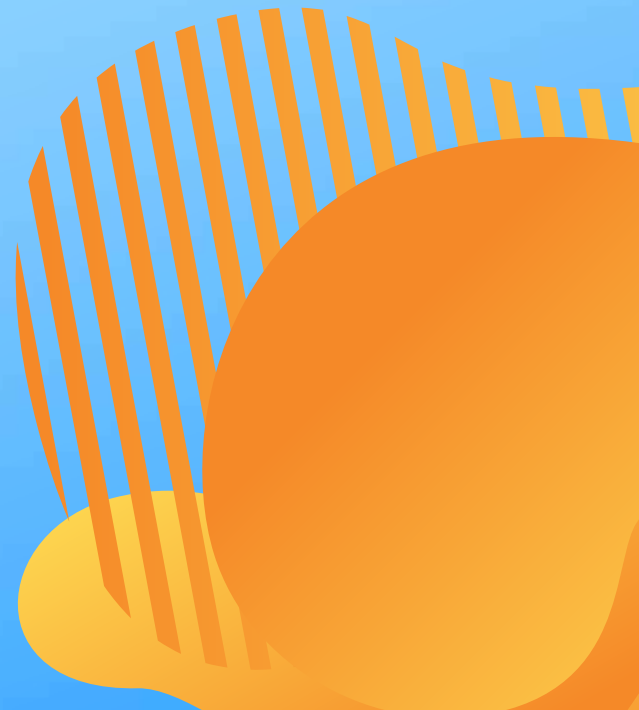




# AUSTRALIAN TEMPERAMENT PROJECT

2020 GENERATION 3 STORYBOOK



# Summary of the ATP

The ATP began in 1983 when more than 2000 parents attending Infant Welfare Centres throughout Victoria were invited to complete a survey about their infant's health and development. Since then, parents (Generation 1) and their children (Generation 2) have been followed for over 37 years, from infancy to adulthood, making the ATP one of the longest running studies of social and emotional development in Australia.

## Generation 3

Since 2012, over 1000 offspring have been recruited into the ATP Generation 3 study, making it one of only a handful of multigenerational studies in the world. So far, Generation 3 offspring have been followed in pregnancy, across the first year of life and in toddlerhood, with plans for further follow-up in middle childhood.

The ATP Generation 3 Study has been funded by National Health and Medical Research and Australian Research Council grants awarded through the Centre for Social and Early Emotional Development, Deakin University, in collaboration with the Department of Paediatrics, University of Melbourne, the Murdoch Children's Research Institute, La Trobe University, The University of Otago, New Zealand, and the University of British Columbia, Canada.



**Prof Craig Olsson**  
Scientific Director,  
ATP Generation 3 Study (from 2009)



**Prof Ann Sanson**  
Founding Director,  
Australian Temperament Project (from 1988)

# MEET THE GENERATION 3 TEAM



**Sophie Barker**  
Project Manager



**Dr Chris Greenwood**  
Data Manager/Analyst



**Dr Primrose Letcher**  
Senior Project Manager



**Kate Stephens**  
Project Coordinator



**Annette Hall**



**Lucy Walker**



**Kit Casey**

**Population Studies Interviewers**



**Prof Jennifer McIntosh**  
Clinical Investigator,  
Attachment Studies



**Clemency Press**



**Thy Nguyen**

**MACLab Managers**

WHO ARE OUR

# GENERATION 3

## PARTICIPANTS?

We currently have 1167 Generation 3 children in the study born to 703 Generation 2 participants!

There are 5 ATP couples with 9 children between them, and 40 of our Gen3 children were also born with a twin or triplet!



**81%**

of our Gen3 families are currently living in Victoria

**3%**

of our Gen3 families live outside of Australia

We have participants who live as far away as Ireland and Austria but are still involved in our Gen3 study!

# Joys of being part of the ATP

In true 2020 style, the ATP team recently met with some of our Generation 3 participants over Zoom to find out what their experience has been like being involved in one of Australia's longest running family studies. Here are a few snapshots of what they had to say...

Q. What have you found most enjoyable about being involved in the Generation 3 study with your children?

"I like that it's something that continued on from the study that my parents put me in when I was younger. It's just exciting really. It's the passion that it's something that's been going for so long and that it is making a difference."

**LOUISE**, Melbourne Vic



Louise and David with their Gen3 children Charlie, Oliver, Harper and Poppy

"I guess it's reflecting back on when I did it myself as a child, so seeing my child go through similar kinds of questions and tests. And then reflecting back when I did the same thing at the same age... it's been really intriguing just to see how she reacts and then recalling how I did the same.

