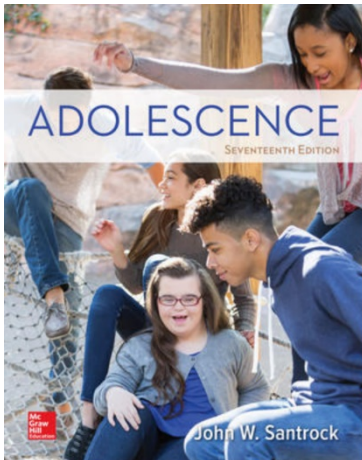


List of Changes



Adolescence, 17th ed. John W. Santrock

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Content Revisions:

A significant reason why *Adolescence* has been successfully used by instructors for sixteen editions now is the painstaking effort and review that goes into making sure the text provides the latest research on all topic areas discussed in the classroom. This new seventeenth edition is no exception, with more than 1,400 citations from 2016, 2017, and 2018.

Along with many new **Connecting with Careers** profiles that highlight professionals in practice, this edition includes updated and expanded **research and content** focusing on the following topics:

- The positive aspects of adolescents' lives, including health and well-being
- Diversity and culture
- Identity issues, including gender and transgender
- Social contexts involving families, peers, and schools
- Technology, including social media
- Neuroscience and the brain
- Genetics and epigenetics

Chapter by Chapter Changes

Chapter 1: Introduction

- Coverage of a recent study of non-Latino White and African American 12- to 20-year-olds in the United States that found they were characterized much more by positive than problematic development (Gutman & others, 2017). Their engagement in healthy behaviors, supportive relationships with parents and friends, and positive self-conceptions were much stronger than their angry and depressed feelings.
- New Connecting with Careers profile on Gustavo Medrano, a clinical psychologist who works with adolescents and emerging adults, especially those with a Latino background, at the Family Institute at Northwestern University.
- New description of the positive outcomes when individuals have pride in their ethnic group, including recent research (Anglin & others, 2018; Douglass & Umana-Taylor, 2017; Umana-Taylor & others, 2017; Umana-Taylor & others, 2018).

- Updated data on the percentage of U.S. children and adolescents under 18 years of age living in poverty, including data reported separately for African American and Latino families (Jiang, Granja, & Koball, 2017).
- Technology has been added to the section on contemporary topics, including an emphasis on how pervasive it has become in people's lives and how it might influence their development.
- New Connecting with Health and Well-Being interlude that explores whether health and well-being change in emerging adulthood. The selection highlights recent thoughts about how many individuals in emerging adulthood have more positive health and well-being than when they were adolescents, while others in emerging adulthood experience increased anxiety, depression, and other problems (Schwartz, 2016), including higher rates of alcohol abuse (Schulenberg & others, 2017), worse sleep habits (Schlarb, Friedrich, & Clausen, 2017), increased rates of eating disorders (Lipson & others, 2017), and engagement in more risky sexual behavior (Savage, Menegatos, & Roberto, 2017).
- New section "The Changing Landscape of Emerging and Early Adulthood" describes how today's emerging and young adults have profiles and experiences that differ greatly from those of their counterparts from earlier generations in education, work, and lifestyles (Vespa, 2017).
- Inclusion of recent research indicating that recent cohorts of emerging adults seem more reluctant to mature than earlier cohorts (Smith & others, 2017).
- Inclusion of a recent study with U.S. community college students that found they believe they will have reached adulthood when they can care for themselves and others (Katsiaficas, 2017).
- New discussion in the nature-nurture section regarding the epigenetic approach and the dramatic increase in the number of studies conducted with this approach (Barker, 2018; Rozenblat & others, 2017; Ryan, Saffery, & Patton, 2018).
- New coverage of recent advances in assessing genes in the section on physiological methods, including specific genes linked to child obesity (Moore, 2017; Tymofiyeva & others, 2018).
- New entry in *Improving the Lives of Adolescents and Emerging Adults: The Cambridge Handbook of International Prevention Science*, edited by Moshe Israelashvili and John L. Romano (2017). This reference book provides up-to-date coverage of social policy and intervention in children's and adolescents' lives to improve their well-being and development in the United States and countries around the world.
- New entry in *Improving the Lives of Adolescents and Emerging Adults: The SAGE Encyclopedia of Lifespan Human Development*, edited by Marc H. Bornstein (2018). Leading experts provide up-to-date discussions of many of the topics found throughout this edition.
- New entry in *Improving the Lives of Adolescents and Emerging Adults: Flourishing in Emerging Adulthood*, edited by Laura M. Padilla-Walker and Larry J. Nelson (2017). This book focuses on the diverse opportunities emerging adults have for experiencing positive development.
- In the Appendix: *Careers in Adolescent and Emerging Adult Development*, new career sections on Adolescent Nursing and Juvenile Delinquency.

Chapter 2: Puberty, Health, and Biological Foundations

- Condensed descriptions of individual research studies and inclusion of more summary statements about a research area.
- Discussion of a recent U.S. study that found earlier pubertal onset occurred in girls with a higher body mass index (BMI) (Bratke & others, 2017), and a recent Chinese study that revealed similar results (Deng & others, 2018).
- New commentary about leptin levels in obese children having been linked to earlier pubertal onset in some studies (Shalitin & Kiess, 2017).
- Coverage of a recent study that indicated accelerated weight gain from 6 to 15 months of age was linked to earlier presence of pubertal signs in 6- to 9-year-old girls (Aydin & others, 2017).
- New discussion of recent studies in Korea and Japan (Cole & Mori, 2018), China (Song & others, 2017), and Saudi Arabia (Al Alwan & others, 2017), all of which found secular trends of earlier pubertal onset in recent years.
- Study indicating that girls with precocious puberty are more likely to be overweight or obese (Cicek & others, 2018).
- Description of a recent study that revealed child sexual abuse was linked to earlier pubertal onset (Noll & others, 2017).
- New research that revealed young adolescent boys had a more positive body image than their female counterparts did (Morin & others, 2017).
- Inclusion of research in which onset of menarche before 11 years of age was linked to a higher incidence of distress disorders, fear disorders, and externalizing disorders in females (Platt & others, 2017).
- New content on the influence of social media and the Internet on adolescents' body images, including one study of U.S. 12- to 14-year-olds that found heavier social media use was associated with body dissatisfaction (Burnette, Kwitowski, & Mazzeo, 2017).
- New discussion of research with seventh- to twelfth-graders in Thailand revealing that increased time spent on the Internet, especially when engaging in activities related to self-image and eating attitudes/behavior, was linked to increasing body dissatisfaction (Kaewpradub & others, 2017).
- New coverage of research linking adolescents' and college students' Internet and social media use with their body image.
- Inclusion of a recent study of U.S. college women that found spending more time on Facebook was related to more frequent body and weight concern comparisons with other women, more attention to the physical appearance of others, and more negative feelings about their own bodies (Eckler, Kalyango, & Paasch, 2017).
- New research in which exposure to attractive female celebrity and peer images on Instagram was detrimental to female college students' body image (Brown & Fingerman, 2016).

- Updated and expanded content on body modification (tattoos, body piercing, and scarification), including a survey revealing how extensively these activities occur in adolescents and emerging adults (Breuner & others, 2018; Pew Research Center, 2010; Van Hoover, Rademayer, & Farley, 2017).
- Coverage of a recent study that found early-maturing girls had higher rates of depression and antisocial behavior as middle-aged adults mainly because their difficulties began in adolescence and did not lessen over time (Mendle, Ryan, & McKone, 2018).
- New research indicating that early-maturing girls are at increased risk for physical and verbal abuse in dating (Chen, Rothman, & Jaffee, 2018).
- New summary of the influence of early and late maturation on adolescent development.
- Coverage of a recent meta-analysis of more than 100 studies that found no sex differences in internalized and externalized disorders, but did find early-maturing males and females had a higher incidence of these disorders than on-time maturers (Ullsperger & Nikolas, 2017).
- New Connecting with Health and Well-Being interlude on strategies for effectively guiding adolescents through puberty.
- New content indicating that intervention to improve various aspects of adolescent health would be more effective if it included treating adolescents with respect and according them higher status (Yeager, Dahl, & Dweck, 2017).
- Coverage of a recent study in which treating adolescents with more respect and according them higher status increased their healthy eating behavior (Bryan & others, 2016).
- New discussion of a recent study of more than 5,000 individuals from 10 to 30 years of age in 11 countries in Africa, Asia, Europe, and the Americas showing that sensation seeking increased steadily from 11 years of age through adolescence, peaking at 19 years of age and declining through the twenties (Steinberg & others, 2018). However, in this study, self-regulation increased steadily from 11 years of age into emerging adulthood, reaching a plateau from 23 to 26 years of age.
- New Connecting with Careers profile on Bonnie Halpern-Felsher, university professor in pediatrics and director of community efforts to improve adolescents' health.
- Updated and revised content on adolescent suicide rates revealing an increase in the last two decades, especially among young adolescent girls (National Center for Health Statistics, 2016).
- New content on the increased numbers of adolescents who mix alcohol and energy drinks, a practice that is linked to higher rates of risky driving (Wilson & others, 2018).
- New content on warning signs of health problems for which emerging adults should obtain medical care.
- Updated data on the percentage of adolescents who had not eaten breakfast in the 7 days before the national survey took place (Kann & others, 2016a).
- Updated national data on adolescents' exercise patterns, including gender and ethnic variations (Kann & others, 2016a).
- Updated data on the significant gender differences in exercise habits of adolescents, with females exercising far less than males (YRBSS, 2016). Coverage of recent research indicating that a combination of regular exercise and a diet plan results in weight loss and enhanced executive function in adolescents (Xie & others, 2017).
- Inclusion of a recent large-scale study of Dutch adolescents that revealed physically active adolescents had fewer emotional and peer problems (Kuiper & others, 2018).
- Discussion of a recent study in which a high-intensity exercise program decreased the depressive symptoms and improved the moods of depressed adolescents (Carter & others, 2016).
- Discussion of a recent study that indicated aerobic exercise reduced the depressive symptoms of adolescents with MDD (Kuiper, Broer, & van der Wouden, 2018).
- Coverage of a recent research review that concluded school and community-based physical activity interventions improve the executive function of overweight and obese adolescents (Martin & others, 2018).
- Description of a recent research review indicating that among a number of cognitive factors, memory was the factor most often improved by exercise in adolescence (Li & others, 2017).
- Inclusion of recent research indicating that a school-based exercise program of 20 minutes each day over the course of 8 weeks improved students' working memory (Ludyga & others, 2018).
- Updated information on the percentage of students participating in physical education classes in U.S. high schools (Kann & others, 2016a).
- Coverage of a recent study of U.S. eighth-, tenth-, and twelfth-graders from 1991 to 2016 that found psychological well-being abruptly decreased after 2012 (Twenge, Martin, & Campbell, 2018). In this study, adolescents who spent more on electronic communication and screens and less time on non-screen activities such as exercise had lower psychological well-being.
- Update on the percentage of adolescents (including gender and ethnic variations) who had participated in at least one sport during the past year (Kann & others, 2016a).
- Inclusion of a recent study of out-of-school time that revealed time spent in organized sports was associated with increased positive self-identity (Lee & others, 2018).
- Coverage of recent research indicating that adolescents who participate in sports have a lower risk profile for cardiovascular disease (Herbert & others, 2017).
- New recommendations for treating the female athlete triad (Thein-Nissenbaum & Hammer, 2017).
- New Connecting with Health and Well-Being interlude offering exercise strategies for college students.
- Update on the low percentage of adolescents who get 8 hours of sleep or more per night (Kann & others, 2016), which had decreased by 5 percent on school nights within a two-year time frame.

