

# Newsletter: December 2025



Australian  
Temperament  
Project

Spanning  
**42**  
years

## What a Year at ATP!

2025 has been full of milestones! Check out the graphic below for a snapshot of our current research.

- Life @ 4 wrapped up this year!
- 87% of parents took part over nearly 10 years
- We found that most families read to their children nearly every day

### Life@4

### Life@9

- Gen2 parents are invited to complete a survey about their child once they turn 9
- 4 out of 5 eligible families have already completed their survey!
- The survey looks at the social and emotional development of Gen3 kids and the wellbeing of Gen2 parents

- All Gen1 and Gen2 participants are invited to complete the survey: online, on paper, or over the phone!
- We are interested in what keeps us healthy as we age

### Wellbeing Survey

### Health Check

- The Health Check has launched!
- We are interested in how early life influences our health over time
- Gen1 and Gen2 participants involved in the offspring study are to take part in the following:

- **Brain Quiz**

An online cognitive health check

- **Buccal Swab**

An at-home swab of DNA cells

- **Health Visit**

In-person health assessment for Gen2 participants

And 2026? Even bigger!

- A new website
- Activities with our Participant Advisory Group
- The ATP Health Check in full swing
- Plus, planning future surveys and securing funding to keep this important work going

We're thrilled to have you on board for the journey ahead!

## Wellbeing Survey: Your Involvement Matters!

To the 1-in-2 Generation 1 mums and Generation 2 participants who've already completed our Wellbeing Survey – thank you! Your voices are helping us to understand healthy ageing.

### Now it's time to rally the dads!

In the past, ATP surveys were mostly filled out by mums. Now, we're asking both parents to share their experiences.

Only 1 in 4 dads have taken part so far! Dads - we need your input too, because this study is about **healthy ageing for everyone**.

If you're a Generation 1 mum or a Generation 2 participant, give the Generation 1 dad in your life a gentle nudge, so we can find out more about wellbeing together.

Head to our website to add/update your Gen 1 dad's details so we can get in touch!

## ATP in the News!

### Geelong Advertiser

ATP was recently featured in the Geelong Advertiser, celebrating what we have learned in our 42-year history.

Director Prof. Craig Olsson shared that ATP data has played a major role in understanding what shapes wellbeing over a lifetime.

ATP has shown that *'health and longevity emerge from unique combinations of the genes we inherit, the relationships we have, how we manage our emotions, our cognitive reserves and the values that shape how we live our lives,'* Craig explained.

## Deakin University

As part of the University's 50<sup>th</sup> anniversary, Deakin shared the success story of ATP.

By following families for three generations, we are one of the few studies worldwide to have insights into how wellbeing develops over time.

*'Our aim is quite simple: to add years to life and life to years,'* said Craig.

Thank you to our participants for making this possible! Without you, we wouldn't have these insights to share.

Head to the 'Impact' page on our website to read the full articles.

## Wishing You a Wonderful Festive Season!

As 2025 comes to a close, we want to thank you all for a fantastic year at ATP. Your support makes everything possible—and we can't wait to share more exciting updates in 2026!

If you have any questions, please feel free to contact the research team at [atp-team@deakin.edu.au](mailto:atp-team@deakin.edu.au) or on **(03) 9345 4129**.

Happy holidays from all of us at ATP!



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