

1 **Studying individual differences in human adolescent brain development**

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7

8 **Abstract**

9 Adolescence is a period of social, psychological and biological development. During  
10 adolescence, relationships with others become more complex, peer relationships are  
11 paramount and there is significant development of social cognition. These psychosocial  
12 changes are paralleled by structural and functional changes in the brain. Existing research in  
13 adolescent neurocognitive development has focussed largely on averages, but this obscures  
14 meaningful individual variation in development. In this Perspective, we propose that the field  
15 should now move towards studying individual differences. We start by discussing individual  
16 variation in structural and functional brain development. To illustrate the importance of  
17 considering individual differences in development, we consider three sources of variation that  
18 contribute to neurocognitive processing: socioeconomic status, culture and peer environment.  
19 To assess individual differences in neurodevelopmental trajectories, large-scale longitudinal  
20 datasets are required. Future developmental neuroimaging studies should attempt to  
21 characterise individual differences to move towards a more nuanced understanding of  
22 neurocognitive changes during adolescence.

23

24 **Introduction**

25 Adolescence, the stage of life that begins with puberty and ends with adult independence, is a  
26 period of profound social, psychological and biological change. It is a time of social  
27 reorientation, during which adolescents spend more time with peers<sup>1</sup> and peers increasingly  
28 affect adolescents' self-concept, wellbeing and behaviour<sup>2-5</sup>. Several key aspects of social  
29 cognition continue to develop during adolescence<sup>6,7</sup>. Compared with adults, adolescents  
30 demonstrate heightened effects of peer influence on risk taking<sup>8</sup>, risk perception<sup>9,10</sup> and  
31 reasoning<sup>11</sup>, hypersensitivity to social exclusion<sup>12,13</sup>, and reduced use of other people's  
32 perspective in decision making<sup>14</sup>. In parallel with these psychosocial changes, adolescence is  
33 characterised by biological changes, including the hormonal and physical changes that  
34 characterise puberty and substantial development of the brain.

35 The field of human adolescent neurocognitive development has expanded rapidly over the  
36 past two decades, and the field is now rich with neuroimaging studies demonstrating  
37 significant structural and functional development of the brain during this period of life. Most  
38 of these studies have focused on average brain development, and this group-based approach  
39 is useful because it improves signal-to-noise ratio and increases statistical power in studies  
40 that often have relatively small sample sizes<sup>15</sup>. However, adolescence is not the same for  
41 everyone. There are striking individual differences in both behavioural and biological  
42 development. By averaging across participants, we are not addressing the fact that  
43 adolescents, and their brains, develop in meaningfully different ways. In this paper, we  
44 review some of the literature on individual differences in adolescent development and  
45 propose that addressing individual variation is an important next step for the field of  
46 adolescent neuroscience.

47 We start by examining evidence for individual differences in adolescent brain development,  
48 and then describe the emerging evidence base that individual differences in socioeconomic  
49 status (SES), culture and peer environment contribute to variation in adolescent brain  
50 development and behaviour. There are many other factors that influence neurocognitive  
51 development; these three factors were selected as examples to illustrate the importance of  
52 looking at individual differences in adolescence. For the purpose of this Perspective, *SES* is  
53 defined as an individual's social and economic position in relation to others. In children and  
54 adolescents, SES is typically based on family income and/or parental education. *Culture* is  
55 defined here as a system of social norms, beliefs and values that are shared by a large group  
56 of people<sup>16</sup>. Cross-cultural studies may compare groups of individuals across countries or  
57 different cultures within a country. Finally, *peer environment* is defined here as the  
58 relationships and interactions a person experiences with people of a similar age. At the end of  
59 this paper, we make recommendations for studying individual differences in neurocognitive  
60 development during adolescence.

61

## 62 **Brain development at an individual level**

63 The human brain undergoes significant structural change during adolescence, in terms of grey  
64 matter volume, surface area and cortical thickness, as well as white matter volume and  
65 microstructure<sup>17-19</sup>. Recent analyses have shown that trajectories of structural development  
66 across the cortex are remarkably consistent in four longitudinal cohorts of child, adolescent  
67 and young adult participants from three different countries<sup>18,20</sup>. Cortical grey matter volume  
68 increases in early childhood<sup>21</sup>, and volume and thickness decline at an accelerated pace in  
69 frontal, parietal and temporal cortices throughout adolescence, levelling off in the twenties<sup>18</sup>.  
70 Cerebral white matter increases linearly throughout childhood and adolescence<sup>18,20</sup>.

71 Subcortical regions also undergo structural development in adolescence, with substantial  
72 heterogeneity in average trajectories across regions<sup>22,23</sup>. One study used a mixed cross-  
73 sectional and longitudinal design with 147 participants aged 7-24 years, 53 of whom were  
74 scanned two or more times<sup>22</sup>. Averaging across the cohort, some structures decreased in grey  
75 matter volume as age increased (caudate, putamen, nucleus accumbens), whilst others  
76 showed an inverted U-shaped trajectory (amygdala, cerebellum, hippocampus, pallidum and  
77 thalamus; see Figure 1<sup>22</sup>). A recent accelerated longitudinal study of 270 participants aged 8-  
78 28 years, with up to three scans each, indicated that there are distinct developmental  
79 trajectories within subregions of the hippocampus<sup>23</sup>.

80

81 *[Figure 1 here]*

82

83 Inspection of the raw data in all these studies reveals large variance in structural development  
84 trajectories in both cortical and subcortical regions (see Figure 2<sup>18</sup>). It is likely that both the  
85 intercepts (overall level, e.g. volume) and slopes (i.e. trajectories) are subject to individual  
86 differences. However, few studies have statistically evaluated individual differences, and  
87 those that do tend to model subject level intercepts only, not slopes. This is partly due to  
88 constraints in existing data sets: in order to model individual differences in trajectories, scans  
89 from the same individual at multiple time points are needed. The majority of existing cohort  
90 data sets are from studies that have employed accelerated longitudinal designs, in which  
91 multiple single cohorts, each starting at a different age, are scanned two or more times within  
92 a relatively narrow age range. The scarcity of data from individual participants over several  
93 time points over an extended period of time (from late childhood to early adulthood), and the

94 relatively small sample sizes, have generally precluded the possibility of statistically  
95 modelling individual differences.