- Discussion of a recent experimental study in which adolescents whose sleep had been restricted to 5 hours for five nights, then restored to 10 hours for two nights, showed negative effects on sustained attention, especially in the early morning (Agostini & others, 2017).
- Inclusion of a recent national study of more than 10,000 13- to 18-year-olds revealing that a number of factors involving sleep timing and duration were associated with increased rates of anxiety, mood, substance abuse, and behavioral disorders (Zhang & others, 2017).
- Coverage of a longitudinal study of adolescents in which poor sleep patterns were linked to an increased likelihood of drinking alcohol and using marijuana four years later (Miller, Janssen, & Jackson, 2017).
- Inclusion of a recent national study of high school students that found using electronic devices 5 or more hours a day was linked to getting inadequate sleep (Kenney & Gortmaker, 2017).
- Description of a recent study of college students that revealed consistently low sleep duration was associated with less effective attention the next day (Whiting & Murdock, 2016).
- Coverage of a recent study of college students in which shorter sleep duration was associated with increased suicide risk (Becker & others, 2018a).
- Inclusion of a recent study of college students that found 27 percent described their sleep as poor and 36 percent reported getting 7 hours or less of sleep per night (Becker & others, 2018b).
- Description of a recent experimental study in which emerging adults who were given a brief sleep quality intervention reported improved sleep, stopped using electronic devices earlier, kept a more regular sleep schedule, and had earlier weekday rise times than a control group who did not get the intervention (Hershner & O'Brien, 2018).
- Discussion of a recent study of college students that found a higher level of text messaging activity during the day and at night was related to a lower level of sleep quality (Murdock, Horissian, & Crichlow-Ball, 2017).
- New coverage of a research review that concluded heavy media multitasking in adolescence is linked to poorer memory, increased impulsiveness, and lower volume in the cerebral cortex (Uncapher & others, 2017).
- New Connecting with Health and Well-Being interlude on effective strategies for improving college students' sleep.
- Updated and expanded coverage of the process of methylation, in which tiny atoms attach themselves to the outside of a gene. Researchers have found that exercise, diet, and tobacco use can change whether a gene is expressed or not through the methylation process (Marioni & others, 2018; Zaghlool & others, 2018).
- Updated and expanded research on gene-gene interaction, including studies of obesity (Bordoni & others, 2017), type 2 diabetes (Saxena, Srivastava, & Banerjee, 2017), cancer (Su & others, 2018), and cardiovascular disease (De & others, 2017).
- Deletion of section on shared and non-shared environmental experiences because this topic is receiving less attention due to the increased emphasis on gene \times environment interaction.

Chapter 3: The Brain and Cognitive Development

- Discussion of recent research in which reduced connectivity between the brain's frontal lobes and amygdala during adolescence was linked to increased risk of depression (Scheuer & others, 2017).
- Coverage a longitudinal study that found 11- to 18-year-olds who lived in poverty conditions had diminished brain functioning at 25 years of age (Brody & others, 2017). However, those adolescents whose families participated in a supportive parenting intervention did not show this diminished brain functioning.
- New discussion of a study that found the search for and presence of meaning was linked to wisdom in emerging adults (Webster & others, 2017).
- Description of a recent study in which sustained attention continued to improve during adolescence, with this improvement linked to maturation of the brain's frontal lobes (Thillay & others, 2015).
- Inclusion of a recent study that revealed working memory training in adolescents decreased their risk taking in the presence of peers (Rosenbaum & others, 2017).
- New discussion of hot and cool executive function (Semenov & Zelazo, 2018) and coverage of a recent study that charted developmental changes in hot and cool executive function across adolescence (Poon, 2018).
- Description of a recent study in which young adolescents showed a better understanding of metaphors than children and this increased understanding was linked to increased cognitive flexibility (Willinger & others, 2018).
- New Connecting with Health and Well-Being interlude on guiding adolescents to engage in better decision making.
- Coverage of recent research indicating that mindfulness training improved students' self-regulation (Poehlmann-Tynan & others, 2016), achievement (Singh & others, 2017), and coping strategies in stressful situations (Dariosis & others, 2016).
- Inclusion of recent research that found mindfulness-based intervention improved children's attention self-regulation (Felver & others, 2017).
- Discussion of two recent studies in which mindfulness-based interventions reduced public school teachers' stress, produced a better mood at school and at home, and resulted in better sleep (Crain, Schonert, & Roeser, 2017; Taylor & others, 2016).
- New content on how various aspects of the school environment can enhance students' creativity (Beghetto & Kaufman, 2017; Sternberg, 2018).
- Description of a recent meta-analysis that revealed a correlation of +.54 between intelligence and school grades (Roth & others, 2015).
- New section on theory of mind in adolescence, including content on recursive thinking and connection with executive function (Devine & Hughes, 2018a, b; Oktay-Gur, Schultz, & Rakoczy, 2018).
- Description of the most recent revision of the Wechsler Intelligence Scale for Children–V and its increased number of subtests and composite scores (Canivez, Watkins, & Dombrowski, 2017).

- New content on stereotype threat in the section on cultural bias in intelligence tests (Grand, 2017; von Hippel, Kalokerinos, & Zacher, 2017).
- Inclusion of a recent meta-analysis that concluded greater use of social networking sites is linked to a higher level of narcissism (Gnambs & Appel, 2018).
- New entry in *Improving the Lives of Adolescents and Emerging Adults*: a description of ACT for Youth, an organization that connects research to practice to promote positive youth development. The center's website (www.actforyouth.net) has a number of webinars and videos that provide excellent strategies for improving the lives of adolescents by enhancing their decision-making skills.
- New entry in *Improving the Lives of Adolescents and Emerging Adults*: a book titled *The Adolescent Brain* by Eveline A. Crone (2017) that provides up-to-date coverage of the many changes in the adolescent's brain along with extensive examples, applications, and connections to physical, cognitive, and socioemotional development.
- New entry in *Improving the Lives of Adolescents and Emerging Adults*: a book titled *Building Executive Function: The Missing Link to Student Achievement* by Nancy Sulla (2018), which emphasizes the importance of executive function and describes activities aimed at improving students' executive function skills.
- New entry in *Improving the Lives of Adolescents and Emerging Adults*: a book titled *The Nature of Human Intelligence*, edited by Robert J. Sternberg (2018), in which leading experts provide up-to-date views regarding many aspects of intelligence.

Chapter 4: The Self, Identity, Emotion, and Personality

- Revisions based on feedback from leading expert consultant Moin Syed.
- New description of recent research studies indicating that adolescents who do not have good perspective-taking skills are more likely to have difficulty in peer relations and to engage in criminal behavior (Morosan & others, 2017; Nilsen & Bacso, 2017).
- Inclusion of a longitudinal study that revealed the quality of children's home environment (which involved assessment of parenting quality, cognitive stimulation, and the physical home environment) was linked to their self-esteem in early adulthood (Orth, 2017).
- New discussion of a recent book, *Challenging the Cult of Self-Esteem in Education* (Bergeron, 2018), that criticizes education for promising high self-esteem for students without addressing their underlying needs, especially for students who are impoverished or marginalized.
- Coverage of a recent study that revealed a reciprocal relation between school engagement and self-regulation in adolescence (Stefansson & others, 2018).
- Coverage of a recent study in which effortful control at 2 to 3 years of age predicted higher academic achievement at 14 to 15 years of age (Dindo & others, 2017).
- Inclusion of a recent study of Mexican American adolescents that found effortful control was linked to more effective coping with stress (Taylor, Widaman, & Robins, 2018).
- New commentary that too little research attention has been given to the domains of identity (Galliher, McLean, & Syed, 2017).
- New content on the newer dual-cycle identity model that separates identity development into two processes: (1) a formation cycle and (2) a maintenance cycle (Luyckx & others, 2014, 2017).
- New section "Identity Development and the Digital Environment" that explores the widening audience adolescents and emerging adults have to express their identity and get feedback about it in their daily connections on social media such as Instagram, Snapchat, and Facebook (Davis & Weinstein, 2017).
- New description of the positive outcomes when individuals have pride in their ethnic group, including recent research (Anglin & others, 2018; Douglass & Umana-Taylor, 2017; Umana-Taylor & Douglass, 2017; Umana-Taylor & others, 2018).
- New discussion of recent longitudinal studies that revealed the ethnic identity of adolescents is influenced by positive and diverse friendships (Rivas-Drake & others, 2017; Santos & others, 2017).
- Coverage of a recent study of Mexican-origin adolescents in the United States in which a positive ethnic identity, social support, and anger suppression helped them with racial discrimination, whereas anger expression reduced their ability to cope with the discrimination (Park & others, 2018).
- Expanded content on emotion regulation and its link to many aspects of adolescent competence and problems (Blair, 2017; Hollenstein & Lantaigne, 2018; Modecki & others, 2017; Zimmerman & Iwanski, 2018).
- Description of recent research that found individuals who are high in openness to experience have superior cognitive functioning across the life span, have better health and well-being (Strickhouser, Zell, & Krizan, 2017), cope more effectively with stress (Leger & others, 2016), and are more likely to eat fruits and vegetables (Conner & others, 2017).
- Inclusion of recent research that found conscientiousness was linked to better health and well-being (Strickhouser, Zell, & Krizan, 2017), a lower risk for alcohol addiction (Raketic & others, 2017), superior problem-focused coping (Sesker & others, 2016), greater success in accomplishing goals (McCabe & Fleeson, 2016), more academic success in medical school (Sobowale & others, 2018), and less susceptibility to Internet addiction (Zhou & others, 2017).
- Coverage of recent research indicating that individuals high in extraversion are more satisfied with their relationships (Toy, Nai, & Lee, 2016), cope more effectively with stress (Leger & others, 2016), have a more positive sense of well-being in the future (Soto & others, 2015), and are more likely to live longer (Graham & others, 2017).
- Discussion of recent research indicating that people high in agreeableness cope with stress more effectively than those who are low in agreeableness (Leger & others, 2016).
- Inclusion of recent research indicating that individuals high in neuroticism have worse health and report having more health problems (Strickhouser, Zell, & Krizan, 2017), and are likely to die at a younger age (Graham & others, 2017).

