

Newsletter April 2026



Australian
Temperament
Project

Spanning
43
years

ATP Celebrates its 43rd Birthday!

As we welcome 2026, the Australian Temperament Project (ATP) turns 43 years old, and we couldn't have reached this milestone without you. Thank you for being part of this journey across so many decades.

ATP is now one of the longest-running longitudinal studies in Australia. A longitudinal study means we've followed the same group of people, including you, over many years, collecting information at different points in your life. By doing this, researchers can see how life experiences, environments, and wellbeing change over time. We can also find out how what happens early in life affects us later on.

This is different from cross-sectional research, which compares different groups of people at a single point in time. Longitudinal studies like ATP give us a clearer picture because we're comparing you with you, helping us understand real change over time.

Your long-term involvement is what makes this powerful research possible. Every update you've given over the past 43 years has helped build an incredibly rich and unique picture of development across the lifespan.

Have your contact details changed?

Keep us up to date [using this secure link](#) so we can continue this important work together.

Your Chance to be a Part of World-Leading Research

The ATP Health Check is officially underway – thank you to everyone who has taken part so far!

- 31 Generation 2 participants have attended the Health Visit
- Just over half of those invited to the Brain Quiz and Buccal Swab have taken part

As a refresher, the Health Check consists of three parts:

- **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**, an in-person health assessment for Generation 2 participants

If you haven't received an invitation to take part yet, stay tuned for more details. To those that have been invited but haven't had a chance to take part yet, we'd love to hear from you. Please reach out to us if you have any questions. If you're interested in taking part but can't commit right now, let us know. We can touch base later in the year.

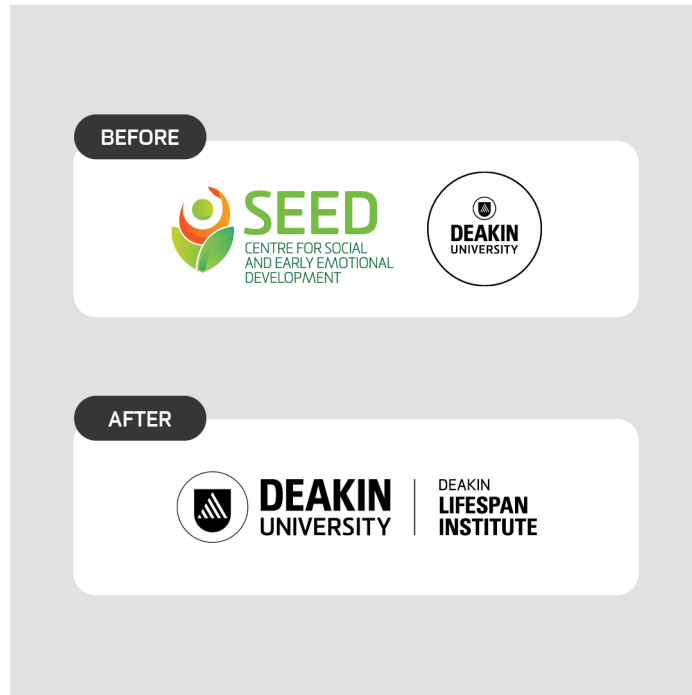
An Update from Deakin

Previously, ATP was part of Deakin University's Centre for Social and Early Emotional Development (SEED). Now, SEED has grown to become the Deakin Lifespan Institute. The Institute focuses on how health, wellbeing and development are shaped across the lifespan, recognising that every age and stage matters.

ATP is one of the flagship studies that formed the foundation of the Deakin Lifespan Institute. As the longest running study of wellbeing across the lifespan within the

Institute, we are able to inform the answers to the questions the Institute has been set up to explore.

Explore the Lifespan Institute website here: [Deakin Lifespan Institute](https://www.deakinlifespandinstitute.edu.au)



Thank you for being a part of ATP! We're so happy you're part of the journey.

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

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