

E-RISK LONGITUDINAL TWIN STUDY NEWSLETTER

www.eriskstudy.com

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Photo by Pixabay on Pexels

Connecting with you online for the age 30 Phase

This year the study entered its third decade, and for the first time in the study's history, we conducted interviews through online video calls, instead of home-visits. Data collection began in February, and it's fantastic that over 300 of you have already spoken to our new team of dedicated researchers.

Your unique contributions will help researchers and policymakers to address important questions about how the first two decades of life may influence the health, well-being and life chances of twins when they turn 30. We've really enjoyed hearing about what you've been up to over the last 12 years, and are excited to chat to those of you we haven't yet!

"I feel very privileged to hear about the twin's lives, what makes them happy, fulfilled, and their goals and aspirations. The thing that stands out the most is how different everyone's lives are, there is no 'normal' or 'typical'. I love hearing about all the unique and diverse paths people have taken in life at this stage of their adulthood, whether it be their living circumstances, relationships or job prospects. I can't wait to see what questions and answers might come out of the data, and how this can help to build understanding and support for people's mental health in the future"

Quote by E-Risk Researcher

Inside our lab: exploring the science behind our samples

In this [short video](#), Dr Chloe Wong, E-Risk Biological Lead, explains what we do with the buccal and blood samples that you kindly provide. They are key to exploring how genetic and social factors interact to impact mental and physical health throughout childhood and early adulthood, and also assess how fast or slowly your body is ageing. We are incredibly grateful for every sample you have sent back, thank you!

Chloe also recently chatted with Will Young, pop star turned podcaster, on The Wellbeing Lab. She shares fascinating E-Risk [findings](#) about how victimisation during adolescence may alter the way our genes work using data collected from yourselves. Take a listen now on [Spotify](#), [Apple](#), or [Amazon](#).





Photo by Getty Images

The Science of Ageing: Kardashian family uses tool tested in E-Risk

With partners at Duke University, the E-Risk study was involved in the development of DunedinPACE, a measure of biological aging taken from blood samples. This has been used to predict who will have poorer health outcomes. Amusingly, the most recent season finale of *Keeping up with the Kardashians* featured the family taking this test to discover how fast or slow their bodies are ageing. Kim was absolutely delighted that her biological age was 9 years younger than her chronological age!

The Socioeconomic Impact of Loneliness

Bridget Bryan, a Colt Foundation PhD student, published a paper showing that E-Risk twins who felt lonely at age 12 were more likely to be unemployed and not in education at age 18. This suggests that from an early age, loneliness negatively impacts a person's long term economic prospects. It is hoped that addressing loneliness in early adolescence through effective prevention strategies could yield economic benefits for individuals and society through increased productivity.



Photo by Getty Images

THANK YOU

The E-Risk team thanks you for your support and involvement over the years! We've been touched by your fond memories of our earlier visits and your willingness to share your stories. Your input is crucial for understanding the link between genes and environment and developing holistic mental health interventions.

Your Online Interview with E-Risk!

If you haven't heard from us yet, the E-Risk team will soon arrange an online interview at your convenience. We're excited to catch up since we last spoke when you were 18! We can't invite new twins to join, so your insights are invaluable. The more twins who participate, the greater the impact of our findings in the UK and beyond. We look forward to chatting with you soon—stay in touch!



Photo by Dylan Ferreira on Unsplash

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We'd love to hear from you! If you or your twin are moving, or if your contact info has changed, please email us at **eriskstudyekcl.ac.uk**. You can also message us on Facebook!

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