- Coverage of a recent study that revealed a higher level of optimism was linked to having less emotional stress in adolescence (Jimenez, Montorio, & Izal, 2017).
- Inclusion of recent research in which more pessimistic college students had more anxious mood and stress symptoms (Lau & others, 2017).
- Discussion of a recent study that indicated being optimistic was associated with a higher health-related quality of life in adolescence (Häggström Westberg & others, 2018).
- Coverage of a recent study that found being more optimistic was linked to better academic achievement five months later in the seventh grade (Tetzner & Becker, 2018).
- Description of a recent study in which children with a low level of effortful control were more likely to have ADHD symptoms at 13 years of age (Einziger & others, 2018).
- New section titled “Social-Emotional Education Programs” that describes two increasingly implemented programs: Second Step (Committee for Children, 2016) and CASEL (2016).
- Description of recent research indicating that a high level of emotionality at 6 years of age was associated with depression in emerging adulthood (Bould & others, 2015).
- Discussion of a longitudinal study in which an increasing trajectory of shyness in adolescence and emerging adulthood was linked to social anxiety, mood disorders, and substance use in adulthood (Tang & others, 2017).
- New entry in *Improving the Lives of Adolescents and Emerging Adults*: a journal article by Renee V. Galliher, Deborah Rivas-Drake, and Eric F. Dubow titled “Identity Development Process and Content Toward an Integrated and Contextualized Science of Identity,” *Developmental Psychology* (2017), 53, 2009–2217.
- New entry in *Improving the Lives of Adolescents and Emerging Adults: Emotion Regulation: A Matter of Time*, edited by Pamela M. Cole and Tom Hollenstein (2018). This volume includes four articles about emotion regulation in adolescence written by leading experts.

Chapter 5: Gender

- Revisions based on feedback from leading expert Stephanie Budge.
- New content revealing that the most established effects of testosterone on behavior involve an increase in aggressive behavior (Li, Kung, & Hines, 2017).
- New commentary that levels of testosterone are correlated with sexual behavior in boys during puberty (Dreher & others, 2016; Hyde & DeLamater, 2017).
- Coverage of a recent study in Great Britain in which gender-nonconforming boys were at highest risk for peer rejection (Braun & Davidson, 2017).
- Description of a recent cross-cultural study of 11- to 13-year-olds in five countries that found a growing acceptance of girls who engage in stereotypical masculine activities but no comparable acceptance for boys who engage in traditionally feminine activities (Yu & others, 2017).
- Updated data on national gender differences in math and reading (National Assessment of Educational Progress, 2015).
- Updated data on national gender differences in school dropout rates (National Center for Educational Statistics, 2017).
- Inclusion of recent data indicating that women were 33 percent more likely to earn a college degree by 27 years of age than were men (U.S. Bureau of Labor, 2015).
- Updated coverage of effects of media on self-image in adolescents, including recent studies showing that time spent on Facebook by college women was linked to more negative feelings about their bodies (Eckler, Kalyango, & Paasch, 2017) and exposure to attractive female celebrities and peer images on Instagram was related to more negative body images among female college students (Brown & Tiggemann, 2017).
- Inclusion of recent research with eighth-grade students in 36 countries that revealed girls had more egalitarian attitudes about gender roles than did boys (Dotti Sani & Quaranta, 2017).
- Description of the recently created term functional flexibility to describe the importance of considering contexts when linking one’s gender identity to adjustment and competence (Martin & others, 2017).
- Coverage of a recent study that found androgynous boys and girls had high self-esteem and few internalizing problems (Pauletti & others, 2017).
- Extensive new content on transgender (Budge & Orovecz, 2017; Budge & others, 2017), including a discussion of a variety of terms used to describe transgender individuals.
- New content indicating that it is much more common to have a transgender identity of being born male but identifying with being a female than the reverse (Zucker, Lawrence, & Kreukels, 2016).
- Inclusion of a recent research review that concluded transgender youth have higher rates of depression, suicide attempts, and eating disorders than their cisgender peers (Connolly & others, 2016).
- Coverage of a recent cross-cultural study in which individuals in the United States had a more positive attitude about transgender individuals than their counterparts in India (Elischberger & others, 2018).
- New entry in *Improving the Lives of Adolescents and Emerging Adults*: a 2016 journal article titled “A Content Analysis of Literature on Trans People and Issues: 2002–2012,” *The Counseling Psychologist*, 44, 960–965, by leading experts in this field.

Chapter 6: Sexuality

- A number of updates based on feedback from leading experts Bonnie Halpern-Felsher and Ritch Savin-Williams.
- Discussion of a recent study of prime-time TV shows that U.S. adolescents and emerging adults watched, which found that sexual violence and abuse, casual sex, lack of contraception use, and no coverage of the negative consequences of risky sexual behavior were common (Kinsler & others, 2018).

- Description of a recent study of television shows which revealed that sexual behavior with casual acquaintances was almost as common as sexual behavior in committed relationships (Timmermans & Van den Bulck, 2018).
- Inclusion of a recent study in which non-Latino White adolescents reported learning more sexual information from their parents and less from the media than African American adolescents did (Bleakley & others, 2018).
- New discussion of two recent studies of sexting, one indicating the frequency of sexting by high school students (Strassberg, Cann, & Velarde, 2017), the other documenting that for Latino adolescents, sexting is associated with engaging in oral, vaginal, and anal sex (Romo & others, 2017).
- Coverage of a recent study of Latino and non-Latino White girls' preferred TV programs in which female characters were portrayed in a sexualized manner more often than were male characters (McDade-Montez, Wallander, & Cameron, 2017).
- Updated data on the frequency with which adolescents engage in various sexual activities according to age, gender, and ethnicity, including updates for Figure 5 (Kann & others, 2016a).
- Coverage of a recent national study of 7,000 15- to 24-year-olds' engagement in oral sex, including information on the low percentage of youth who use a condom when having oral sex (Holway & Hernandez, 2018).
- Updated data on the percentage of 15- to 19-year-old males and females who engage in oral sex (Child Trends, 2015).
- Description of a recent study indicating that early sexual debut was associated with a number of problems, including sexual risk taking, substance use, violent victimization, and suicidal thoughts and attempts in both sexual minority and heterosexual adolescents (Lowry & others, 2017).
- Discussion of a recent study of Korean girls in which early menarche was associated with earlier initiation of sexual intercourse (Kim & others, 2018).
- Coverage of a recent study of South African youth indicating that early sexual debut predicted a lower probability of graduating from high school (Bengesai, Khan, & Dube, 2017).
- Inclusion of recent research in which adolescents who in the eighth grade reported greater parental knowledge and more rules about dating were less likely to initiate sex between the eighth and tenth grade (Ethier & others, 2016).
- Discussion of a recent study of emerging adults that found on days when they had vaginal sex they had more positive emotions but on days when they had sex with a nondating partner or had negative consequences of sex, they reported experiencing more negative emotions (Vasilenko & Lefkowitz, 2018).
- Inclusion of a recent study of emerging adults in which those who drank alcohol only and those who drank alcohol and used marijuana during their most recent sexual encounter were more likely to be with a casual acquaintance and had greater loss of respect than their counterparts who used neither substance (Fairle & others, 2018).
- Coverage of a recent study in which pregaming occurred more frequently in college women when they drank alcohol mixed with energy drinks (Linden-Carmichael & Lau-Barraco, 2017).
- New research indicating that suicidal ideation was associated with entrance into a friends-with-benefits (FWB) relationship as well as continuation of the FWB relationship (Dube & others, 2017).
- New commentary pointing out that while the majority of sexual minority adolescents have competent and successful developmental paths through adolescence, a recent large-scale study revealed that sexual minority youth engage in a higher prevalence of health-risk factors than nonsexual minority youth (Kann & others, 2016b).
- New commentary about considering adolescent sexuality not as categories of sexual orientation but as a continuum in sexual and romantic dimensions from exclusive attraction to the opposite sex to exclusive attraction to the same sex (Savin-Williams, 2016).
- New emphasis on the similarities in sexual timing and developmental sequences in heterosexual and sexual minority adolescents, except that sexual minority adolescents have to cope with the more stressful aspects of their sexual identity and disclosing this identity (Savin-Williams, 2018).
- Significant updating of the percentage of individuals 18 to 44 years of age in the United States who report they are heterosexual, gay, lesbian, or bisexual, as well as the percentages of these men and women who describe various feelings involving sexual orientation (Copen, Chandra, & Febo-Vazquez, 2016).
- Description of recent research indicating early childhood sex-typed behavior was linked to adolescent sexual orientation (Li, Kung, & Hines, 2017).
- Updated data on the percentage of adolescents who use contraceptives when they have sexual intercourse (Kann & others, 2016a).
- Important new section on the increasing number of medical organizations and experts who have recently recommended that adolescents use long-acting reversible contraception (LARC), which consists of intrauterine devices (IUDs) and contraceptive implants (Allen & others, 2017; Deidrich, Klein, & Peipert, 2017; Fridy & others, 2018; Society for Adolescent Medicine, 2017; World Health Organization, 2018).
- Updated data on the ongoing decline in adolescent pregnancy rates to an historic low in 2015 (Martin & others, 2017).
- New research on factors that are linked to repeated adolescent pregnancy (Dee & others, 2017; Maravilla & others, 2017).
- Updated data on the percentage of adolescents who report having experienced forcible sexual intercourse (Kann & others, 2016a).
- Discussion of a recent study of a number of parenting practices which revealed that the factor that best predicted a lower level of risky sexual behavior by adolescents was supportive parenting (Simons & others, 2016).
- Inclusion of a recent study in which a higher level of education for adolescent mothers improved the achievement of their children through the eighth grade (Tang & others, 2017).
- Coverage of a recent study in which males and heavy drinkers were more likely to adhere to rape myths than were women and non/light drinkers (Hayes, Abbott, & Cook, 2016).
- New content on the high percentage of college men who admit that they fondle women against their will and force them to have sex (Wiersma-Mosley, Jozkowski, & Martinez, 2017).

