

## Title: Integrating Adolescent Patient Perspective into Clinical Program Development Using a Health and Social Needs Assessment

### Abstract (max 300 words)

**Background:** In pediatrics, research exploring adolescents' needs and preferences has been limited and usually relies on caregiver in lieu of self-report. Recognizing the agency of adolescent patients, opportunities integrating their perspectives into clinical program and resource development can have lasting impact on their specific care needs.

**Objective:** To describe a pilot patient-centered survey study exploring adolescent perspectives on their health care experience and its impacts on social and well-being.

**Methods:** A descriptive, cross-sectional study involving a one-time survey was conducted using a convenience sample of adolescent patients attending a visit at their primary care clinic. The survey addressed: clinic experience, health and health care needs, and social needs and well-being. Survey development incorporated insight from teenage advisors attending a local high school and questions based on an annual survey conducted at the same clinic with parents/guardians about their child's needs, as well as national surveillance tools capturing teenage perspectives in areas such as mental health, home and daily life, and community involvement.

**Results:** 100 adolescents (ages 14-17 years, 90% Black) enrolled in the study. Regarding adolescent-specific clinic offerings, participants expressed interest in learning more about transitioning to adulthood (44%), having a healthy lifestyle (41%), and mental health/coping skills (36%). Participants described their mental health as excellent, very good, or good (78%), while also actively seeking information on ways to improve their mental health (45%). In terms of social well-being, participants often engage in opportunities outside of home and school (80%) but were less often aware of where to go for help if needed in their community (30%).

**Conclusion:** Partnership between healthcare professionals and adolescent patients, particularly in primary care, is crucial in facilitating social well-being and appropriate health care utilization. Engaging adolescent patients in social needs screening measures can provide insight to practitioners regarding this population's unique health and social needs.