

Newsletter: September 2025



Australian
Temperament
Project

Spanning
42
years

Wellbeing survey

We're excited to invite you to take part in the Wave 17 Wellbeing Survey, which aims to understand how we can live healthy lives as we get older.

To those who have completed the survey already, thank you!

If you have not received the survey yet, your invitation is coming soon! The survey takes 45-60 minutes to complete. Plus, as a thank you for your time, we're offering a \$30 gift card once you've finished the survey!

Questions? Please reach out to us at atp-team@deakin.edu.au or on (03) 9345 4129.

Ageing well includes everyone: help us reach our Generation 1 dads!

For over 40 years, ATP has followed the same families to understand how children and families thrive. Now, we're expanding our focus to explore how we can all live well for longer, and we need both men and women to be part of it!

Since 1983, it's mostly been mums filling out our surveys. As we turn our attention to healthy ageing for everyone, we're inviting Gen1* fathers to take part in our new survey too.

If you're a Gen1 dad, or you're in touch with one, we'd love your help! By sharing their contact details with us, we can invite them to be part of this important new chapter.

[Click here to update/add your details!](#)

Together we can build a better understanding of healthy ageing, for everyone.

**Gen1 dads have a child who was born around 1983 - this is when your family first joined the study. As we look at ageing for all, it's important that we hear from both men and women!*

Introducing the ATP Health Check!

We're thrilled to introduce the upcoming ATP Health Check, a groundbreaking study that explores how our environment and lifestyle choices in the early stages of life impact our health and wellbeing as we age.

We've designed a series of fun, interactive activities as part of the ATP Health Check. The activities we are inviting you to take part in are:

- **The Brain Quiz**, a short online assessment of cognitive functioning
- **The Buccal Swab**, a swab from inside your cheek for DNA cells (genetic information), sent in the mail.
- **The Health Visit**, some participants will be asked to take part in an in-person health assessment

If you're eligible to participate, we'll reach out to you directly. There's no action needed on your part now—just stay tuned for more details!

With your help, we are making a real difference!

We're proud to share how ATP research is helping shape the future for young Australians. The surveys we've used to track young people's development over time have laid the groundwork for exciting new research with real-world impact.

Right now, there's no standard way to consistently measure children's social and emotional development across their early years. That's why the Comprehensive Monitoring System (CMS) has been created. This series of large-scale, census-style surveys is designed to track children's wellbeing at key life stages, giving communities and governments the insights they need to better support kids' mental health and wellbeing.

And here's the great news: the CMS is based on ATP surveys. Decades of successful data collection from ATP participants has made this next step possible.

The CMS is now being trialled in Victorian communities—marking an important step towards helping all children thrive. And it's all thanks to the ATP community!

Thank you so much for your engagement with ATP this year! We are excited to keep in touch with more exciting updates.

Yours sincerely



Dr Lisa Mundy
Program Lead



Professor Craig Olsson
Project Director