96

97 *[Figure 2 here]*

98

99 One study attempted to address this by examining the relative development of three brain  
100 regions: the prefrontal cortex (PFC), the amygdala and the nucleus accumbens<sup>24</sup>. The age at  
101 which each brain region matured was defined as a stabilisation of grey matter volume (note  
102 this is just one way of defining brain maturity and there are other possibilities<sup>25</sup>). Maturation  
103 was assessed using two analyses: one averaged across participants and the other analysed  
104 trajectories at an individual level. The analysis that averaged across participants showed that  
105 each region undergoes a slightly different developmental pattern of grey matter volume. Grey  
106 matter volume in the amygdala increased until mid-adolescence when it stopped changing;  
107 there was a shallow decline in volume in the nucleus accumbens throughout adolescence; and  
108 there was a substantial and protracted decline in the PFC throughout adolescence. However,  
109 inspecting individual trajectories revealed that this pattern did not apply uniformly to all  
110 participants (Figure 3<sup>24</sup>). Instead, there was wide individual variation in patterns of brain  
111 development, with some individuals showing very different maturity rates between regions,  
112 while others showed no difference. This study included 152 scans from 33 participants out of  
113 the very large NIMH cohort (all participants required at least three scans spanning late  
114 childhood, adolescence and early adulthood, and those scans needed to be of sufficiently high  
115 quality in the three regions of interest). The individual trajectories were not statistically  
116 evaluated, but were instead visually inspected by three independent researchers<sup>24</sup>. Despite

117 these limitations, this analysis suggests that structural development is not uniform across  
118 adolescents and differs both in terms of intercept and slope.

119

120 *[Figure 3 here]*

121

122 Functional MRI studies employing paradigms that assess different cognitive and social-  
123 emotional processes have demonstrated that, on average, neural activity also shows age-  
124 related changes during adolescence (e.g.<sup>26,27</sup>). However, few studies have assessed whether  
125 adolescents show individual differences in these trajectories. The majority of fMRI studies  
126 compare age groups in cross-sectional designs; there are very few longitudinal studies  
127 assessing the same individuals over multiple time points on the same task<sup>28</sup>. This is partly  
128 because of challenges associated with longitudinal fMRI studies, including the difficulty in  
129 disentangling genuine age-related changes from test-retest reliability error<sup>29,30</sup>. Cross-  
130 sectional developmental fMRI studies of, for example, risk-taking show significant individual  
131 differences<sup>31</sup>, as do the small number of longitudinal fMRI studies that have been conducted  
132 (e.g.<sup>27,32</sup>), indicating that functional activity may also have different developmental  
133 trajectories across different adolescents.

134 Many different genetic and environmental factors play a role in determining individual brain  
135 developmental trajectories (both structural and functional), including puberty stage, gender,  
136 nutrition and the social, family and school environment. To illustrate the impact different  
137 environments can have on individual neurocognitive development, in the next sections we  
138 discuss examples of three social environmental sources of individual differences: SES,  
139 culture and the peer environment.

140

141 **Socioeconomic status**

142 The socioeconomic environment in which a child grows up has a significant effect on many  
143 aspects of development, including physical and mental health, and the way in which the brain  
144 develops<sup>33,34</sup>. In one cross-sectional study of 1099 individuals aged three to 20 years, number  
145 of years of parental education was associated with larger cortical surface area in many brain  
146 regions involved in language, reading, social cognition, executive functions and spatial  
147 skills<sup>35</sup>. Family income was logarithmically associated with cortical surface area: for  
148 individuals from lower income families, small increments in income were associated with  
149 larger differences in surface area relative to the same increments in higher income families<sup>35</sup>.  
150 Another study with 5 to 18 year olds showed an interaction between SES and age on grey  
151 matter volume in the amygdala and hippocampus (see Figure 4<sup>36</sup>). For individuals with the  
152 highest SES, older age was associated with *increased* left inferior frontal gyrus and superior  
153 temporal gyrus volume, while for individuals with the lowest SES, older age was associated  
154 with *decreased* volume in these areas. These studies demonstrate that SES affects brain  
155 development, but our understanding of this relationship is incomplete. SES might moderate  
156 the way in which participants complete a cognitive task, leading to differences in brain  
157 structure and function, or directly mediate the relationship between brain development and  
158 cognitive outcomes, and/or affect brain development via distal factors such as chronic stress  
159 or nutrition<sup>34</sup>. Although the exact relationship is unclear, the two studies described above  
160 illustrate the importance of combining SES with age to obtain a more nuanced understanding  
161 of individual differences in adolescent development. Future studies should attempt to  
162 characterise the mechanisms through which SES affects brain development.

163 *[Figure 4 here]*

164

165 In adolescent and young adult samples, SES has been associated with neural response to  
166 social cognition tasks. In one study, 12-13 year olds underwent fMRI whilst passively  
167 viewing emotional faces. Adolescents' SES (measured by household income and parental  
168 education) was negatively associated with activity in both the dorsomedial PFC and  
169 amygdala whilst viewing angry faces (see Figure 5<sup>37</sup>). Muscatell and colleagues also  
170 investigated the effect of self-reported social status on brain activity associated with  
171 mentalising, the process of attributing mental states to others<sup>37</sup>. Undergraduate students aged  
172 18 to 24 years old (late adolescence and early adulthood) viewed photos of faces, purportedly  
173 of other students, and read first-person passages supposedly written by the person in the  
174 photograph – this was the mentalising condition<sup>37</sup>. In the non-mentalising condition,  
175 participants were asked to view and read about inanimate objects. Participants reported their  
176 perceived social status: where on a hierarchy they saw themselves relative to their university  
177 peers with respect to wealth, education and job prospects. This is a subjective report of social  
178 status that is related to SES, which is typically assessed with objective measures of a person's  
179 standing relative to their peers (e.g. family income)<sup>37</sup>. The results showed that self-reported  
180 social status was associated with differences in activation during this task. Lower self-  
181 reported status was associated with heightened activity in the medial prefrontal cortex,  
182 precuneus and left posterior superior temporal sulcus in the mentalising condition<sup>37</sup>.  
183 However, the studies tested single age groups, so the developmental trajectory of neural  
184 processing during these tasks, and their relationship with SES, is not known. A number of  
185 studies have shown that children with low SES (measured by family income) perform less  
186 well in mentalising tasks (e.g.<sup>38</sup>), but to our knowledge the neural correlates of this have not  
187 been assessed. Together, the studies provide initial evidence that SES is associated with  
188 neurocognitive performance in social tasks in childhood and adolescence. Future studies  
189 could assess wider age ranges, ideally from late childhood to early adulthood, to provide a

190 more complete picture of how individual differences in SES affect the neural correlates of  
191 mentalising across development. This is an important question as studies have shown that  
192 mentalising performance<sup>14,39,40</sup> and the brain regions it relies on<sup>6</sup>, continue to develop  
193 throughout adolescence.

