Bloom
Outline

- A story of two researchers
- 10 reasons why
- Take home points
A story of two researchers

Researcher A
- Biology major
  - Started research in a lab sophomore year in microbiology
- Medical school
  - Took a year off to do a Howard Hughes Fellowship in microbiology research
  - Published first papers in science journals
- Pediatric residency
  - Identified mentor and continued lab-based research in viral diseases
- Fellowship
  - Continued research, focused on HPV
- K award
- Now: Grants, publications, mentees

Researcher B
- Political science major
- Medical school
  - Took a summer off to develop a youth program to learn about health careers
  - Published policy pieces in university journal
- Pediatric residency
  - MSEd
  - Got involved in a group creating advocacy rotation
- Fellowship
  - MPH in Epidemiology
- K award
- Now: Grants, publications, mentees (and a summer program for youth to learn about research)
Reflections of a late bloomer
Common themes among varied activities

- Wanting to understand HOW and WHETHER things work
- Wanting to share what is learned through writing
- Wanting policy and practice to reflect evidence
Development of an Advocacy Curriculum in a Pediatric Residency Program

Clyde J. Wright
Department of Pediatrics
University of Wisconsin Medical School
and
University of Wisconsin Hospital and Clinics
Madison, Wisconsin, USA

Megan A. Moran
Department of Pediatrics
Mary Bridge Children’s Hospital
Tacoma, Washington, USA

Murray L. Katcher
State Maternal and Child Health Director
Wisconsin Division of Public Health
and
Department of Pediatrics
University of Wisconsin Medical School
Madison, Wisconsin, USA

Gwen C. Mclanahan
Department of Pediatrics
University of Wisconsin Medical School
Madison, Wisconsin, USA

Melvin P. Monat
Department of Family Medicine
University of Wisconsin Medical School
Madison, Wisconsin, USA

Timothy E. Corden
Department of Pediatrics
University of Wisconsin Medical School
Madison, Wisconsin, USA
Original Articles

Intakes Conference: Understanding the Impact of Resident Autonomy on a Morning Report Conference

Megan A. Moreno & David Williamson Shaffer

Published online: 15 Jun 2010

https://doi.org/10.1297/v1i5328015i1804_4
Policy Statement
Organizational Principles to Guide and Define the Child Health Care System and/or Improve the Health of all Children

American Academy of Pediatrics
Dedicated to the Health of All Children

Media Use in School-Aged Children and Adolescents
Council on Communications and Media
Imposter syndrome
Imposter syndrome

"Your fear of being publicly exposed as a fraud is a stress-related disorder called 'Imposter Syndrome.' It's common among people in high-profile authority positions, and, of course, in actual phonies, like you."
A walk with a colleague
Why it is important to have clinician involvement in research

- **You’ll like this**: Studies suggest that academic physicians have lower rates of burnout and stagnation in their careers.
- **You’re good at it**: You can allow your research ideas to flow from your clinical experience, and bring your research findings back to your clinic.
- **It is important work**: Research provides a path to improve patient care for patients you will never meet.
10 reasons why your skills in clinic prepare you to do research
1. Both rely on being passionate about asking a question and finding an answer

Clinical
- What condition does this patient have?

Research
- How many other patients have this condition?
2. Both require you to be comfortable with uncertainty

**Clinical**
- I’m not sure but.....I think this patient has a thyroid disorder, I’ll run some tests to find out for sure.

**Research**
- I’m not sure but.....I think that more of my rural patients get thyroid disorder compared to urban patients, I’ll study this to find out for sure.
3. Both require you to acknowledge that you sometimes make mistakes

Clinical
- Darn....I did the wrong test

Research
- Darn....I did the wrong test
4. Both involve using a fancy name for “best guess”

Clinical
- Look at my differential diagnosis!

Research
- Check out my hypothesis!
5. In both scenarios, if you don’t document what you did for others to use, **it never happened**
5. In both scenarios, if you don’t document what you did for others to use, it never happened
5. In both scenarios, if you don’t document what you did for others to use, it never happened.
6. Both require you to bring your thickest skin
Clinical
Research
A Pilot Evaluation of Older Adolescents’ Sexual Reference Displays on Facebook

Megan A. Moreno
Department of Pediatrics, University of Wisconsin Madison

Libby N. Brockman
Seattle Children’s Research Institute

Judith N. Wasserheit
Department of Global Health, University of Washington

Dimitri A. Christakis
Seattle Children’s Research Institute, and Department of Pediatrics, University of Washington

Many older adolescents display sexual references on their social networking site profiles. This study investigated whether these references were associated with self-reported sexual interest, sexual experience, or risky sexual behavior. Public Facebook® profiles of undergraduate students were identified within 1 large U.S. university Facebook network. Profile owners who displayed sexual references (Displayers) and did not display references...
A Pilot Evaluation of Older Adolescents' Sexual Reference Displays on Facebook

Megan A. Moreno
Department of Pediatrics, University of Wisconsin-Madison

Libby N. Brackman
Social Children's Research Institute

Judith N. Wannerick
Department of Global Health, University of Washington

Dimitri A. Christakis
Social Children's Research Institute, and Department of Pediatrics, University of Washington

Many older adolescents display sexual references on their social networking site profiles. This study investigated whether these references were associated with self-reported sexual behavior, sexual experience, or risky sexual behavior. Public Facebook profiles of undergraduate freshmen were identified within a large U.S. university Facebook network. Profiles owners who displayed sexual references (Displays) and did not display references (Non-Displays).