- New description of the “No Means No” worldwide program that is being widely implemented with adolescents in Kenya and Malawi and has been effective in reducing sexual assaults in adolescence.
- Inclusion of recent studies and research views that find comprehensive sex education programs and policies are far more effective in pregnancy prevention, reduction of sexually transmitted infections, and delay of sexual intercourse than are abstinence-only programs and policies (Denford & others, 2017; Jaramillo & others, 2017).
- New content on the recent increase in abstinence-only-until-marriage (AOUM) policies and programs in the United States, a trend that doesn’t seem to recognize that a large majority of adolescents and emerging adults will initiate sexual intercourse, especially given the recent increase in the age at which U.S. males and females get married.
- New position of the Adolescent Society of Health and Medicine (2017) that states research clearly indicates that AOUM programs and policies are not effective and that comprehensive sex education programs and policies are effective in delaying sexual intercourse and reducing other sexual risk behaviors.
- New entry in *Improving the Lives of Adolescents and Emerging Adults*: a reference book titled the *Cambridge Handbook of Sexuality: Childhood and Adolescence* (2018, in press), in which leading experts such as Lisa Diamond and Ritch Savin-Williams discuss up-to-date ideas and research on many aspects of adolescent sexuality.
- New entry in *Improving the Lives of Adolescents and Emerging Adults*: a special issue of *Pediatric Clinics of North America* titled *Adolescent Sexuality* (2017, February), in which a number of leading experts provide up-to-date content on a wide range of adolescent sexuality topics

Chapter 7: Moral Development, Values, and Religion

- Extensive updating and streamlining of content, including deletion of older, less influential studies.
- In response to feedback from instructors and students, content on Kohlberg’s theory was reduced and made easier for students to understand, including new commentary that Kohlberg’s theory has been less influential in recent years.
- Expanded and updated discussion of Darcia Narváez’s view that we need to make better progress in dealing with an increasing array of temptations and possible wrongdoings in a human social world that is becoming more complex over time (Christen, Narváez, & Gutzwiller, 2018).
- Description of two recent studies in which forgiving others was associated with a lower risk of suicidal behavior in adolescents (Dangel, Webb, & Hirsch, 2018; Quintana-Orts & Rey, 2018).
- Coverage of a recent study that found a higher degree of empathy was linked to greater civic engagement by adolescents (Metzger & others, 2018).
- Inclusion of a recent study of individuals from adolescence through middle adulthood that revealed as they got older their external moral identity motivation decreased while their internal moral identity motivation increased (Krettenaur & Victor, 2017).
- New research with 14- to 65-year-olds in which moral identity increased in the adult years (Krettenauer, Murua, & Jia, 2016). In this study, self-direction involving value orientations and conformity to rules became more important in the adult years.
- Discussion of a recent study of links between purpose and character, with three components of character (gratitude, compassion, and grit) linked to character in young adolescents (Malin, Liauw, & Damon, 2017).
- New commentary about connections between different emotions and how they may influence development, including a recent study in which participants’ guilt proneness combined with their empathy to predict an increase in prosocial behavior (Torstveit, Sutterlin, & Lugo, 2016).
- New description of research linking authoritative parenting to children’s and youth’s higher levels of prosocial behavior (Carlo & others, 2018).
- New discussion of a recent Colombian study of young adolescents that found a positive school climate at age 12 was associated with higher levels of prosocial behavior a year later (Luengo Kanacri & others, 2017).
- Updated content on the number of states in 2018 that legislatively mandated character education in schools (18), had legislation that encouraged character education (18), supported character education, but without legislation (7), or had no legislation specifying character education (8).
- Inclusion of recent research on middle school students in which a higher level of gratitude was linked to having a higher level of purpose (Malin, Liauw, & Damon, 2017).
- Coverage of a recent study of young adolescent Chinese students that revealed when they engaged in more gratitude they experienced higher levels of well-being at school (Tian & others, 2016).
- Description of recent research that revealed Mexican American adolescents had stronger prosocial tendencies when their parents had higher familism values (Knight & others, 2016).
- Updated data on the goals of first-year college students in relation to the relative importance they assign to developing a meaningful philosophy of life versus becoming very well-off financially (Eagan & others, 2017).
- Description of a recent study across three countries (England, Scotland, and Canada) that revealed high school students who reported turning to spiritual beliefs when they were experiencing problems were less likely to engage in substance use (Debnam & others, 2018).
- Discussion of a recent study which found that adolescents who reported having a higher level of spirituality were more likely to have positive health outcomes (Brooks & others, 2018).
- Update on Nina Vasan’s work in *Connecting with Adolescents*.
- Updated data on the continuing decrease in college freshmen who say they attended a religious service occasionally or frequently in the past year (Eagan & others, 2017).
- Inclusion of a national poll that found people in the United States increasingly describe themselves as spiritual but not religious (Lipka & Gecewicz, 2017).

- Discussion of recent research on African American adolescent girls that found those who reported that religion was of low or moderate importance to them had an earlier sexual debut than did their counterparts who indicated that religion was extremely important to them (George Dalmida & others, 2018).
- New entry in *Improving the Lives of Adolescents and Emerging Adults*: a book titled *Atlas of Moral Psychology*, edited by Kurt Gray and Jesse Graham (2018), in which leading experts in the field of moral psychology address a number of diverse topics, including moral thinking, emotion and moral development, and moral identity.
- New entry in *Improving the Lives of Adolescents and Emerging Adults: The American Freshman*, edited by Kevin Eagan and others (2017). This book is based on information from surveys of U.S. college freshmen conducted over the past 50 years by the Higher Education Research Institute at UCLA. Students were asked about various aspects of their lives, including values, attitudes, and interests

Chapter 8: Families

- Reduction in the complexity of studies covered, including deletion of many older studies that have been replaced with updated content.
- Inclusion of recent research with fifth- to eighth-graders in which a higher level of parental monitoring was associated with students' earning higher grades (Top, Liew, & Luo, 2017).
- Discussion of a recent study that found better parental monitoring was linked to lower rates of marijuana use by adolescents (Haas & others, 2018) and another study that revealed lower parental monitoring was associated with earlier initiation of alcohol use, binge drinking, and marijuana use in 13- to 14-year-olds (Rusby & others, 2018).
- Description of recent research in which higher parental monitoring reduced negative peer influence on adolescent risk-taking (Wang & others, 2016).
- Coverage of a recent meta-analysis that revealed higher levels of parental monitoring and rule enforcement were related to later initiation of sexual intercourse and increased use of condoms by adolescents (Dittus & others, 2015).
- Inclusion of a recent study that indicated two types of parental media monitoring—active monitoring and connective co-use (engaging in media with the intent to connect with adolescents)—were linked to lower media use by adolescents (Padilla-Walker & others, 2018).
- Discussion of recent research that found snooping was a relatively infrequent parental monitoring technique (compared with solicitation and control) but was a better indicator of problems in adolescent and family functioning (Hawk, Becht, & Branje, 2016).
- Inclusion of a recent national study of U.S. adolescents that revealed adolescents whose parents engaged in authoritarian parenting were more likely to have depressive symptoms than their counterparts who had experienced authoritative parenting (King, Vidourek, & Merianos, 2016).
- Inclusion of a recent research review of a large number of studies that found authoritarian parenting was associated with a higher level of externalizing problems (Pinquart, 2017).
- Discussion of a recent study that revealed children of authoritative parents engaged in more prosocial behavior than their counterparts whose parents used the other parenting styles discussed in the section (Carlo & others, 2018).
- Description of a recent research review in which authoritative parenting was the most effective parenting style in predicting which children and adolescents would be less likely to be overweight or obese later in their development (Sokol, Qin, & Poti, 2017).
- Inclusion of a recent study of Latino families that found supportive parenting was associated with the most positive adjustment outcomes for adolescents, followed by engaged parenting; the most negative outcomes occurred for indulgent and disengaged parenting (Bamaca-Colbert & others, 2018).
- New commentary about how in many traditional cultures, fathers use an authoritarian style; in such cultures, children benefit more when mothers use an authoritative parenting style.
- Inclusion of a recent study in which coparenting disagreements undermined adolescents' adjustment by interfering with secure attachment of adolescents to their mothers and adolescents' autonomy (Martin & others, 2017).
- Description of a recent study of Chinese American families that found parent-adolescent conflict increased in early adolescence, peaked at about 16 years of age, and then declined through late adolescence and emerging adulthood (Juang & others, 2018).
- New research with Latino families indicating that high rates of parent-adolescent conflict were associated with higher adolescent rates of aggression (Smokowski & others, 2017).
- New research on Chinese American families that revealed parent-adolescent conflict was linked to a sense of alienation between parents and adolescents, which in turn was related to more depressive symptoms, delinquent behavior, and lower academic achievement (Hou, Kim, & Wang, 2016).
- Discussion of a recent study that revealed from 16 to 20 years of age, adolescents perceived that they had increasing independence and a better relationship with their parents (Hadiwijaya & others, 2017).
- Coverage of recent research indicating that most adolescents have a fairly stable attachment style, but that attachment stability increased in adulthood (Jones & others, 2018). Also in this study, family conflict and parental separation/divorce were likely candidates for undermining attachment stability.
- Coverage of a recent longitudinal study that found a secure base of attachment knowledge in adolescence and emerging adulthood was predicted by observations of maternal sensitivity across childhood and adolescence (Waters, Ruiz, & Roisman, 2017).
- Discussion of a recent study of Latino families that revealed a higher level of secure attachment with mothers during adolescence was linked to a lower level of heavy drug use (Gattamorta & others, 2017).
- Coverage of a recent study in which adolescents who had grown up in poverty engaged in less risk-taking if they had a history of secure attachments to caregivers (Delker, Bernstein, & Laurent, 2018).

