



## **Symposium 2: A framework for Advancing Research in Adolescents**

### **Abstract**

Adolescent health remains a relatively under-researched area in Asia, undermining the needs of the younger generation. Thus advocating for research in adolescents is a social and ethical requirement. However, to advance adolescence-related research, we need a comprehensive framework that addresses cultural, social, and economic diversity in Asia.

This framework should establish key areas for research, identify funding opportunities, ensure relevant stakeholder engagement, suggest appropriate methodological approaches and standardised data-collection tools for adolescents, ensure cultural sensitivity, support capacity building of local researchers, ensure monitoring and evaluation and dissemination of findings, and encourage policy integration to translate research finding into practice. Examples from Sri Lanka involving adolescents with endocrine disorders and a school-based healthy lifestyle program for younger children will be discussed.

Important ethical considerations in adolescents include: age-appropriate consent/ assent, risk assessment, engagement and inclusion, anonymity and confidentiality, feed-back mechanisms and community engagement. By integrating ethical considerations into every stage of the research process, researchers can ensure that their work is both responsible and impactful, ultimately benefiting the adolescent population. Establishing such a research framework will help protect, respect, and empower adolescents across Asia.

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### **Biography**

Prof. Sumudu Nimali Seneviratne graduated with first-class degree honours from the Faculty of Medicine, University of Colombo in 2004 (MFC 97/98 batch). She joined the Department of Paediatrics at the University of Colombo as a Lecturer in 2010. She obtained Board certification as a Paediatric Endocrinologist in 2015, and a doctoral degree(PhD) on the “Effects of antenatal exercise in overweight and obese women on maternal and offspring outcomes” at the Liggins Institute, University of Auckland, New Zealand in 2015. She was promoted to Senior Lecturer in 2015, and Professor in Paediatric Endocrinology in 2023.