

2022 AUSTRALIAN TEMPERAMENT PROJECT NEWSLETTER

Thanks to all of our ATP families for your continuing support. We hope that you are staying safe and well in these very unusual times.



New directions for the ATP

We are now planning our next big venture within the ATP. We are excited to announce that in 2022 we are applying for funding to follow up on all three generations of ATP families. We are planning to look at how the generations connect to one another and how we might better support positive development and aging across the lifespan. Your priorities, preferences and experiences as Gen1 and Gen2 participants can help us ask the right research questions. We would like to invite you to **be part of a focus group**.

Find out how you can get involved in shaping future ATP research by emailing us at atp.nextgen@rch.org.au or by calling us on +61 (0)3 9345 4129.

PRIZE DRAW!

Your contribution to the study is unique, so we really want to stay in touch!

For your chance to win a \$100 Coles Myer voucher, update or confirm your contact details by 1st July 2022

Online:



Or by phone:
(03) 9345 4129

Or email:
atp.nextgen@rch.org.au

Two lucky participants (one each from Gen1 and Gen2) will be chosen at random*

What we do to protect your privacy

You have generously provided regular updates about your lives over almost 40 years. We are dedicated to ensuring that the personal and health information you provide is stored safely. Our researchers are always happy to answer your questions about how we protect your privacy. Here are some of the steps we take:

- Everything we collect (such as surveys, video footage or biosamples) is password protected and stored securely at the Murdoch Children's Research Institute and Deakin University. This information is treated the same way as confidential patient medical records, under very strict regulations
- All data is stored using an ID number, and housed separately from your contact details
- We never provide identifying information such as contact details to third parties. Please contact us with any queries.

Links between eating, body image and mental health

Over the years our surveys have asked about eating concerns, body image and mental health problems. These are common concerns in many of our communities.

Although there has been research on eating and body image in adolescence, how these problems evolve in adulthood hasn't often been explored. This can only be done in studies like the ATP which have long-term data.

Our recent ATP study found that teens with eating and body image concerns at 15-16 years were at risk of mental health problems such as depression, anxiety and stress in their 20s.

Teenage eating and body image problems can have long-term effects, as this study shows. It emphasises that we need to improve our approach to promoting mental health in early life to prevent long-term problems.

*Scan to see the prize draw Terms and Conditions



See the next page for our Gen3 Updates

AUSTRALIAN TEMPERAMENT PROJECT
A study of development from infancy to adulthood

GEN3 UPDATES



We are excited to have the newest wave of the ATP underway! Since the launch of Life@9 in September 2021, 63 parents have already completed our survey.

Life@9



7%
completed

We are also on the final stretch of our Life@4 study. We were sad to suspend our face-to-face play sessions due to COVID-19 but have been really enjoying our phone conversations with parents as we continue with the survey component of Life@4.

Life@4



89%
completed



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Welcome aboard

The ATP has welcomed several new staff members to the team this year:

Lacey Chetcuti



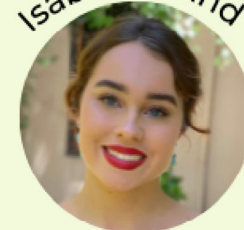
Project Manager

Esther Laurance



Project Coordinator

Isabel Hyland



Interviewer

COVID-19 Survey Findings

When much of Australia was in lockdown in early 2020, we invited our Gen3 parents to complete a survey to help us understand the impact this was having on families with young children.

As many restrictions eased in late 2021, these families were asked again about the longer-term health and wellbeing impacts of COVID-19. We are very grateful to the 492 (70%) Gen3 families who took part in this second survey. Your efforts have allowed us to create a comprehensive picture of those most vulnerable as well as those most resilient across the pandemic.

For example, our data suggest that those with a history of difficulties such as mental health problems reported more emotional distress in lockdown. In contrast, those with a history of having supportive relationships in young adulthood reported better relationships with others in the height of the pandemic.

These results offer some valuable clues as to how we might support families and communities during the recovery phase of the pandemic and help to build more resilient societies in the longer term.



Snapshots of other findings from our COVID-19 surveys are available on our website alongside some support sheets to help parents and children during these uncertain and challenging times.



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