- Inclusion of a recent analysis that found secure attachment to the mother and to the father was associated with fewer depressive symptoms in adolescents (Kerstis, Aslund, & Sonnbly, 2018).
- Description of a study in which attachment-anxious individuals had higher levels of health anxiety (Maunder & others, 2017).
- Coverage of a recent research review that concluded insecure attachment was linked to a higher level of social anxiety in adults (Manning & others, 2017).
- Inclusion of a longitudinal study of 13- to 72-year-olds in which avoidant attachment declined across the life span and being in a relationship predicted lower levels of anxious and avoidant attachment across adulthood (Chopik, Edelstein, & Grimm, 2018).
- Description of a recent analysis that concluded attachments styles are more malleable in childhood and adolescence than in adulthood (Fraley & Roisman, 2018).
- Inclusion of a recent cross-cultural study that found college students in four countries (United States, Germany, Hong Kong, and Korea) experienced frequent contact with and support from their parents (Fingerman & others, 2016). In this study, Asian students were given more frequent support than U.S. or German students but were less satisfied with it.
- Discussion of a recent study in which high levels of parental control and helicopter parenting were detrimental to emerging adults' vocational identity development and perceived competence in transitioning to adulthood (Lindell, Campione-Barr, & Killoren, 2017).
- Coverage of a recent study that revealed helicopter parenting was related to more negative emotional functioning, less competent decision making, and lower grades/poorer adjustment in college students (Luebbe & others, 2018).
- Deletion of section on latchkey adolescents as this term is rarely used anymore, but inclusion of new comments in the section on working parents regarding two time frames (the summer months and 3 to 6 p.m. on weekdays during the school year) when adolescents need to be involved in structured activities and monitored by adults.
- New section titled "Grandparents and Grandchildren" noting that grandparents play especially important roles in grandchildren's lives when family crises occur, such as divorce, death, illness, abandonment, or poverty (Dolbin-MacNab & Yancura, 2018).
- New content on how grandparents in many countries facilitate women's participation in the labor force.
- Description of the increasing percentage of grandparents who are raising grandchildren (U.S. Census Bureau, 2015).
- Discussion of a recent study that revealed parental and offspring marital disruptions were linked, with each parental disruption associated with a 16 percent increase in the number of offspring marital disruptions (Amato & Patterson, 2017). In this study, marital conflict also was related to more marital disruptions in offspring.
- Description of an intergenerational study of African American families that found grown children who had a better relationship with their biological father (but not their social father) were more involved as fathers with their own children (Brown, Kagan, & Kim, 2018).
- Coverage of a recent study in which middle-aged parents provided more active strategies (discussing problems, for example) with their adult children when they had conflicts with them than with their aging parents (Birditt & others, 2018). In this study, if middle-aged parents used passive strategies (avoidance, for example) when they had conflicts with their adult children, the adult children were more likely to develop depressive symptoms.
- Inclusion of a longitudinal study of 12- to 18-year-olds that revealed older siblings relinquished their power the most over time (Lindell & Campione-Barr, 2017).
- Coverage of a large-scale study that found a birth order effect for intelligence, with older siblings having slightly higher intelligence, but no birth order effects for life satisfaction, internal/external control, trust, risk taking, patience, and impulsivity (Rohrer, Egloff, & Schukle, 2017).
- Extensively revised introduction to the divorce discussion with updated data on divorce rates indicating a substantial increase in divorce in middle-aged adults, the age that most often characterizes parents of adolescents (Stepler, 2017).
- Explanations of the increased divorce rate in middle-aged adults.
- Updated cross-cultural comparisons of divorce rates (OECD, 2016).
- Inclusion of a recent study in which depressed adolescents with separated parents had a higher risk of recurrent depression in adulthood than depressed adolescents with non-separated parents (Bohman & others, 2017).
- Description of recent research on nonresidential fathers in divorced families that found high father-child involvement and low interparental conflict were linked to positive child outcomes (Flam & others, 2016).
- Coverage of a recent study in which intensification of interparental conflict in the early elementary school years predicted increases in emotional insecurity five years later in early adolescence, which in turn predicted decreases in adolescent friendship affiliation, and this friendship decrease was linked to a downturn in social competence (Davies, Martin, & Cummings, 2018).
- Discussion of a recent study that found coparenting following divorce was positively associated with better mental health and higher self-esteem and academic achievement (Lamela & Figueiredo, 2016).
- Inclusion of recent research indicating that positive adolescent-stepfather relationship quality was associated with a higher level of physical health and a lower level of mental health problems for adolescents (Jensen & Harris, 2017; Jensen & others, 2018).
- Coverage of a recent research review of internationally adopted adolescents indicating that although a majority were well adjusted, adoptees had higher rates of mental health problems than their nonadopted counterparts (Askeland & others, 2017).
- Updated data on the percentage of gay and lesbian parents who are raising children.
- Inclusion of recent research that revealed no differences in the adjustment of school-aged children adopted in infancy by gay, lesbian, and heterosexual parents (Farr, 2017).

- Description of a recent study of lesbian and gay adoptive families which indicated that 98 percent of the parents reported their children had adjusted well to school (Farr, Oakley, & Ollen, 2016).
- New discussion of the stress faced by immigrant families with adolescents (Bas-Sarmiento & others, 2017; Wang & Palacios, 2017).
- Coverage of a recent study of Latina(o) adolescents' family profiles that found a supportive parenting profile was linked to the most positive adjustment (lowest depression, highest self-esteem) for youth, followed by the engaged profile (Bamaca-Colbert & others, 2018). Youth in the intrusive and disengaged parenting profiles showed the poorest adjustment.

Chapter 9: Peers, Romantic Relationships, and Lifestyles

- New discussion of five ways that social media have transformed peer and friendship interactions and relationships in adolescence (Nesi, Choukas-Bradley, & Prinstein, 2018).
- Inclusion of a recent study that focused on parental and peer influences on adolescents' smoking and revealed that peer influences were much stronger than parental influences (Scalici & Schulz, 2017).
- Description of a recent study in which mothers who engaged in a permissive parenting style had adolescents with negative attachments to their peers (Llorca, Richaud, & Malonda, 2017).
- Coverage of a recent study of young adolescents in which peer rejection predicted increases in aggressive and rule-breaking behavior (Janssens & others, 2017).
- Discussion of a recent study in which boys were more likely to be influenced by peer pressure involving sexual behavior than were girls (Widman & others, 2016).
- Description of a recent study that revealed adolescents adapted their smoking and drinking behavior to that of their best friends (Wang & others, 2016).
- Inclusion of recent research on adolescent girls that found friends' dieting predicted whether adolescent girls would engage in dieting or extreme dieting (Balantekin, Birch, & Savage, 2018).
- Coverage of a recent analysis that concluded boys are as satisfied with their friendships as girls are (Rose & Asher, 2017). This analysis concluded that boys' friendships have not been adequately studied in past research and the friendship tasks assessed have been too narrow. This analysis also describes the friendship tasks in which girls do better and those that boys do better.
- Description of recent research on short-term and long-term romantic relationships in adolescents and emerging adults, including different characteristics of adolescent and emerging adult romantic relationships (Lantagne & Furman, 2017).
- Discussion of a recent study in which friendship quality was linked to the quality of romantic relationships in adolescence (Kochendorfer & Kerns, 2017).
- Coverage of a recent study that revealed hostile conflict with a romantic partner at age 17 predicted an increase in internalized problems from 17 to 27, and romantic partner support at age 17 predicted decreases in externalized problems over time (Kansky & Allen, 2018).
- Inclusion of recent research in which having a supportive romantic relationship in adolescence was linked with positive outcomes for adolescents who had a negative relationship with their mother (Szwedo, Hessel, & Allen, 2017).
- New section, "Youth Relationship Education," that examines the increasing number of relationship education programs for adolescents and emerging adults, describes their main components, and evaluates their effectiveness (Hawkins, 2018; Simpson, Leonhardt, & Hawkins, 2018).
- Discussion of recent research that revealed mother-daughter conflict in Mexican American families was linked to an increase in daughters' romantic involvement (Tyrell & others, 2016).
- Inclusion of a recent study that found contextual, relationship, and individual factors predicted relationship dissolution in emerging adults (Lantagne, Furman, & Novak, 2017).
- Coverage of a recent study of how a romantic breakup was associated with low self-esteem, but the effect disappeared after one year (Luciano & Orth, 2017).
- Description of a recent study indicating that high commitment in a romantic relationship is a risk factor for depression and suicidal ideation when the relationship ends (Love & others, 2018).
- Updated data on the number of Americans who have tried Internet matchmaking, and gender differences in the categories males and females lie about on dating sites (statisticbrain.com, 2017).
- Inclusion of data indicating that in 2014, living with parents was the most frequent living arrangement for individuals 18 to 34 years of age for the first time since 1880 (Fry, 2016).
- Update on the percentage of U.S. adults who are single (U.S. Census Bureau, 2015).
- Inclusion of data from the Match.com Singles in America 2017 national poll that describes millennials' interest in having sex before a first date, interest in marrying but taking considerable time to get to know someone before committing to a serious relationship, and males' interest in having females initiate the first kiss and ask guys for their phone number (Match.com, 2017).
- Updated data on the percentage of U.S. adults who are cohabiting, which increased to 18 million people in 2016, an increase of 29 percent since 2007 (Stepler, 2017; U.S. Census Bureau, 2016).
- Inclusion of recent research indicating that women who cohabited within the first year of a sexual relationship were less likely to get married than women who waited more than one year before cohabiting (Sassler, Micheltore, & Qian, 2018).
- Coverage of a recent study in which cohabiting individuals were not as mentally healthy as their counterparts in committed marital relationships (Braithwaite & Holt-Lunstad, 2017).
- Description of a recent study of long-term cohabitation (more than 3 years) in emerging adulthood that found emotional distress was higher in long-term cohabitation than in time spent single, with men especially driving the

effect (Memitz, 2018). However, heavy drinking was more common during time spent single than in long-term cohabitation.

- Updated data on the continued tendency for U.S. couples to wait longer than before getting married than couples in previous generations, with the age at first marriage for men now at 29.5 years and for women at 27.4 years (Livingston, 2017).
- New section titled “Cross-Cultural Differences in Romantic Relationships” that includes comparisons of collectivist and individualist cultures (Gao, 2016) as well as intriguing comparisons of romantic relationships in Japan, Argentina, France, and Qatar (Ansari, 2015).
- New discussion of the marriage paradox including research showing that emerging adults may not be abandoning marriage because they don’t like marriage or are not interested in it, but because they want to position themselves in the best possible way for developing a healthy marital relationship (Willoughby, Hall, & Goff, 2015; Willoughby & James, 2017).
- Coverage of a recent study of married, divorced, widowed, and single adults that revealed married individuals had the best cardiovascular profile, single men the worst (Manfredini & others, 2017).
- Inclusion of a recent study in Great Britain that found no differences in the causes of breakdowns in marriage and cohabitation (Gravningen & others, 2017). In this study, “grew apart,” “arguments,” “unfaithfulness/adultery,” “lack of respect, appreciation,” and “domestic violence” were the most frequent reasons given for such breakdowns.
- Description of a study of individuals one to 16 years into their marriage that found an increasing trajectory of tension over the course of the marriage was consistently linked to an eventual divorce (Birditt & others, 2017).
- Updated statistics on divorce rates around the world, with Russia continuing to have the highest rate (OECD, 2016).
- Coverage of a study that found individuals who were divorced had a higher risk of alcohol use disorder (Kendler & others, 2017).
- Inclusion of recent data indicating that the remarriage rate for men is almost twice as high as it is for women (Livingston, 2017).
- New introduction to the section on gay and lesbian adults including discussion of legalization of same-sex marriage in all 50 states (Diamond, 2017).

