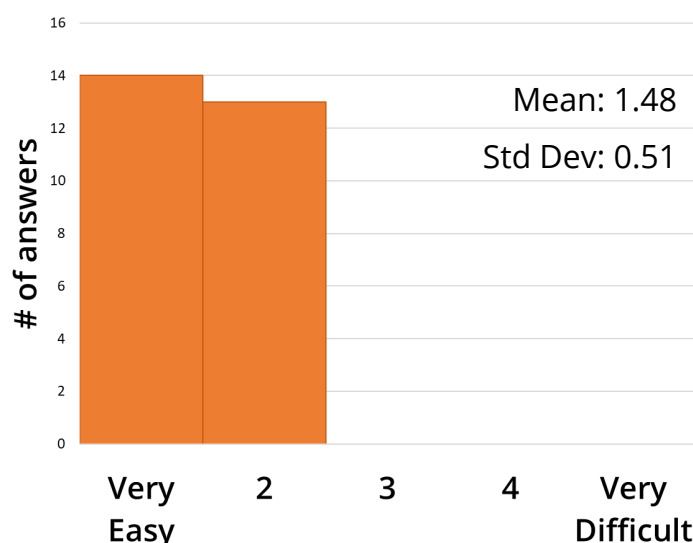
One person completed all 32 surveys in the Fall and another person did all 32 surveys in the Spring!

We asked you to text a link to a brief quiz to 5 friends. Most of you texted the link to 5 friends. The average number of responses from friends was 2.24 – so just under half. Five of you had all five friends respond!

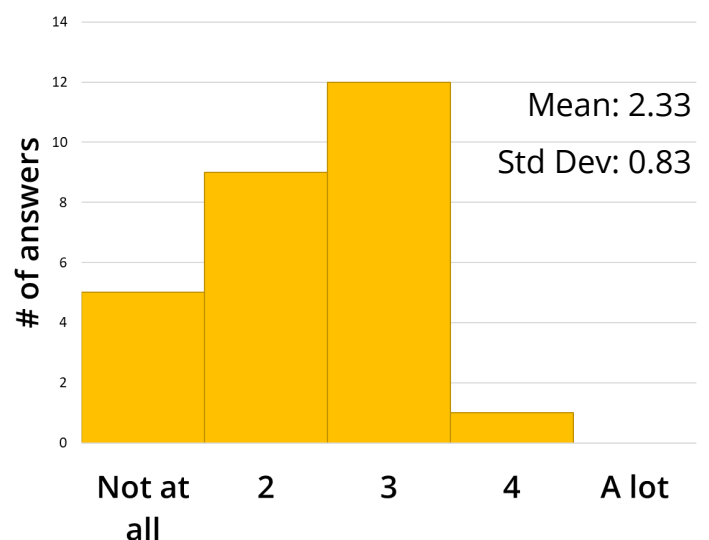
Everyone who attended school was willing to do the surveys during the school day. 100% of the school principals agreed to let you participate in the study during school. This is one of the only studies to have ever employed this procedure in schools!

At the end of the study, Wyatt called you on the phone and asked you some questions about how the study went for you. These were your answers:

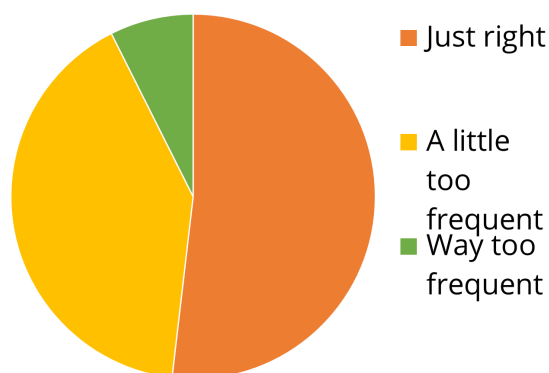
On a scale from 1-5, how difficult was it to answer the questions?



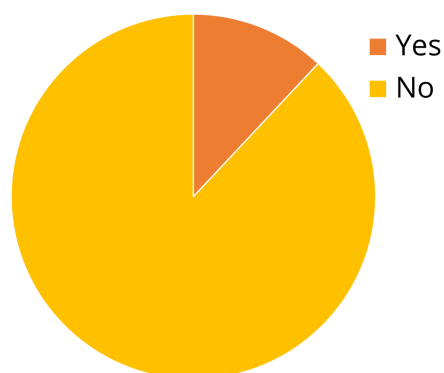
On a scale from 1-5, how often did completing the surveys interfere with what you were doing?



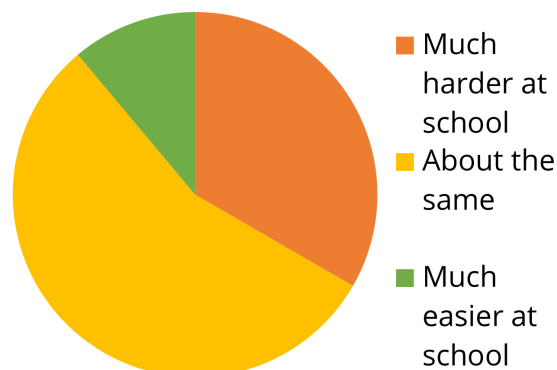
How did you feel about the frequency of the prompts?



Did completing the survey interfere with anything you were doing at school?



Did you find it harder to easier to complete at school than away from school?



Now, the question you have all been waiting for. What are the top 2 reasons you gave for missing a survey?

1. SLEEP



1. SPORTS



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Teen
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