194

195 *[Figure 5 here]*

196

197 Individual differences in SES are also associated with the neural response to social exclusion,  
198 which is often assessed using an online ball-throwing game called Cyberball. In this  
199 paradigm, the participant plays a game of catch with two online (fictitious) players<sup>13,41,42</sup>. In  
200 the first round, the other players throw the ball to the participant and involve him/her in the  
201 game (social inclusion). In the second round, the other players initially throw the participant  
202 the ball but then stop, and only throw it to each other for the rest of the game (social  
203 exclusion). In adolescence, there is affective and neural hypersensitivity to social exclusion in  
204 this game (e.g.<sup>43</sup>). For example, adolescents who experienced social exclusion in the  
205 Cyberball task (relative to social inclusion) showed increased activation in the anterior insula  
206 (AI) and subgenual anterior cingulate cortex (sgACC), and this activation was positively  
207 correlated with self-reported distress<sup>12</sup>. However, one study with 16-17 year old males  
208 showed that this pattern of activation was moderated by SES<sup>44</sup>. Participants played Cyberball  
209 while undergoing fMRI, and then played a driving simulator game in which social conformity  
210 (engaging in risky behaviour suggested by a confederate) was assessed. For individuals with  
211 low SES, as measured by fathers' education level, increased activity in a number of regions  
212 was associated with increased conformity in the driving game, including the ACC, AI, ventral  
213 striatum (VS), ventromedial and dorsomedial prefrontal cortices (vmPFC, dmPFC) and

214 temporal parietal junction (TPJ). For those with high SES, increased activity in these regions  
215 was associated with decreased conformity<sup>44</sup>. The authors highlight that these areas have  
216 previously been implicated in affect (ACC, AI), reward (VS, vmPFC) and mentalising (TPJ,  
217 vmPFC), but it is not clear why SES would moderate the relationship between activity in  
218 these regions and subsequent levels of social conformity.

219 Together, these studies demonstrate that SES is linked to differences in brain structure during  
220 development and neural activity during social cognitive tasks in adolescence. It is not routine  
221 for SES to be analysed in cognitive neuroscience studies of adolescent development, but  
222 these results suggest that it could be linked to meaningful individual differences, and should  
223 be taken into account<sup>34</sup>.

224

## 225 **Culture**

226 Adolescents around the world grow up in very different cultures, each of which has a specific  
227 framework of customs, beliefs and expectations of adolescent behaviour<sup>45</sup>. Societal  
228 expectations of adolescence differ widely between different cultures: some expect and enable  
229 young people to remain in full-time education and live with caregivers throughout the  
230 teenage years and into the twenties; in others, young people are expected to become  
231 financially independent from a much younger age, and to start their own families as soon as  
232 they reach sexual maturity<sup>45</sup>. Despite these large differences in societal expectations, there are  
233 some remarkable similarities in adolescent behavioural development across cultures, in terms  
234 of self-regulation (the ability to monitor and control one's behaviour and emotions) and  
235 sensation seeking (the desire to experience novelty and take risks)<sup>46</sup>. Across most of the 11  
236 countries included in this study, self-regulation improved linearly during adolescence and  
237 plateaued in the mid-twenties, whereas sensation seeking increased between late childhood  
238 and adolescence, was highest in the late teens, and then declined throughout the twenties<sup>46</sup>.

239 However, the pattern was not uniform across countries. Cross-cultural disparity was more  
240 pronounced in a study assessing differences in adolescent risk taking in the same 11  
241 countries<sup>47</sup>. Participants aged 10-30 completed self-report questionnaires of health and  
242 antisocial risk taking and two experimental tasks: the Stoplight task, which assesses risks  
243 taken in a driving simulator game, and the Balloon Analogue Risk Task (BART), in which  
244 money is gained for inflating a balloon and lost if the balloon bursts, which it can do at any  
245 point<sup>47</sup>. There were variations in trajectories across countries. For example, risk taking on the  
246 Stoplight driving task showed a quadratic and linear pattern across age in India, Jordan and  
247 the Philippines, a linear and quadratic pattern across age in China, Italy and the United States,  
248 a negative linear trajectory across age in Colombia, and no association with age in Cyprus,  
249 Kenya, Sweden and Thailand<sup>47</sup>. The results indicate that the varying cultures in which  
250 adolescents grow up can lead to individual differences in their behavioural development, but  
251 the neurocognitive development that underlies these differences is not known.

252 Cultural neuroscience is an emerging field that assesses the relationship between culture and  
253 brain structure and function, and studies in adult groups have demonstrated differences in  
254 neural activity across cultures when completing a range of cognitive tasks (e.g.<sup>45</sup>). However,  
255 few studies have investigated cultural differences in the development of the adolescent brain,  
256 despite recognition that this is a critical future direction for cultural neuroscience<sup>48</sup> and  
257 understanding that adolescents hold very different societal roles across cultures<sup>45</sup>. One of the  
258 few adolescent studies in this area was an fMRI study that asked White and Latino American  
259 adolescents to play a game to earn money for themselves or for their family, and showed that  
260 giving to the family was associated with different patterns of brain activity in the two cultural  
261 groups<sup>49</sup>. Although there was comparable behavioural performance between the two groups,  
262 White participants showed more activity in the VS, dorsal striatum (DS) and ventral  
263 tegmental area (VTA) when winning money for themselves compared to winning for their

264 family<sup>49</sup>. In contrast, Latino participants showed similar (VS) or increased (DS, VTA)  
265 activity when winning for their family than for themselves<sup>49</sup>. The authors hypothesise that  
266 this difference in activation may reflect cultural differences in how much time adolescents  
267 spend helping their families, such as caring for siblings or assisting with household tasks.  
268 American adolescents from Latino backgrounds spend more time helping their families than  
269 those from European backgrounds<sup>50</sup>, possibly because adolescents from different cultures  
270 have varying degrees of family obligation – the sense of duty felt towards helping their  
271 family<sup>51</sup>. In support of this, in the fMRI study, activity in the VS, DS and VTA when winning  
272 for family was positively associated with self-reported enjoyment and satisfaction when  
273 helping the family (for both cultural groups)<sup>49</sup>.

274 Individual differences in family obligation have also been associated with risk taking. One  
275 study of 14-16 year olds from Mexican backgrounds found that those with higher levels of  
276 family obligation were less likely to take risks in the Balloon Analogue Risk Task  
277 (adolescents from other backgrounds were not assessed)<sup>52</sup>. The study also found that family  
278 obligation values were associated with reduced activity in the VS when the participants  
279 received monetary reward (for themselves)<sup>52</sup>. These studies suggest that cultural differences  
280 in family relationships may be linked to significant neurocognitive differences and risk taking  
281 in adolescents.

282 There are cultural differences in susceptibility to peer influence in adolescence. It is well  
283 established in Western samples that, relative to adults, adolescents are especially susceptible  
284 to peer influence<sup>9,10,53</sup>. To date, there have been mixed findings on the impact of culture on  
285 peer influence. Some studies have showed that peer substance use influences adolescents'  
286 own substance use across a range of industrialised cultures (Hong Kong<sup>54</sup>; USA/UK<sup>55</sup>). One  
287 study directly compared adolescents from the US and China and found that in both countries  
288 adolescents' smoking is equally strongly influenced by peer smoking<sup>56</sup>. Within US samples,

289 however, several older studies have demonstrated that peer influence is a predictor of  
290 smoking in White adolescents but not Black adolescents<sup>57</sup>, and a stronger predictor of  
291 smoking for White adolescents than other ethnic groups including Asian and Latino  
292 adolescents<sup>58</sup> and Pacific Islanders<sup>59</sup>. This may be because in some cultures conformity to  
293 family norms is paramount, and family attitudes might have a stronger influence on smoking  
294 behaviour than peers<sup>58</sup>.