Chapter 10: Schools

- New section, “Technology and Education,” that highlights the importance of adolescents being educated to become technologically literate and discusses technology standards for students created by the International Society for Technology in Education (ISTE) (2016).
- New content on the Every Student Succeeds Act (ESSA) that became U.S. law in December 2015 (Hess & Eden, 2017; Manzo, 2017). This law replaces No Child Left Behind and while not totally eliminating state standards for testing students, it reduces their influence. The new law also allows states to opt out of Common Core standards.
- 2018–2019 update on ESSA, with the Trump administration going forward with ESSA but giving states some flexibility in its implementation (Klein, 2018a, b).
- Coverage of a recent study in which teacher warmth was higher in the last 4 years of elementary school and then dropped during the middle school years (Hughes & Cao, 2018). The drop in teacher warmth was associated with lower student math scores.
- New content indicating that only 25 percent of U.S. high school graduates have the skills to be academically successful in college (Bill & Melinda Gates Foundation, 2017).
- Greatly expanded discussion of high school education, including problems in making the transition to high school (Eccles & Roeser, 2015; Wigfield, Rosenzweig, & Eccles, 2017).
- Updated data on school dropouts, including the dramatic decrease in dropout rates for Latino adolescents in recent years (National Center for Education Statistics, 2017).
- Inclusion of new information on the Bill and Melinda Gates Foundation’s (2011, 2017, 2018) funding of a new generation of digital courseware to improve students’ learning.
- Updates on the increasing number of “I Have a Dream” programs, which have expanded to 28 states plus Washington, DC, and New Zealand (“I Have a Dream Foundation,” 2017).
- Updated data on the percentage of first-year college students who feel overwhelmed with all they have to do, a burden that continues to increase (Eagan & others, 2016).
- Substantial expansion and updating of bullying and cyberbullying (Hall, 2017; Muijs, 2017; Zarate-Garza & others, 2017).
- Description of a longitudinal study that revealed children who were bullied at 6 years of age were more likely to have excess weight gain when they were 12 to 13 years old (Sutin & others, 2016).
- Inclusion of a longitudinal study that revealed being a victim of bullying in childhood was linked to increased use of mental health services five decades later (Evans-Lacko & others, 2017).
- Description of recent longitudinal studies that indicated victims bullied in childhood and adolescence have higher rates of agoraphobia, depression, anxiety, panic disorder, and suicidality in the early to mid-twenties (Arseneault, 2017; Copeland & others, 2013).
- Coverage of recent research in which adolescents who were bullied in both a direct way and through cyberbullying had more behavioral problems and lower self-esteem than their counterparts who were only bullied in one of two ways (Wolke, Lee, & Guy, 2017).
- New section, “Technology Connections with Adolescents Around the World,” which includes numerous ways that teachers can guide their students to connect with adolescents in other countries.
- Coverage of a recent intervention (City Connects program) with first-generation immigrant children attending high-poverty schools that was successful in improving the children’s reading and math skills (Dearing & others, 2016).

- Inclusion of a longitudinal study that involved implementation of the Child-Parent Center Program in high-poverty neighborhoods of Chicago that provided school-based educational enrichment and comprehensive family services for children from 3 to 9 years of age (Reynolds, Ou, & Temple, 2018). Children who participated in the program had higher rates of postsecondary completion, including more years of education, including increased likelihood of receiving an associate's degree or higher.
- New discussion of a recent research review that concluded increased family income for children in poverty was linked to increased achievement in middle school as well as higher educational attainment in adolescence and emerging adulthood (Duncan, Magnuson, & Votruba-Drzal, 2017).
- New content on Teach for America and its efforts to place college graduates in teaching positions in schools located in low-income areas and a new Connecting with Careers profile of a Teach for America instructor.
- Inclusion of a recent study that found African American adolescents who liked school, felt safe at their school, and experienced academic press (environmental push for academic achievement) were more likely to attend college (Minor & Benner, 2018). These outcomes occurred for all adolescents in the study, regardless of their SES or gender.
- Updated statistics on the percentage of U.S. children who have different types of disabilities and revised update of Figure 2 (National Center for Education Statistics, 2016).
- Description of a recent study in which individuals with ADHD were more likely to become parents at 12 to 16 years of age (Ostergaard & others, 2017).
- Coverage of a recent research review that concluded stimulation medications are effective in treating children with ADHD in the short term, but that long-term benefits of such medications are not clear (Rajeh & others, 2017).
- Description of a recent study that revealed an 8-week yoga program was effective in improving the sustained attention of children with ADHD (Chou & Huang, 2017).
- Updated statistics on the percentage of U.S. children who have ever been diagnosed with ADHD (Centers for Disease Control and Prevention, 2016).
- Description of a recent research review that found girls with ADHD had more problematic peer relations than typically developing girls in a number of areas (Kok & others, 2016).
- Coverage of a recent research review that concluded ADHD in childhood is linked to a number of long-term outcomes (Erksine & others, 2016).
- Discussion of a recent study that found childhood ADHD was associated with long-term underachievement in math and reading (Voigt & others, 2018).
- Coverage of a recent meta-analysis that found neurofeedback had moderate effects on improving children's attention and reducing their hyperactivity/impulsivity (Van Doren & others, 2018).
- New discussion of the recent interest in mindfulness training for children with ADHD, including a recent meta-analysis in which mindfulness training significantly improved the attention of children with ADHD (Cairncross & Miller, 2018).
- Inclusion of a recent meta-analysis that concluded physical exercise is effective in reducing cognitive symptoms of ADHD in individuals 3 to 25 years of age (Tan, Pooley, & Speelman, 2016).
- Coverage of a recent meta-analysis in which exercise was associated with better executive function in children with ADHD (Vysniauske & others, 2018).
- Inclusion of recent commentary noting that despite the recent positive findings regarding use of neurofeedback, mindfulness training, and exercise to improve the attention of children with ADHD, it remains to be determined whether these interventions are as effective as stimulant drugs and/or whether they benefit children as add-ons to stimulant drugs (Den Heijer & others, 2017).
- New section on autism spectrum disorders (Boutot, 2017; Gerenser & Lopez, 2017; Jones & others, 2018).
- Inclusion of recent data on the increasing percentage of children being diagnosed with autism spectrum disorders (Christensen & others, 2016).
- Description of recent statistics on the percentage of 3- to 21-year-olds in the United States who have autism spectrum disorders (Centers for Disease Control and Prevention, 2017).
- Inclusion of a recent study that revealed a lower level of working memory was the executive function most strongly associated with autism spectrum disorders (Ziermans & others, 2017).
- Update on the percentage of U.S. students who are classified as gifted (National Association for Gifted Children, 2017).
- Expanded discussion of characteristics of gifted children and adolescents, which include learning at a faster pace, processing information more rapidly, using superior reasoning skills, using better strategies, and monitoring understanding better (Sternberg & Kaufman, 2018b).
- New entries in Improving the Lives of Adolescents and Emerging Adults including information on the Bill & Melinda Gates Foundation, Teach for America, and the International Society for Technology in Education (ISTE).

Chapter 11: Achievement, Work, and Careers

- Updated data on the dramatic increase in the percentage of Asian American adolescents in the United States.
- Description of a recent study of minority low-SES youth that found their intrinsic motivation (but not their extrinsic motivation) predicted their intention to pursue a health-science-related career (Boekeloo & others, 2015).
- Discussion of a recent experimental study with ninth-grade math students in which an intervention emphasizing family interest in math and the utility of math in everyday life and future careers increased students' intrinsic valuing of math and effort in math (Hafner & others, 2017).
- Inclusion of a recent meta-analysis that concluded self-determination plays a central role in human motivation (Howard, Gagne, & Bureau, 2018).
- Description of a recent Chinese study in which autonomy-supportive parenting was associated with adolescents' adaptive school adjustment while a higher level of parental psychological control was linked to their maladaptive school adjustment (Xiang, Liu, & Bai, 2017).