ABSTRACT

Purpose: To evaluate the association between social networking site (SNS) use and depression in older adolescents using a randomized controlled trial (RCT).

Social Networking Site Use and Depression in Older Adolescents

Lauren A. Jelenchick, M.P.H.1,2,*, Jens C. Echhoff, Ph.D., and Megan A. Moreno, M.D., M.S.Ed., M.P.H.4

1Department of Pediatrics, University of Wisconsin-Madison, Madison, Wisconsin
2Department of Biostatistics and Medical Informatics, University of Wisconsin-Madison, Madison, Wisconsin
3Department of Biostatistics and Medical Informatics, University of Wisconsin-Madison, Madison, Wisconsin
4Department of Biostatistics and Medical Informatics, University of Wisconsin-Madison, Madison, Wisconsin

Article history: Received January 13, 2012; Accepted May 21, 2012

Keywords: Depression; Internet use; Media; Mental health; Social networking sites

IMPACTS AND CONTRIBUTIONS
A Pilot Evaluation of Older Adolescents' Sexual Reference Displays on Facebook

Megan A. Moreno
Department of Pediatrics, University of Wisconsin-Madison
Libby N. Brockman
Sexual Children's Research Institute
Judith N. Wasserheit
Department of Global Health, University of Washington
Dimitri A. Christakis
Sexual Children's Research Institute, and Department of Pediatrics, University of Washington

Many older adolescents display sexual references on their social networking site profiles. This study investigated whether these references were associated with self-reported sexual activity, sexual experiences, or risky sexual behavior. Public Facebook profiles of endorsed users who occurred within 1 large U.S. university Facebook network. Profile owners who displayed sexual references (Displayers) and did not display references (Non-Displayers) were compared.

ABSTRACT

Purpose: To evaluate the association between social networking site (SNS) use and depression in older adolescents

JAH on ScienceDirect

Top 10 Articles in 2016 (All Cover Date Years)

<table>
<thead>
<tr>
<th>Full Text</th>
<th>Article Title</th>
<th>Author(s)</th>
<th>Article Type</th>
<th>Issue</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>18,526</td>
<td>Adolescence Depression, Birth, and Abortion Rates Among Countries: Levels and Recent Trends</td>
<td>Gilda Sedgh, Laurence B. Finer, Armendria Blankley, et al.</td>
<td>Original Article</td>
<td>Vol. 55, No. 1, August 2013</td>
<td>51</td>
</tr>
<tr>
<td>19,620</td>
<td>Mental Health Problems and a Help-Smiling Behavior Among College Students</td>
<td>Judith Hunt, Daniel Silverberg</td>
<td>Review Article</td>
<td>Vol. 49, No. 1, January 2013</td>
<td>105</td>
</tr>
<tr>
<td>18,592</td>
<td>Depression and Comorbidity in Substance Use and Depression in Adolescents</td>
<td>Osnat M. Ehrlich, Lisa E. Marlow, William J. Lefkoff</td>
<td>Review Article</td>
<td>Vol. 40, No. 2, April 2008</td>
<td>338</td>
</tr>
<tr>
<td>11,504</td>
<td>Psychologist, Physical, and Academic Correlates of Cyberbullying and Physical Bullying</td>
<td>Brian M. Kowalik, Susan J. Akers</td>
<td>Original Article</td>
<td>Vol. 51, No. 1, July 2013</td>
<td>105</td>
</tr>
<tr>
<td>16,557</td>
<td>Suicide Prevention Social Networking Site Use and Depression in Older Adolescents</td>
<td>Andrew L.A. Eichoff, J.L. Moore, M.A.</td>
<td>Original Article</td>
<td>Vol. 52, No. 1, January 2013</td>
<td>91</td>
</tr>
<tr>
<td>9,289</td>
<td>School Bullying Among Adolescents in the United States: Physical, Verbal, Other, and Cyber</td>
<td>Feng Wang, Ronald J. Jaccard, Tanya K. Renslow</td>
<td>Original Article</td>
<td>Vol. 45, No. 4, October 2009</td>
<td>507</td>
</tr>
<tr>
<td>9,309</td>
<td>Effective Strategies to Provide Adolescent Sexual and Reproductive Health Services and to Increase Demand and Community Support</td>
<td>Donna M. Davis, Andrea J. Hooyman, Venkataraman Chandar Malhou</td>
<td>Review Article</td>
<td>Vol. 55, No. 1, January 2013</td>
<td>12</td>
</tr>
<tr>
<td>9,260</td>
<td>Parenting Skills as a Predictor of Adolescent Weight and Weight-Related Behavior</td>
<td>Debra M. Berg, Wanda Waller, Kathi Lof, et al.</td>
<td>Original Article</td>
<td>Vol. 40, No. 4, April 2010</td>
<td>72</td>
</tr>
</tbody>
</table>
A Pilot Evaluation of Older Adolescents’ Sexual Reference Displays on Facebook