295 Future research should explore the possible neurocognitive mechanisms underlying these  
296 cultural differences in adolescents' susceptibility to social influence, and broaden the focus  
297 away from only smoking behaviour. In a study of Mexican-American 16-18 year olds<sup>60</sup>, a  
298 task assessing susceptibility to social influence (measured by how much participants changed  
299 their ratings of artworks after seeing likeability ratings from others) elicited activity in  
300 regions associated with mental state reasoning (medial prefrontal cortex, temporal parietal  
301 junction) and self-control (ventrolateral prefrontal cortex). However, the study did not  
302 include adolescents from other cultural groups. A study of 14-18 year old American  
303 adolescents (ethnicity not reported) found that increased risk-taking in the presence of peers  
304 was modulated by increased activation in the VS, a region that has been implicated in reward  
305 processing<sup>8</sup>. However, this study did not assess cultural differences in the neural response to  
306 peer influence on risk-taking. A speculative possibility is that adolescents from cultures that  
307 show reduced susceptibility to peer influence may exhibit higher activation in brain regions  
308 associated with self-control, and/or reduced activation in reward-related regions, when  
309 making decisions in the presence of peers. It is also unclear how culture affects susceptibility  
310 to peer influence across age, as existing studies have typically focused on adolescent age  
311 groups only, or used wider age groups but not reported cultural differences. For example, a  
312 decrease in social influence from late childhood (age 8-10) to adulthood (age 25+) has been  
313 reported<sup>9,10,53</sup>, but ethnicity was not analysed in these studies, so it is unclear whether this

314 linear decrease is uniformly true for all cultures. The studies on smoking indicate that  
315 adolescents of different ethnicities may be differently influenced by peer smoking<sup>57-59</sup>, but it  
316 is unclear how these cultures affect the *trajectory* of social influence across age.

317

### 318 **Peer environment**

319 During adolescence, individuals develop an increasingly complex network of relationships  
320 with their peers<sup>61</sup>. The pattern of interactions that an adolescent has with his or her peers  
321 varies between individuals. First, adolescents differ with respect to how frequently they are  
322 victimised by their peers: some adolescents are never bullied, whilst others report a chronic  
323 history of being rejected and victimised<sup>62-65</sup>. Second, adolescents vary both in the number of  
324 friends they have and the quality of those friendships, such as the extent to which they feel  
325 understood and supported by their friends<sup>66</sup>. This has a significant impact on their mental  
326 health and well-being<sup>62-66</sup> and can affect both their behavioural and neural responses to social  
327 interactions<sup>61</sup>. As such, peer relationships are an important source of individual variation that  
328 should be assessed when investigating neurocognitive development in adolescence.

329 Adolescents with a history of repeated rejection by peers (as measured by retrospective self-  
330 report) show a different neural response to social exclusion assessed with the Cyberball  
331 paradigm<sup>67</sup>. Specifically, compared with stably accepted adolescents (no history of peer  
332 rejection), chronically rejected adolescents display higher activity in the dACC during social  
333 exclusion<sup>67</sup>. One study found that 14-16 years old girls with a history of being victimized had  
334 higher levels of risk-taking in a simulated driving task, as well as increased activation during  
335 risky decisions (amygdala, mPFC, medial posterior parietal junction, posterior parietal  
336 junction, TPJ and VS), compared with girls who had experienced low levels of peer  
337 victimisation<sup>68</sup>. Social exclusion has also been associated with subsequent risk taking in

338 typical samples<sup>69</sup>. A second study showed that adolescents with self-reported lower levels of  
339 resistance to peer influence were especially likely to take risks in driving games after being  
340 socially excluded and this was mediated by neural activity in the right TPJ<sup>70</sup>. Differences in  
341 neural activity after Cyberball are also linked to symptoms of psychopathology: in one study  
342 of adolescent girls, activation during social exclusion in the dACC, sgACC and AI was  
343 associated with depression and social anxiety symptoms, and this link was stronger in  
344 individuals who had been chronically victimized compared to those who had not<sup>71</sup>.

345 Conversely, a positive social environment can have protective long-term benefits for an  
346 adolescent. For example, one study with 14-24 year olds found that self-reported friendship  
347 quality support predicted better psychosocial functioning one year later<sup>66</sup>. In another study,  
348 positive peer relationships reduced the association between negative parenting practices and  
349 later antisocial behaviour (e.g. getting in fights) in young adolescents<sup>72</sup> and reduced the  
350 association between peer conflict and risk taking<sup>73</sup>.

351 The fMRI and behavioural studies reviewed here indicate that an adolescent's peer  
352 environment can affect their development in both negative and positive ways. Others have  
353 argued that individual differences in neurobiology can determine how sensitive an adolescent  
354 is to their social context, indicating that identical social environments might affect different  
355 individuals in different ways<sup>61,74</sup>. For example, adolescents who are particularly hypervigilant  
356 to social threat cues may be at risk of developing social anxiety disorder or other internalising  
357 problems<sup>75</sup>. Together, this research highlights that individual differences in peer environment  
358 should be measured to understand better why adolescents respond differently in  
359 neurocognitive tasks assessing social interactions.

360

361 **Limitations**

362 There are several limitations of the current paper. First, many factors not reviewed here also  
363 play a critical role in individual variation in adolescent development. Other social  
364 environmental factors that influence adolescent development in addition to the three we  
365 highlight here include parenting style<sup>74,76-78</sup>, sibling number and relationships<sup>79</sup> and school  
366 environment<sup>80,81</sup>. Another important source of variation is puberty status. Most studies have  
367 analysed structural trajectories as a function of age, but chronological age and puberty stage  
368 are not tightly associated in late childhood and early adolescence: there is substantial  
369 individual variation in puberty development. Studies that have included an estimate of  
370 puberty (such as Tanner stage) have demonstrated variance in structural and functional brain  
371 development over and above chronological age alone (e.g.<sup>82-84</sup>). As such, we recognise that  
372 the three social environmental factors here likely have interactive effects with pubertal stage  
373 to determine brain development in adolescence.

374 Second, like all environmental factors, the three reviewed here do not exert their influence in  
375 isolation from each other; there are important interrelations between them. For example, there  
376 are significant cultural differences in the prevalence of adolescents reporting peer  
377 victimisation (for instance, there are relatively high levels in Baltic countries<sup>85</sup>) and the risk  
378 of being victimised is increased in low SES adolescents<sup>86</sup>. Indicators of SES are strongly  
379 associated with ethnicity<sup>87</sup>.