- Discussion of a recent study in which students who experienced flow were more likely than their non-flow counterparts to earn higher grades and better able to predict their grades accurately (Sumaya & Darling, 2018).
- Coverage of recent research indicating that many parents and teachers with growth mindsets don't have children and adolescents with growth mindsets (Haimovitz & Dweck, 2017).
- New research indicating that parents and teachers can nurture growth mindsets in children and adolescents by doing the following things: teach for understanding, provide feedback that improves understanding, give students opportunities to revise their work, communicate how effort and struggle are involved in learning, and function as partners with children and adolescents in the learning process (Hooper & others, 2016; Sun, 2015).
- Inclusion of recent research that found students from lower-income families were less likely to have a growth mindset than were students from wealthier families, but the achievement of students from lower-income families was more likely to be protected if they had a growth mindset (Claro, Paunesku, & Dweck, 2016).
- Discussion of a recent study that revealed having a growth mindset protected women's and minorities' outlook when they chose to confront expressions of bias toward them in the workplace (Rattan & Dweck, 2018).
- Coverage of a national study in which tenth-grade English and math teachers perceived that their classes were too difficult for African American and Latino students compared with non-Latino White students (Sebastian Cherng, 2017).
- Inclusion of a recent study that revealed adolescents' expectancy and value beliefs predicted math-related career attainment 15 years after graduating from high school (Lauermann, Tsai, & Eccles, 2017).
- Discussion of a recent study that found pre-service teachers had lower expectations for girls' than for boys' math achievement (Mizala, Martinez, & Martinez, 2015).
- New section titled "Social Motives" that focuses on how adolescence is a time when social motivation takes on a more central role and can compete with academic motivation.
- New coverage of the recently developed concept of a belonging mindset and its link to academic achievement and physical and mental health (Rattan & others, 2015).
- Inclusion of recent research indicating that experiences and discussions involving a belonging mindset were associated with improvements in the academic achievement of underrepresented groups (Stephens, Hamedani, & Destin, 2014; Walton & others, 2014).
- New description of a recent experimental study in which a social belonging intervention prior to entering college with urban charter school students increased their likelihood of enrolling full-time in college, and also increased their social and academic integration on campus (Yeager & others, 2016).
- Discussion of a recent meta-analysis that found natural mentoring that involved relatedness, social support, and autonomy support was especially helpful in improving adolescents' academic and vocational achievement (Van Dam & others, 2018).
- Inclusion of a recent study of African American males that found those who participated in an AVID (Advancement Via Individual Determination) program were more likely to enroll in more rigorous courses such as advanced placement and honors courses (Taylor, 2016).
- New coverage of a recent research review that concluded increases in family income for children in poverty were linked to increased achievement in middle school, as well as higher educational attainment in adolescence and emerging adulthood (Duncan, Magnuson, & Votruba-Drzal, 2017).
- Updated data on U.S. students' math and science achievement in comparison with their counterparts in other countries (Desilver, 2017; PISA, 2015; TIMSS, 2015).
- Discussion of a recent study in China that found young adolescents with authoritative parents showed better adjustment than their counterparts with authoritarian parents (Zhang & others, 2017).
- Coverage of a recent study in which a higher level of academic procrastination was linked to lower accomplishment of goals in college students (Gustavson & Miyake, 2017).
- Inclusion of recent research that revealed a metacognitive model that emphasized self-regulation and executive function predicted unintentional procrastination in college students (Fernie & others, 2017).
- Description of a recent experimental study in which students who were assigned a condition that emphasized the importance of self-regulated learning (time management and dealing with distractions, for example) reduced their academic procrastination and improved their self-regulated learning in areas such as time management and concentration, while those assigned to the control condition did not improve in these areas (Grunschel & others, 2018).
- Discussion of a study of individuals from 14 to 95 years of age that found procrastination was highest in 14- to 29-year-olds (Beutel & others, 2016). Also, only in the 14- to 29-year-old age range did males show more procrastination than females. And in this study, a higher level of procrastination was associated with higher levels of anxiety, depression, and fatigue, as well as lower life satisfaction.
- Inclusion of a study conducted from 1989 to 2016 of college students in the United States, Canada, and Great Britain that revealed students' perfectionism increased in a linear fashion across the 27 years (Curran & Hill, 2018).
- Coverage of a recent meta-analysis in which a higher level of perfectionism was associated with a greater risk of eating disorders, obsessive compulsive disorder, anxiety disorders, and depression (Limburg & others, 2017).
- Inclusion of a recent meta-analysis that revealed perfectionistic concerns, perfectionistic strivings, parental criticism, and overly high parental expectations were linked to suicidal ideation (Smith & others, 2017b).
- Update on the percentage of U.S. college students who work full-time and part-time (National Center for Education Statistics, 2015).
- Description of a recent study that found the worry component of test anxiety was linked to lower achievement in eleventh-grade students (Steinmayr & others, 2016).
- Inclusion of a recent Korean study in which part-time employment was associated with adolescents' higher levels of drinking and smoking (Lee & others, 2017).

- Updated data from a recent survey revealing that employers say 2017 was the best year for recent college graduates to be on the job market since 2007 (CareerBuilder, 2017).
- Updated discussion of the job categories most likely to have increased openings through 2024 (Occupational Outlook Handbook, 2016/2017).
- New book entries in *Improving the Lives of Adolescents and Emerging Adults: the second edition of Handbook of Competence and Achievement*, edited by Andrew Elliot, Carol Dweck, and David Yeager; and the second edition of *Handbook of Self-Regulation of Learning and Performance*, edited by Dale Schunk and Jeffrey Greene.

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- Coverage of a recent research review that concluded Japan is becoming more individualistic in a number of areas of people's lives (Ogihara, 2017).
- Description of a recent research review that concluded increases in family income for children in poverty were associated with increased achievement in middle school as well as greater educational attainment in adolescence and emerging adulthood (Duncan, Magnuson, & Votruba-Drzal, 2017).
- Inclusion of a recent study that found of 13 risk factors, low SES was the most likely to be associated with smoking initiation in fifth-graders (Wellman & others, 2017).
- Discussion of a recent Chinese study in which adolescents were more likely to have depressive symptoms in low-SES families (Zhou, Fan, & Zin, 2017).
- Coverage of a U.S. longitudinal study that revealed low SES in adolescence was linked to having a higher level of depressive symptoms at age 54 for females (Pino & others, 2018). In this study, low-SES females who completed college were less likely to have depressive symptoms than low-SES females who did not complete college.
- Inclusion of a U.S. longitudinal study that found low SES in adolescence was a risk factor for cardiovascular disease 30 years later (Doom & others, 2017).
- Inclusion of a recent study of more than 13,000 high school students that found those who attended more affluent schools had a greater likelihood of drug use, being intoxicated, and engaging in property crime, while those who attended poorer schools were more likely to have a higher level of depressive and anxiety symptoms, as well as a higher risk of engaging in violent behavior (Coley & others, 2018).
- Updated statistics on the percentage of U.S. children and adolescents living in poverty, including ethnic variations and comparisons of married-couple with single-parent mother-headed and father-headed households (U.S. Census Bureau, 2017).
- Coverage of a recent study of 12- to 19-year-olds which indicated that their perceived well-being was lowest when they had lived in poverty from 0 to 2 years of age (compared with 3 to 5, 6 to 8, and 9 to 11 years of age) and that each additional year lived in poverty was associated with an even lower perceived well-being in adolescence (Garipey & others, 2017).
- Description of a recent study that identified four psychological and social factors which predicted higher achievement by adolescents living in poverty: (1) academic commitment, (2) emotional control, (3) family involvement, and (4) school climate (Li, Allen, & Casillas, 2017).
- Inclusion of a recent study of more than 10,000 children and adolescents which revealed that a family environment characterized by poverty and child maltreatment was linked to entering the juvenile justice system in adolescence (Vidal & others, 2017).
- Significant updating of the discussion of the Eisenhower Quantum program, including a recent research review of the program's success in improving the achievement and educational success of disadvantaged ninth- to twelfth-graders (Curtis & Brady, 2015, 2016; Eisenhower Foundation, 2018).
- New opening commentary in the section on Ethnicity that focuses on the importance of not using a deficit model in studying ethnic minority adolescents and of recognizing not just stressors in their lives but also the positive aspects of their lives (Motti-Stefanidi & Coll, 2018; Sam, 2018; Titzmann, Ferrer-Wreda, & Dmitrova, 2018).
- Update on the dramatic increase in Latino and Asian American children and adolescents in the United States, with projections from 2014 to 2060 (Colby & Ortman, 2015).
- Coverage of a recent intervention (City Connects program) with first-generation immigrant children attending high-poverty schools that was successful in improving the children's reading and math skills (Dragoset & others, 2017).
- Inclusion of a recent study that found a higher level of family obligation was associated with higher academic achievement (Anguiano, 2018).
- Coverage of a recent study of Mexican-origin adolescent girls with different cultural profiles that indicated a strong cultural profile (consisting of having a positive ethnic identity, experiencing strong familial ethnic socialization, being bilingual, and being characterized as second generation) was linked to having higher self-esteem (Gonzales-Backen & others, 2017).
- Inclusion of a recent study of Mexican-origin youth that revealed when adolescents reported a higher level of familism, they engaged in lower levels of risk taking (Wheeler & others, 2017).
- Description of a recent study comparing Asian, Latino, and non-Latino immigrant adolescents in which immigrant Asian adolescents had the highest level of depression, lowest self-esteem, and experienced the most discrimination (Lo & others, 2017).
- Discussion of a recent study of Latino youth in which economic hardship predicted less effective coping and a lower level of effortful control (Taylor, Widaman, & Robins, 2018). However, in this study, for Latino youth experiencing economic hardship, those who did have a higher level of effortful control were able to cope more effectively with stress and problems.
- Inclusion of a study of seventh- and eighth-grade Latino adolescents (mostly of Mexican origin) in which peer discrimination was linked to higher levels of internalizing problems while cultural assets were associated with higher

academic motivation (Cavanaugh & others, 2017). Also in this study, having a higher level of cultural assets protected against the development of externalizing problems.

- Coverage of a recent study of Mexican-origin adolescents in the United States that revealed a positive ethnic identity, social support, and anger suppression helped them cope with racial discrimination, whereas outward anger expression reduced their ability to cope with the discrimination (Park & others, 2018).
- Description of a recent research view that concluded media multitasking is associated with poorer memory, increased impulsivity, and less effective functioning in the brain's cerebral cortex (Uncapher & others, 2017).
- Inclusion of information that many adolescents engage in media multitasking while they are doing homework and almost two-thirds do not think it interferes with the quality of their work (Common Sense, 2015).
- Discussion of a recent study in which heavy media multitaskers were less likely to delay gratification and more likely to endorse intuitive, but wrong, answers on a cognitive reflection task (Schutten, Stokes, & Arnell, 2017).
- Description of a recent research review in which a higher level of media multitasking was linked to lower levels of school achievement, executive function, and growth mindset in adolescents (Cain & others, 2016).
- Updated data on the dramatic increase in mobile media use by adolescents and a prediction that 92 percent of youth would have smartphones/cell phones in 2019 (eMarketer, 2016).
- Discussion of a recent study of 13- to 16-year-olds that found increased nighttime mobile phone use was linked to increased externalizing problems and decreased self-esteem (Vernon, Modecki, & Barber, 2017).
- Coverage of conclusions about higher screen time being linked to obesity, with a description of the pathways likely responsible for this connection (Robinson & others, 2017).
- Description of a recent research review that concluded the vast majority of research studies find that a higher level of exposure to screen-based media is linked to sleep health problems (LeBourgeois & others, 2017).
- Inclusion of a recent cross-cultural study of adolescents and emerging adults in which those who had more exposure to violent screen media were more likely to engage in aggression in each of the seven countries in the study (Anderson & others, 2017a).
- Inclusion of recent conclusions reached by the Workgroup on Media Violence and Violent Video Games (Anderson & others, 2017) about the short-term and long-term harmful effects of viewing media violence and playing violent video games.
- Inclusion of recent research on children in which higher exposure to TV violence, video game violence, and music video violence was independently associated with higher levels of physical aggression (Coker & others, 2015).
- Description of recent research on the negative effects of sexual media on adolescents' behavior and development (Ward, 2016; Ybarra, Strasburger, & Mitchell, 2014).
- Coverage of a recent review of sexual media indicating that online pornography is likely more problematic for youth than offline pornography (Collins & others, 2017).
- Extensive updating and expansion of content on social media use.
- Updated data on the percentage of adolescents who use social networking sites and engage in text messaging daily (Lenhart, 2015a, b).
- Coverage of a recent national study of social media indicating how extensively 18- to 24-year-olds are using various sites such as Snapchat, Instagram, Twitter, and YouTube (Smith & Anderson, 2018).
- Inclusion of recent survey information indicating that adolescents report that social media is a positive influence on their lives (Rideout, 2016).
- New coverage of how social media use can have positive outcomes for self-esteem, identity exploration, opportunities for self-disclosure, and increased social support and connections (Uhls, Ellison, & Subrahmanyam, 2017).
- Description of recent research indicating that social media use is associated with physical health problems such as inadequate sleep (Lemola & others, 2015) and heavy drinking (Brunborg, Andreas, & Kvaavik, 2017); mental health problems such as depression (Pantic, 2014) and anxiety (Hoge, Bickham, & Cantor, 2017); cyberbullying (Shapka & others, 2018); and developmentally inappropriate interests and behavior, such as sexual content and sexting (Rice & others, 2018).
- Commentary that social media provides a platform for adults with deviant motives to contact adolescents (Uhls, Ellison, & Subrahmanyam, 2017).
- New entry in *Improving the Lives of Adolescents and Emerging Adults*: a book titled *Cultural Diversity and Ethnic Minority Psychology*, published by the American Psychological Association, which includes articles about a wide range of topics involving culturally and ethnically diverse groups.
- New entry in *Improving the Lives of Adolescents and Emerging Adults*: Supplement 2 (2017) of *Pediatrics*, which provides up-to-date coverage by leading experts on a wide range of topics and issues involving the influence of digital media on adolescents and emerging adults