Megan A. Moreno
Department of Pediatrics, University of Wisconsin-Madison
Libby N. Brockman
Sainte’s Children’s Research Institute
Judith N. Wasserman
Department of Global Health, University of Washington
Dimitri A. Christakis
Sainte’s Children’s Research Institute, and Department of Pediatrics, University of Washington

Many older adolescents display sexual references on their social networking sites; this study investigated whether these references were associated with self-reported sexual minor, sexual expertise, or risky sexual behavior. Public Facebook profiles of undergraduate men and women were identified from a large University of Wisconsin Facebook network. Profiles were matched by age, sex, and campus engagement and displayed sexual references (Displays) and did not display references

ABSTRACT

Purpose: To evaluate the association between social networking site (SNS) use and depression in older adolescents.

METHODS: A cross-sectional study was conducted in January 2013.

RESULTS: Adolescent depression, birth, and abortion rates across countries:

Characteristics of study participants: Participants were 16 to 18 years old, and 52% were female. The median age was 17 years (range 16-18). The median duration of SNS use was 2 years (range 1-4). The median number of friends was 200 (range 10-500).

CONCLUSIONS: SNS use and depression in older adolescents: SNS use was associated with depression in older adolescents. Future research is needed to explore the mechanisms underlying these associations.

JAH on ScienceDirect
Top 10 Articles in 2016 (All Cover Date Years)

1. Adolescent Pregnancy, Birth, and Abortion Rates Across Countries: Levels and Recent Trends
Gilda S. Dhital, Laurence R. Finer, Arminandra Bhandari, et al.
Original article
Vol. 55, No. 1, February 2015

2. School Bullying Among Adolescents in the United States: Physical, Verbal, Relational, and Cyber
Dong Wang, Ronald J. Ercolani, Foree R. Powell
Original article
Vol. 44, No. 4, October 2008

3. Effective Strategies to Promote Adolescent Sexual and Reproductive Health Services and to Increase Demand and Community Support
Suman M. Das, Andrea I. Horner, Venkaturam Chandra Moli
Review Article
Vol. 56, No. 1, January 2016

4. Parenting Style as a Predictor of Adolescent Weight and Height-Related Behaviors
Debra M. Berg, William Wall, Kate Lutfi, et al.
Original article
Vol. 42, No. 4, April 2010

5. Adolescent and Adulthood only education in a review of U.S. policies and programs
John Tardell, Mary A. Ott, Macooven Lynn, Jennifer Ragoletti, et al.
Review Article
Vol. 38, No. 1, January 2006
7. Both involve an expectation to share what you have learned to benefit others

**Clinical**
- Morning report
- Grand rounds
- Case reports
- Conferences

**Research**
- Abstracts
- Presentations
- Papers
- Conferences
8. Both challenge you to find what motivates you and return to it as needed

- A role model
- A sentinel experience
- A core value

- You’ve already accomplished what you set out to do
- You already know what is needed to manage this
Fiona Mae Moreno
With Love,
Mom & Dad
ON MY MIND

Fiona

Motherhood and Hope: What is the nature of their entwined relationship? When I first learned I was pregnant, I never anticipated how much cause I would have to ponder this question—and how my answer would shape me—after the birth of my daughter.

Fiona was born at 35 weeks following a pregnancy complicated by multiple uncertain and strange findings: polyhydramnios, a single umbilical artery, a possible atrial septal defect, and a stomach bubble seen on one study, but not others—all of these were part of her ultrasound culture. My husband, Peter, and I were told the neonatal intensive care unit that day and realizing that the baby with 6 drips running into a central line, whose body had doubled in size from anasarca, was actually my own child.

As days passed and she did not get better, Peter and I began to understand that if improvement did not come soon, we would likely lose Fiona. We decided to make use of the time we had and offer her all that we could. We read her some of our most beloved books and played her our favorite music. Since the presidential elections were approaching, we told her about the political system and explained our own views on it. My parents asked whether they could tell Fiona about their own...
9. In both types of work you get to spend time with other passionate, fun and smart people
10. In both types of work, you can get scared that you are not enough

- Clinical
  - You got this

- Research
  - You got this
Take home points

- Whatever pace you bloom........You. Got. This

- It may be time to admit that you like this work, that you are good at it, and that it is important.