

# Newsletter



Australian  
Temperament  
Project

Spanning  
**42**  
years

## Shape our Research – Your Voice Matters

### You are a part of one of Australia's most important longitudinal studies

You might not have heard from us in a while, but the Australian Temperament Project (ATP) is still going strong, gathering important data to help us understand ageing and wellbeing across generations. The research we do – with your support – translates into real-world impact on the health of Australians.

You can read more about how our research is impacting individuals and communities on our website, but today we want to let you know about two ways that you can get involved.

- Join the next phase of the study: an online survey of health and wellbeing
- Further support our work by joining our Participant Advisory Group

Read more on these below.

### Your next phase in the Australian Temperament Project (ATP)

As original participants from our first and second generations (original parents and children born in the 80s), we are inviting you to join this new phase of our research – a short survey on health and wellbeing. Together, we aim to uncover ways to shape a future where Australians can live well for longer. You will receive an email or letter inviting you to take part in the survey. Below is an overview of what to expect.

### Who are we looking for?

#### - Our original parents – Generation 1 (parents of children born in the 80's)

We'd love both parents to complete a survey. The survey will ask you to reflect on your own experiences and share insights into how to build a long, happy, and healthy life. Your responses will provide valuable perspectives on intergenerational influences on ageing and quality of life. Many of the questions will focus on you, rather than on your children.

### - Our original children – Generation 2 (children born in the 80's)

This important and often busy stage of life is key to understanding how early experiences shape adulthood and influence ageing. Your survey responses will help uncover the factors that shape healthy ageing.

**Flexible participation:** You can choose your preferred method to complete your survey. The options are web survey, mailed hardcopy or phone interview.

Your participation will contribute to valuable insights that can help improve how Australians age. We truly appreciate your involvement.

## Australian Temperament Project Advisory Group

We're also looking for participants from all generations to join our advisory group. By being involved, you can help shape the future of ATP. You may choose to participate in focus group sessions with other participants, or you might prefer to provide your reflections and ideas more casually, via short polls, quizzes or phone surveys.

### Why should you get involved?

**Influence our research:** shape the future direction of our research by providing guidance based on your experiences.

**Share our findings:** have your say on the best way to share the study's findings with other participants and the public.

**Connect with peers:** hear from passionate participants from the ATP.

**Collaborate and engage:** work closely with our dedicated research team to drive innovation.

### What can you expect if you take part in the focus groups?

**Receive a gift card** as a token of appreciation for your valuable time and input. Sessions will take place across the year both **online and in-person** at the Royal Children's Hospital, Melbourne or Deakin Downtown, Melbourne CBD.

**Focused two-hour sessions** led by our expert research team will be designed to spark discussion.

Enjoy a delicious **complimentary morning/afternoon tea** while you contribute your insights.

We'll **reimburse your parking expenses**.

**With online options**, you can choose to join us from the comfort of your home

**We'd love to hear from you – join us now!**

Don't miss your chance to make a real impact on the future of the Australian Temperament Project.

## **Register Now**

**Update contact details:** You can update you and your family contact details with us at any time here: <https://www.melbournechildrens.com/atp/participants/update-your-details/>

**New email address!** We have a new email address: [atp-team@deakin.edu.au](mailto:atp-team@deakin.edu.au)

Please save this to your address book and feel free to contact us here any time.

Thank you for your ongoing support and involvement in the ATP! We look forward to reconnecting throughout the year.



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[melbournechildrens.com/atp/](https://www.melbournechildrens.com/atp/)