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- New discussion of a developmental cascades study in which maternal warmth/sensitivity and child self-regulation in early childhood, followed by parental monitoring in middle and late childhood, predicted less engagement with delinquent peers, fewer externalizing problems, and less underage drinking in adolescence (Eiden & others, 2016).
- Inclusion of a recent study in which children in middle and late childhood with fathers who had depressive symptoms were at increased risk for developing depressive symptoms in early adolescence (Lewis & others, 2018).
- Description of a recent study that revealed rejecting parenting at age 2 predicted greater aggression at age 12 and risky sexual behavior at ages 15 and 22 (Hentges, Shaw, & Wang, 2018).
- Inclusion of new content indicating growing concern about the increased number of adolescents who mix alcohol and energy drinks, a practice that is linked to a higher rate of risky driving (Wilson & others, 2018).

- Updated coverage of the Monitoring the Future study's assessment of drug use by secondary school students with 2017 data on U.S. eighth-, tenth-, and twelfth-graders (Johnston & others, 2018). Included in the update is an important discussion of how the increase in adolescent use of illicit drugs in the last decade is largely due to increased use of marijuana by adolescents.
- Updated coverage of the Monitoring the Future study's assessment of adolescents' frequency of vaping nicotine, which now is occurring more frequently than adolescents' cigarette smoking (Johnston & others, 2018).
- Description of a recent meta-analysis of longitudinal studies that found when adolescents use e-cigarettes they are at higher risk for subsequent cigarette smoking (Soneji & others, 2018).
- Discussion of a recent large-scale national study in which friends' use of alcohol was a stronger influence on adolescents' alcohol use than parental use (Deutsch, Wood, & Slutske, 2018).
- Inclusion of recent research in which parental monitoring was linked to a lower level of polysubstance use by adolescents (Chan & others, 2017).
- Description of a recent intervention study that revealed Latino parents who had participated in a program that emphasized the importance of parental monitoring had adolescents with a lower level of drug use than a control group of adolescents who did not receive the program (Estrada & others, 2017).
- Coverage of a recent meta-analysis of parenting factors involved in adolescents' alcohol use that indicated higher levels of parental monitoring, support, and involvement were associated with a lower risk of adolescent alcohol misuse (Yap & others, 2017).
- Inclusion of a recent study that revealed adolescent dishonesty increased future alcohol use by reducing parental monitoring knowledge (Lushin, Jaccard, & Kaploun, 2017).
- Coverage of a recent study that found harsh parenting by fathers during adolescence predicted increased alcohol use in emerging adulthood (Diggs & others, 2017).
- Updated data on binge drinking in college and through early adulthood, including new Figure 5 (Schulenberg & others, 2017).
- Updated data on extreme binge drinking in college students, including data on not only rates of consuming 10 or more drinks at one time in the last two weeks, but also rates of consuming 15 or more drinks in the same time frame (Schulenberg & others, 2017).
- Inclusion of a longitudinal study that revealed frequent binge drinking and marijuana use in the freshman year of college predicted delayed college graduation (White & others, 2018).
- Updated data on the percentage of individuals in emerging adulthood and early adulthood who are using electronic vaporizers (including e-cigarettes) (Schulenberg & others, 2017).
- Description of seven longitudinal studies in which each of the studies found that e-cigarette use predicted future cigarette smoking initiation and together, in a meta-analysis, that e-cigarette use increased the probability of cigarette smoking initiation fourfold (Soneji & others, 2018).
- Coverage of a recent study in which e-cigarette use increased when emerging adults were experiencing role transitions, such as job loss or a romantic breakup (Allen & others, 2015).
- New discussion of the recent decline in adolescents' use of Oxycontin and Vicodin (Johnston & others, 2017).
- Updated statistics on the significant decline in juvenile court delinquency caseloads in the United States in recent years (Hockenberry & Puzzanchera, 2017).
- Description of a recent study of middle school adolescents that found peer pressure for fighting and friends' delinquent behavior were linked to adolescents' aggression and delinquent behavior (Farrell, Thompson, & Mehari, 2017).
- Inclusion of a recent study of more than 10,000 children and adolescents which revealed that a family environment characterized by poverty and child maltreatment was linked to entering the juvenile justice system in adolescence (Vidal & others, 2017).
- Discussion of a recent study that revealed that having a higher proportion of classmates who engage in delinquent behavior increased the likelihood that students would become delinquents (Kim & Fletcher, 2018).
- Inclusion of a recent study that indicated adolescent delinquents were high on affiliating with deviant peers and engaging in pseudomature behavior and low on peer popularity and school achievement (Gordon Simons & others, 2018).
- Coverage of a recent study in which low self-control was linked to a higher incidence of delinquent behavior (Fine & others, 2016).
- Inclusion of recent research in which having callous-unemotional traits predicts an increased risk of engaging in delinquency for adolescent males (Ray & others, 2017).
- New content indicating that at 12 years of age, 5.2 percent of females and 2 percent of males had experienced first-onset depression (Breslau & others, 2017). Also in this study, the cumulative incidence of depression from 12 to 17 years of age was 36 percent for females and 14 percent for males.
- New description of genetic influences on adolescent depression (Hannigan, McAdams, & Eley, 2017; Van Asche & others, 2017).
- Discussion of recent research indicating that family therapy can be effective in reducing adolescent depression (Poole & others, 2017).
- Description of recent research that found co-rumination with friends was linked to greater peer stress for adolescent girls (Rose & others, 2017).
- Inclusion of a recent study that revealed adolescents who were isolated from their peers and whose caregivers emotionally neglected them were at significant risk for developing depression (Christ, Kwak, & Lu, 2017).
- Description of a recent meta-analysis in which adolescent females who were obese were more likely to have depression (Quek & others, 2017).

- Updated data on the percentage of U.S. adolescents who seriously consider suicide each year (Kann & others, 2016a).
- New coverage of the influence of genes on adolescent suicide (De la Cruz-Cano, 2017; Rao & others, 2017).
- Discussion of recent research indicating that the most significant factor in a first suicide attempt during adolescence was having a major depressive episode, while for children it was child maltreatment (Peyre & others, 2017).
- Inclusion of recent research indicating that adolescents who were being treated in a suicide clinic experienced lower family cohesion than nonclinical adolescents and adolescents going to a general psychiatric clinic (Jakobesen, Larson, & Harwood, 2017).
- Description of two recent studies that revealed maltreatment during the childhood years was linked with suicide attempts in adulthood (Park, 2017; Turner & others, 2017).
- Coverage of a recent study in which a sense of hopelessness predicted an increase in suicidal ideation in depressed adolescents (Wolfe & others, 2018).
- New discussion of cross-cultural suicide rates, with New Zealand and Iceland having the highest rates, and Greece and Israel the lowest rates (OECD, 2017a).
- Updated data on the percentage of U.S. ninth- to twelfth-graders who are obese, including gender and ethnic variations (Kann & others, 2016).
- Inclusion of a recent cross-cultural study of 15-year-olds in 35 countries that found U.S. adolescents had the highest rate of obesity (31 percent) and Danish adolescents the lowest (10 percent) (OECD, 2017b).
- Discussion of a recent meta-analysis that revealed adolescents who were the victims of cyberbullying were 2½ times more likely to attempt suicide and 2 times more likely to have suicidal thoughts than adolescents who had not been bullied (John & others, 2018).
- Inclusion of a recent study that confirmed childhood sexual abuse was a significant factor in suicide attempts (Ng & others, 2018).
- Coverage of a recent meta-analysis that concluded supervised exercise, especially aerobic exercise, was linked to a reduction of abdominal fat in adolescents (Gonzalez-Ruis & others, 2017).
- Description of a recent study that indicated a combination of regular exercise and a diet plan resulted in weight loss and enhanced executive function (Xie & others, 2017).
- Discussion of a recent study in which children and adolescents were less likely to be obese or overweight when they attended schools in states that had a strong policy emphasis on serving healthy foods and beverages (Datar & Nicosia, 2017).
- New research indicating that having an increase in Facebook friends across two years in adolescence was linked to an enhanced motivation to be thin (Tiggemann & Slater, 2017).
- Coverage of a recent study that revealed cognitive inflexibility, especially in perfectionistic adolescents, was associated with anorexia nervosa (Buzzichelli & others, 2018).
- Inclusion of a recent study in which individuals with binge eating disorder were more likely to come from families with ineffective functioning, especially in the area of emotional involvement (Tetzlaff & others, 2017).
- Description of cognitive behavior therapy and interpersonal therapy as the most strongly supported therapies for treating binge eating disorder (Grilo, 2017).
- New coverage of the most recent research on the Fast Track program, in which one-third of its reduction in later crime outcomes in emerging adulthood was accounted for by improvements in social and self-regulation skills at 6 to 11 years of age (Sorensen, Dodge, and Conduct Problems Prevention Research Group, 2016).