I don't entirely remember how I reacted but just observing and thinking to myself how I thought she might react and then how she actually did react. At times, vastly different to what I was expecting. Which is a good thing."

**PHILLIP**, Brisbane Qld

"I think it's been when we were onsite, at the Children's Hospital and we were looking at Hannah playing or communicating with staff and watching her. It was very interesting. I have always been interested in seeing what the results are and reading the newsletters on what your findings are."

**ERIN**, Melbourne Vic



**Phillip (Gen2) with Evie (Gen3) & Lauren**

"I like reading back on the data you come up with from everyone else, because we already know what we're doing....that's the most enjoyable thing for me."

**MICHELLE**, Melbourne Vic

Q. It's amazing that you've been involved in the study for over three decades now! What has motivated you to be involved for so long?



**Brosie (Gen2)**

"I always want to support science and research and I am sure this is the reason mum signed up all those years ago. We want to support that and we believe that it's going to help people by understanding. It's the best way to help.

So that's the motivation behind it. It's really good work and these really intelligent people are putting a lot of work - passionate work into it - and I can do this little bit that I know that they need. That continuation is probably rare."

**BROSIE, Melbourne Vic**

"My mum was really into it; she always encouraged me as a little girl whenever there were appointments that were offered to us, or interviews, and whatever it might be when people used to come out to my primary school from the ATP to meet with me. My mum was always supportive and she'd say to me 'Oh you know Erin, I got asked to do this just after delivering you', or 'it's something I think we should join in to'. She worked at the Children's Hospital for just shy of 40 years herself. So I think she just had an interest in anything connected to the Children's and research and she believed it was important for us to join in and I think I just followed her footsteps. So then as I grew and it became my decision to accept interviews and things like that, I was more than willing."

**ERIN, Melbourne Vic**



**Hannah (Gen3) with her mother, Erin (Gen2)**



**Michelle & Ryan (one of our 5 ATP Gen2 couples!)  
with their Gen3 children Poppy & Willow**

"I think I just assumed that everyone did it growing up! It was a novelty being asked questions about things. And now it actually gives me a chance to reflect about what I'm doing with my life at the moment, how I'm feeling and that sort of thing. It's like a bit of a check in. I enjoy doing it." (Michelle)

"As a teenager my mum kept me going. When the usual teenage boy 'can't be bothered' sort of stuff came along, she just kept putting it in front of me... and now I suppose its more that we've been doing it for so long that it's part of our life and we do it when we have the time. Its good to be part of something that's been going for so long." (Ryan)

**MICHELLE & RYAN, Melbourne Vic**

## **Q. What memories do you have about participating in the ATP when you were a child or teenager?**

"One was doing the DNA swab. I remember that... for some reason that's etched in my memory. I don't know why! And then the other one is matching the blocks to fit the shape that was put in front of me. I remember black and white tiles, one with a red tile. I have that activity imprinted in my mind.

I have been doing the study since day one. But now the shoe is on the other foot and I am now answering the same sort of questionnaires that my mum was answering. And my mum and I now have these conversations about what the questionnaires were like and what I was like at the time. So it's been great having that conversation with mum and carrying it through."

**PHILLIP, Brisbane Qld**





"Certainly as a teenager I had memories of filling out the surveys. And I guess as a teenager there's one part of you trying to work out who you are. In a friendly way the surveys got you to think about who you were. But it wasn't just about who you were that was different to the other studies, it was questions about what do you think about other people in your age group? What do you think was your parent's influence? That's what I remember as a teenager... having these big surveys, being asked and having to think about the questions. Sometimes it just takes one question to unlock that door... just to realise whether that's gratitude or whatever it is."

**BROSIE**, Melbourne Vic

## **Q. What did you or your child enjoy most about being involved in the ATP play sessions at the Royal Children's Hospital/Deakin University?**

"It was interesting to see how the study works. My wife's got a psychology background, so I kind of understand it. I am in sales, and a lot of sales is about how people think and what motivates them and all that sort of stuff.

I think the biggest thing when I did my play session with Logan was, because he was quite young, leaving him on his own, seeing what sort of reaction there would be. He just started exploring! He got out and started doing his own thing and playing. And that showed from a confidence point of view that he's got no issues with his confidence... so that's the coolest thing I suppose and seeing how that's developed."

