

with negative physical and psychosocial consequences have emerged.

OBJECTIVE: The researchers' goal was to study Internet use and abuse by Greek adolescents and to identify the psychological profile and lifestyle of users. Intervention attempts will also be designed and discussed.

METHODS: An Athens adolescent population representative sample of 315 (164 boys, 151 girls) high school students (mean age: 15 years) were included in the study. For Internet-addiction diagnosis, an international tool (Young's Internet Addiction Test questionnaire) was used. The Strengths and Difficulties Questionnaire was applied to screen for emotional and behavioral problems. Physical activity and physical fitness were also assessed with appropriate questions. Correlation and χ^2 statistics were performed by using SPSS (SPSS Inc, Chicago, IL).

RESULTS: According to the results, 167 (53.4%) of 315 adolescents were using the Internet for >1 year, 82 (26%) of 315 reported daily use, and 25 (8%) of 315 reported >20 hours' use weekly. Boys were spending significantly more time using the Internet than girls ($P < .05$). According to Young's Questionnaire scoring, no youngster in our sample was addicted. However, in 28 (9.4%) of 315 adolescents, Young's Questionnaire scoring was suggestive of occasional or frequent problems of Internet overuse. The most frequent reason for using the Internet was games ($P < .05$), and 18 (5.8%) of 315 children in our sample were cyberbullying victims. There was a positive correlation of Internet use and hyperactivity according to the Strengths and Difficulties Questionnaire results ($P < .05$). Positive correlations were also noted for Internet use and delinquency ($P < .001$) as well as dysfunctional peer relationships ($P < .001$).

CONCLUSIONS: Use of the Internet is popular among Greek youth, and it can be related to psychosocial problems if overused.

SIESTA AND SLEEP HABITS OF ADOLESCENTS IN GREECE

Submitted by Emmanouil Paraskakis

Emmanouil Paraskakis^a, Michail Hitas^b, Thomas Ntouros^c, Michail Ntokos^d, Athanasios Hatzimichail^e, Maria Kalmanti^a

^aDepartment of Pediatrics, University of Crete, Crete, Greece;

^bDepartment of Pediatrics, General Hospital of Komotini,

Komotini, Greece; ^cGeneral Hospital of Filiates, Filiates,

Greece; ^dHealth Center of Paramythia, Paramythia, Greece;

^eDepartment of Pediatrics, University of Thrace,

Alexandroupolis, Greece

INTRODUCTION: The study of adolescents' sleep habits is of increasing scientific interest because of the variability of sleep patterns and the frequency of sleep disorders in those of this age group.

OBJECTIVE: The aim of our study was to investigate the sleep habits of adolescents living in Greece.

METHODS: We analyzed responses given to preconstructed questionnaires on sleep habits and disturbances from 1331 high school students (mean age: 15 years [range: 14–18 years]). The students were attending high schools of rural, semiurban, and urban areas of Thrace, Ipirus, and Crete (all in Greece).

RESULTS: The median nocturnal and total sleep duration was 7.75 hours (range: 2.5–12.3 hours) and 8.5 hours (range: 2.5–14.0 hours), respectively, and the average bedtime was 11:30 PM. Male students, older adolescents, and residents of towns were going to bed later than female students, younger adolescents, and residents of villages ($P = .039$, $.0003$, and $.056$, respectively). Siesta on a regular basis was reported by 43% and on an occasional basis by 46% of the students. Siesta median duration was 2 hours (range: 0.5–4.5 hours). Daytime sleepiness, difficulties in morning awakening, difficulties in falling asleep, and night awakenings were reported by 15.6%, 14%, 17.2%, and 8.11%, respectively. Students who practiced siesta reported less daytime sleepiness ($P < .0001$). Significant differences were observed between boys and girls regarding sleep disturbances.

CONCLUSIONS: Adolescents in provincial Greece present quite a different sleep pattern compared with their northern European peers, characterized by a late bedtime and midday siesta. Similar to their peers in other countries, considerable rates of sleep disturbances were reported.

PREVALENCE OF SEXUAL ABUSE AMONG ADOLESCENT MEDICAL AND NURSING STUDENTS IN A COLLEGE IN PUNJAB, INDIA

Submitted by Praveen Sobti

Praveen Sobti^a, Gautam Biswas^b

Departments of ^aPediatrics and ^bForensic Medicine,

Dayanand Medical College and Hospital, Ludhiana, India

OBJECTIVE: We sought to determine the prevalence of sexual abuse among adolescent medical and nursing students who were attending a college in Punjab, India.

METHODS: Five hundred thirty-two subjects (150 male medical students, 220 female medical students, and 162 female nursing students) between 17 and 26 years old filled out a detailed questionnaire, in absolute privacy, to gather demographic and sexual abuse information.

RESULTS: of the participating students, 28.2% were male and 71.8% were female. The overall prevalence rate of any form of sexual abuse was 32.1% (171 subjects). A severe form of sexual abuse (intercourse) was reported by 30 subjects (10 among males and 20 among females). The most common type of abuse reported was

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