380 A third limitation is that environmental factors act in concert with genetics to affect  
381 development in a number of ways. Social context can trigger, or protect from, a genetic risk  
382 factor<sup>88</sup>. One developmental example is that the family environment can *interact* with a  
383 child's genes to influence the neural, behavioural and mental health consequences of  
384 maltreatment<sup>89</sup>. Carriers of the MAOA-I allele who have suffered maltreatment in childhood  
385 are more likely than individuals who do not carry this allele to develop antisocial behaviour

386 disorders, possibly because the MAOA-l allele is associated with hyper-responsiveness in  
387 brain regions that detect threat and reduced activation in brain regions responsible for  
388 emotional control<sup>90</sup>. This leads MAOA-l carriers who have been maltreated to be especially  
389 susceptible to later reactive aggression and violence<sup>90</sup>. Genes and the social environment can  
390 also be *correlated* with one another. For example, a shy child might elicit different behaviour  
391 from their family and peers<sup>91</sup>. Thus, there are complex interactions and correlations between  
392 an individual's genes, pubertal status and the environment in which he or she grows up,  
393 which are important to take into account when considering adolescent brain development.

394 It is important to note that there are issues inherent in the current imaging technology that  
395 limit the extent to which individual brain development can be investigated<sup>15</sup>, which have  
396 contributed to the aforementioned limitations in the field. For example, precisely because of  
397 individual differences in brain structure and function, it is difficult to be confident that  
398 functionally equivalent regions are identified across subjects, and to account for individual  
399 differences in the haemodynamic response function<sup>15</sup>.

400

#### 401 **Suggestions for future research**

402 Studies of adolescent brain development typically report group-based averages, which  
403 highlight important changes in development across this period. Future studies should consider  
404 within-group variance in order to obtain a more nuanced picture of adolescent neurocognitive  
405 development. There are a number of issues that need to be addressed in order to conduct  
406 studies of adolescent neurocognitive development at an individual level, and here we make a  
407 number of recommendations to guide this research field.

408 First, large sample sizes are required in order to have sufficient power to explore individual  
409 differences. One way to manage the requirement for large sample sizes is to utilise publically

410 available datasets (e.g.<sup>92,93</sup>), such as the Human Connectome Project<sup>94</sup>, and the Adolescent  
411 Brain Cognitive Development study<sup>95</sup>, although the large majority of currently available data  
412 are cross-sectional and from adults. Data sharing amongst scientists investigating adolescent  
413 brain development should be encouraged. Second, in order to track individual development  
414 across time, longitudinal designs are required<sup>96,97</sup>. Third, the age ranges studied need to be  
415 larger than are typically included in developmental studies, ideally spanning late childhood to  
416 early adulthood, in order to assess the entire developmental period of adolescence. Using  
417 large, longitudinal samples is especially important when assessing subcortical regions, to  
418 minimise the possibility that apparent differences in individual trajectories are due to noise.  
419 Fourth, data on relevant individual difference variables should be collected and analysed as  
420 variables of interest, for instance by extracting longitudinally modelled individual slopes or  
421 latent change scores<sup>98</sup> and/or using group variability measures<sup>99</sup>. A final suggestion is that  
422 future research should identify the specific neural systems affected by individual difference  
423 variables, in order to draw together the currently disparate findings involving a number of  
424 brain regions and systems. By combining all of these recommendations, we can start to build  
425 a truly comprehensive picture of how the brain changes across adolescence, and the  
426 individual variables that affect the trajectory of development.

427

## 428 **Conclusion**

429 The past 20 years has seen a rapid expansion of research into adolescent brain development.  
430 This research has largely focussed on group-based means, enabling us to draw conclusions  
431 about average adolescent development. However, adolescents are a heterogeneous group,  
432 with different trajectories of brain development and patterns of behaviour. To progress the  
433 field, sources of individual differences should be assessed as variables of interest, and not  
434 treated as statistical noise. Taking into account individual differences is particularly important

435 if findings from neuroscience studies are to have real life relevance, for example, in the areas  
436 of public health and education. In these domains, a one-size-fits all approach might not be  
437 appropriate. For example, the research reviewed here suggests that socioeconomic status,  
438 culture and peer environment are three sources of variance that affect neurocognitive  
439 development in adolescence, and this in turn might have implications for how different  
440 adolescents learn in school or respond to public health advertising. Individual variability  
441 should be taken into account as we continue to refine our understanding of the adolescent  
442 brain.

443

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447

#### 448 **Author contributions**

449 LF and SJB contributed equally to the writing of this Perspective.

450

#### 451 **Competing Financial Interests Statement**

452 The authors have no competing financial interests.

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738 **Figure Legends**

739 **Figure 1.** Developmental trajectories for total grey matter volume: Age 7.0–23.3 years old.

740 Mean volume in  $\text{cm}^3$  (y-axis) by age in years (x-axis) is shown for males ( $n = 94$ , blue) and  
741 females ( $n = 53$ , red). The shade around the regression lines represents the 95% confidence  
742 interval of the intercept. Reproduced from<sup>22</sup>