**CHRIS**, Melbourne Vic



**Chris (Gen2)**

"I think Hannah enjoyed it just because it was good meeting new people, different environment, and some toys in the room she hadn't seen. So for her it was an enjoyable experience.

For me... you don't often sit back and watch your child too much from the outside because you're right there with them. You know that they're comfortable because you're right beside them or in arms reach. But being in another room watching her was a unique experience and it was interesting for me to watch her interact."

**ERIN**, Melbourne Vic



"It's good to see that they don't need you all the time, that socially they can get through by themselves. They don't need you to hold their hand all the time."

**RYAN**, Melbourne Vic

## **Q. Has the study had any positive impacts on your family or life that you didn't expect?**

"It's positive in the sense that it gets me talking! For example, at Kinder pick up I was telling another mum how we have been involved in this study as a child and other kids are involved and how proud I feel that we are contributing to this. I was telling her that she might read about these sorts of studies every now and again.

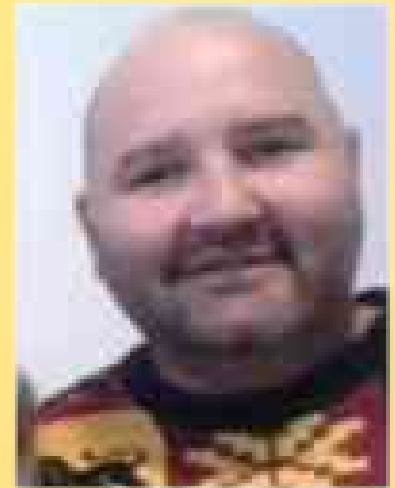
From that perspective I wasn't expecting to talk about the study in an outside setting but we do. At work when they are looking for people to do research, I often tell them "Oh you know, I have been a part of this study and now I've got the children involved in these things". So I am always encouraging people to get involved in any sort of research and studies that they can, because you just don't know what could come out of it."

**LOUISE**, Melbourne Vic



"Sometimes when I do the study I reflect for the next few days... reflecting on how I am feeling mentally. Like, am I over-reacting... ? To be fair it only lasts a few days and then I go back to my same self... but it just gives you that, whether its positive feedback or negative feedback, on how you react to situations."

**RYAN**, Melbourne Vic



"It's probably more of an individual than a family thing... being able to view my answers and how that's then related to the broader study and the results that come out. So it's always interesting to have that reflection as to how you sit amongst broader society. People have such a vast array of experiences and differences in what they are doing in life. It's interesting to put yourself in other people's shoes to see how life is different for others. It's that point I raised before about that interaction I have with mum, in that we can have these discussions and share those experiences which is a real positive."

**PHILLIP**, Brisbane Qld

## **Q. What motivated you to complete the Generation 3 COVID survey this year in comparison to previous surveys?**

"I think I felt very strongly about sharing what I was feeling. And I guess I didn't know what the questions were going to be, if it was going to allow me to open up about how I dealt with my anxieties over COVID. I definitely had some concerns at the start and in the middle of COVID, so I saw this survey as an opportunity for me. I'm always for trying to talk out things and try to rectify them by speaking. I think I thought it was another opportunity to vent and to share. And I thought they might ask me things about my mental health and the more I talk the better it is for me."

**ERIN**, Melbourne Vic

## MAKING A DIFFERENCE

Across the last 37 years, the ATP team has been actively working to translate findings from our research into better clinical and public health practice. Some examples from across the Generation 3 study have been:

- The development of a **workforce training program** that has been delivered to every Maternal Child Health nurse in Victoria.
- A **Comprehensive Monitoring Program** designed to support mental health and wellbeing at each stage of development across six trial Victorian communities.
- The development of the **Maggie's for Parents**, a new model of care that is specially tailored to supporting parents support their children and young people through diagnosis and treatment of a life-limiting or palliative condition.

## MORE INFO

For more information on new projects, study findings and updates, head to our website here:

<https://www.melbournechildrens.com/atp/>



## CONTACT THE ATP TEAM



Each of you contributes a unique experience to the study, so we really want to stay in touch!

If you move house or any of your contact details change, please let us know.

You can do this securely through our website [here](#).

Or you can contact us via phone or email:

Ph: +61 (03) 9345 4129

Email: [atp.nextgen@rch.org.au](mailto:atp.nextgen@rch.org.au)

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Louise, Phillip, Michelle, Ryan, Erin, Chris & Brosie

THANK YOU!