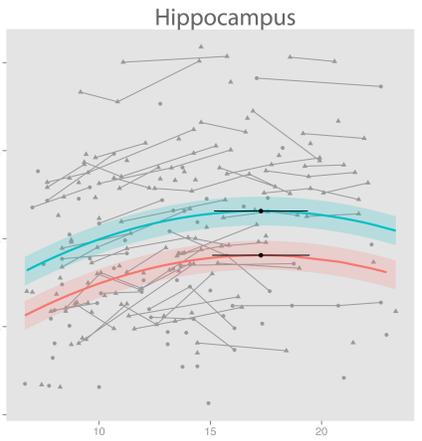
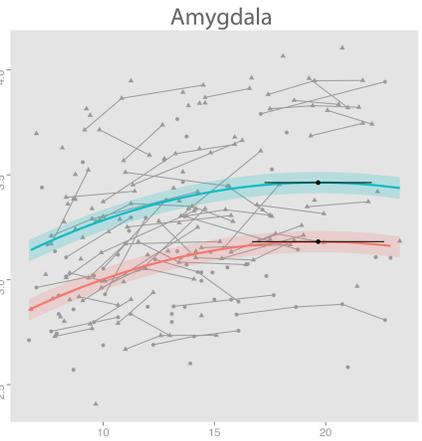
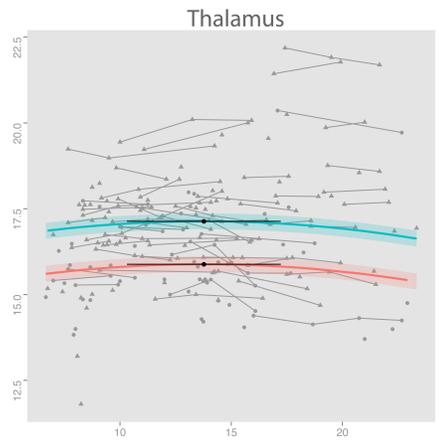
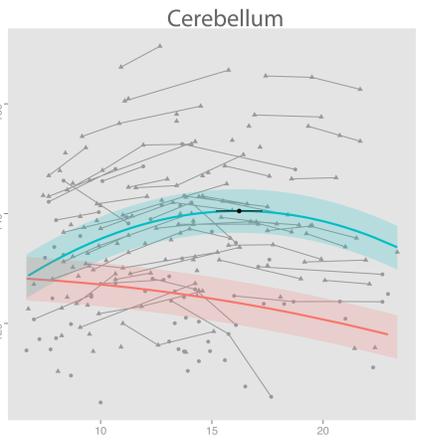
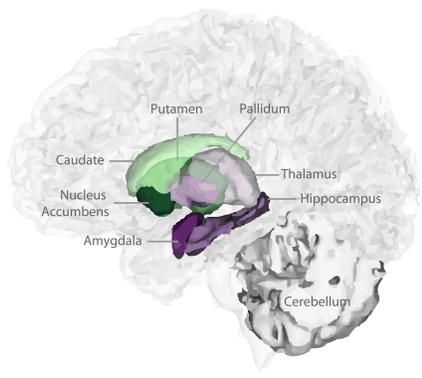
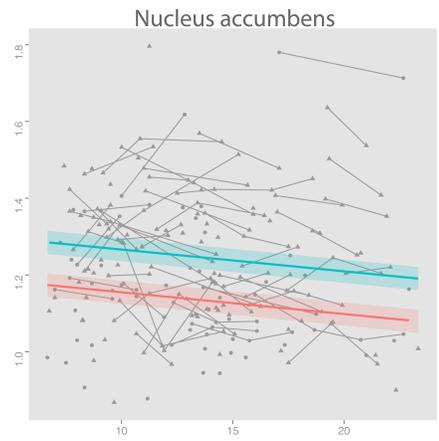
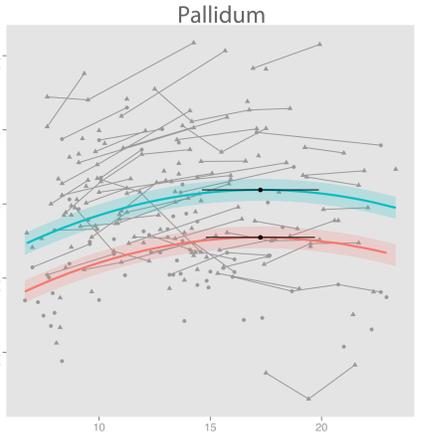
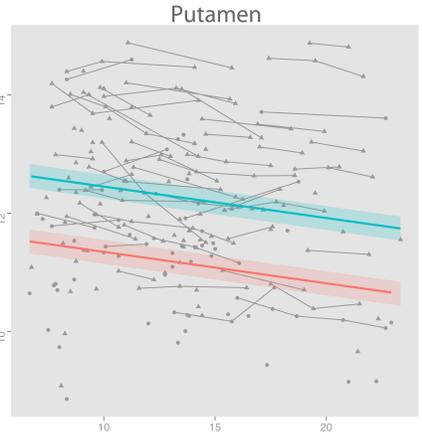
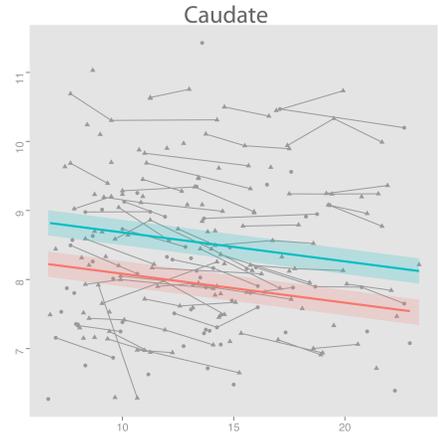
743 **Figure 2.** Developmental trajectories for global cortical measures for four different cohorts:  
744 Child Psychiatry Branch (pink), Pittsburgh (purple), Neurocognitive Development (blue) and  
745 Braintime (green). Spaghetti plots of mean cortical thickness, total cortical surface area, and  
746 total cortical volume, controlling for sex. The coloured lines represent the GAMM fitting  
747 while the lighter coloured areas correspond to the 95% confidence intervals. Reproduced  
748 from<sup>18</sup>

749 **Figure 3.** The top row shows the best fitting group models for average developmental  
750 trajectories in grey matter volume in the amygdala, nucleus accumbens and prefrontal cortex  
751 from 33 participants scanned at least three times between late childhood and early adulthood;  
752 dashed lines indicate 95% CI. The bottom row shows individual data from the 33  
753 participants. Reproduced from<sup>24</sup>

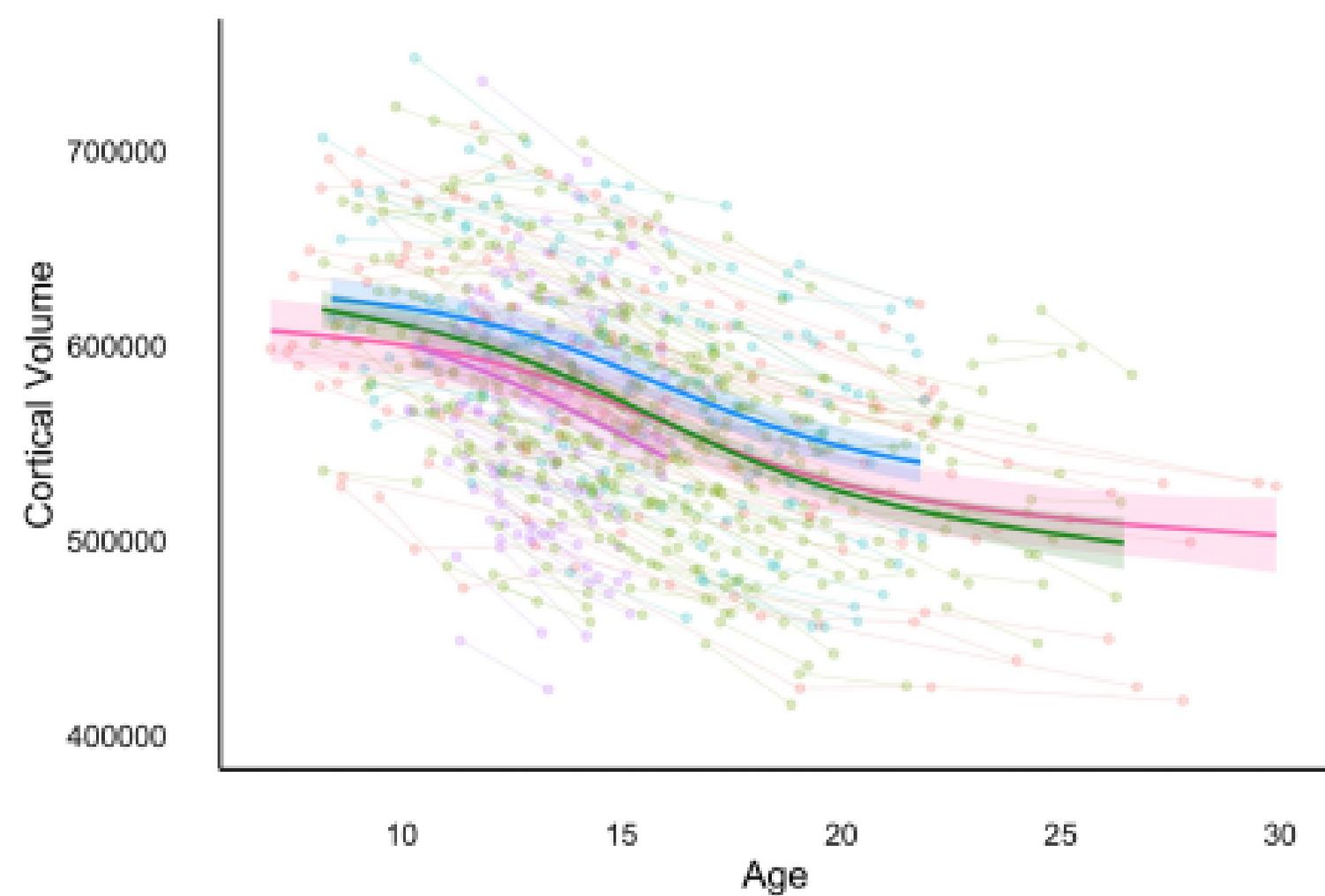
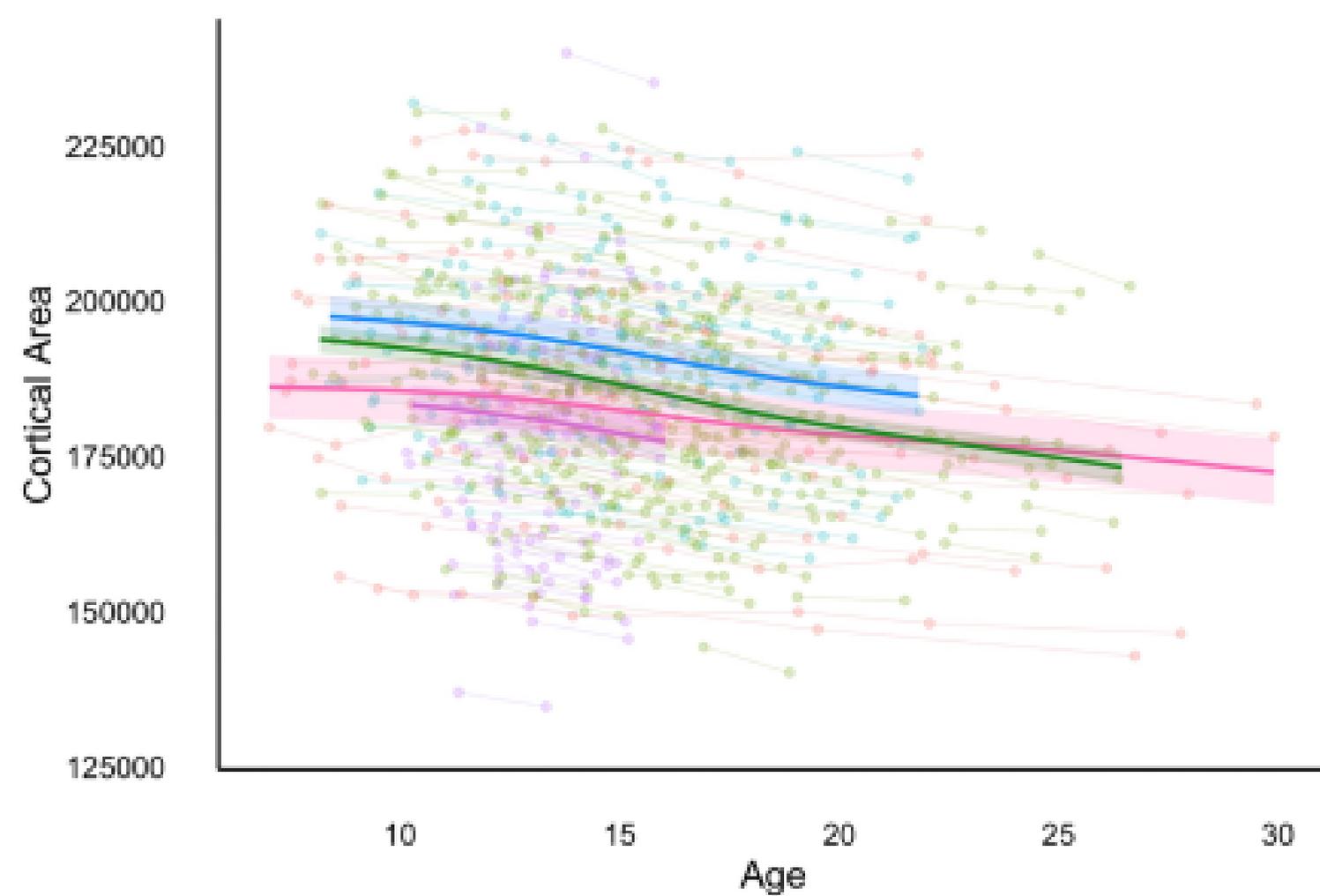
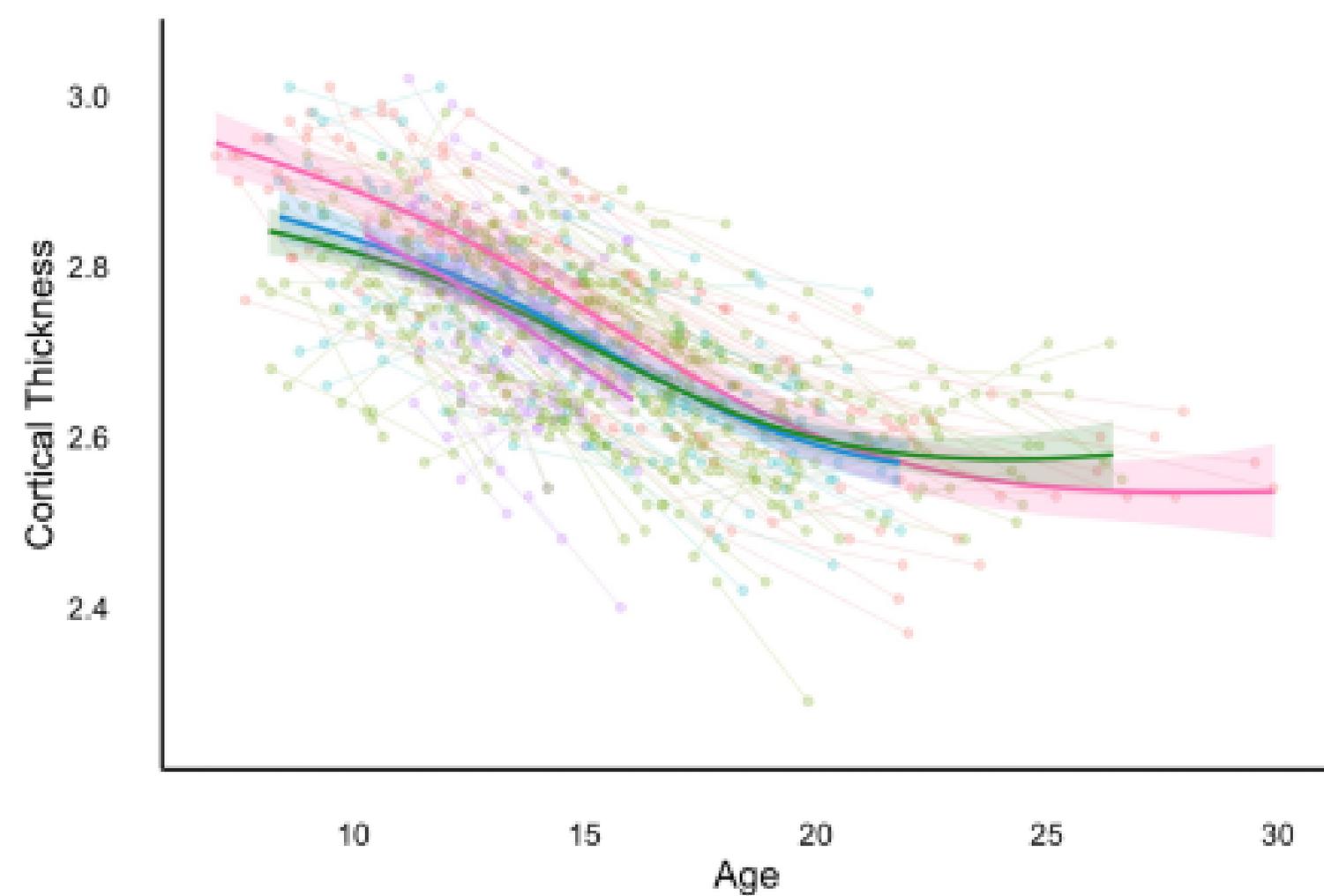
754 **Figure 4.** SES x Age interaction in left temporal gyrus and left inferior frontal gyrus volume.  
755 Reproduced from<sup>36</sup>.

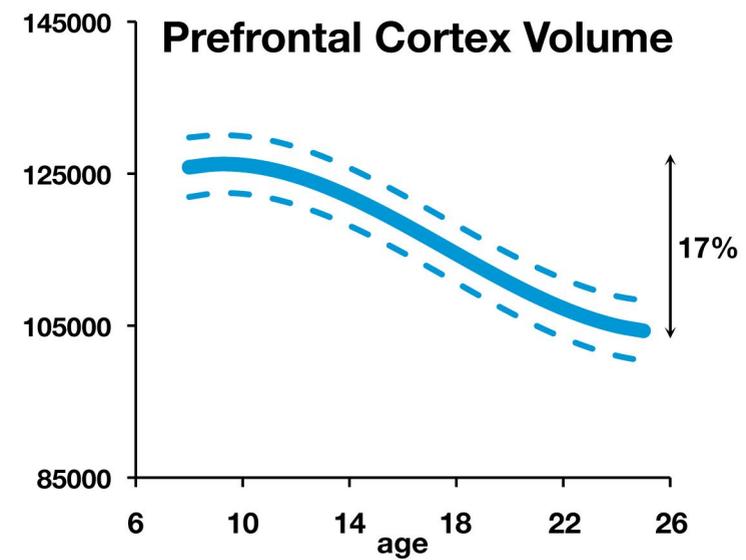
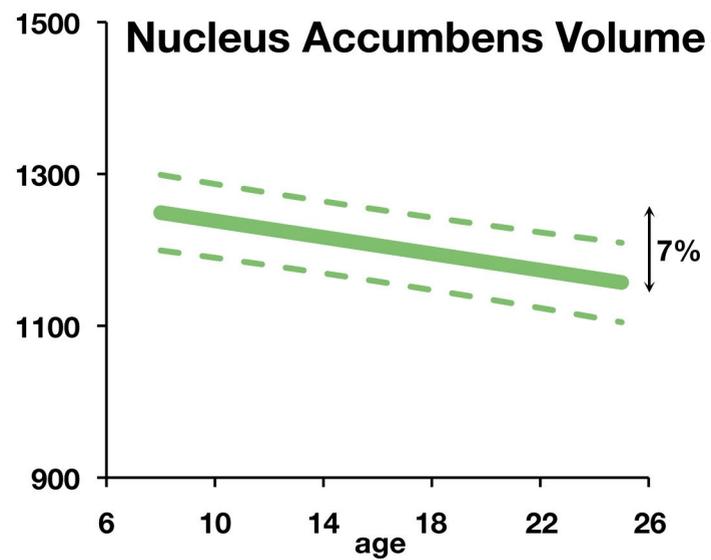
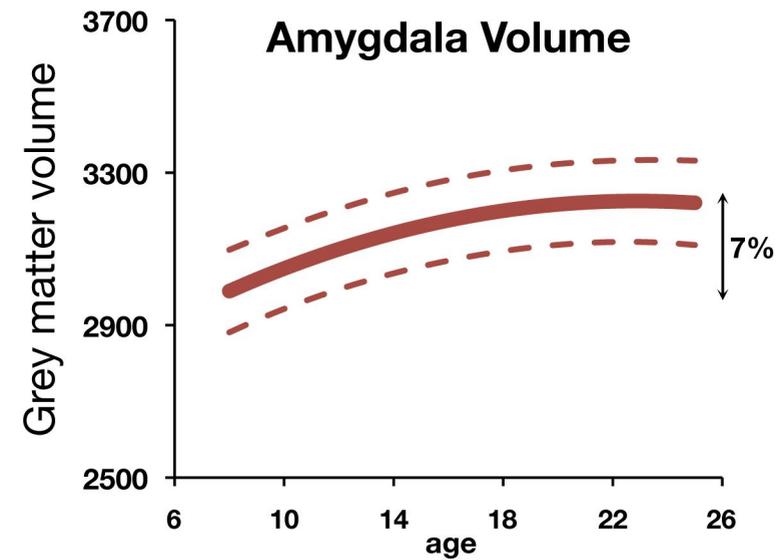
756 **Figure 5.** Activation in the dmPFC (panel a) and amygdala (panel b) that correlated  
757 negatively with SES during the viewing of angry faces vs. fixation. Reproduced from<sup>37</sup>.

758



 Male  
 Female



**A****B**