

# Orygen Adolescent Development Study

Newsletter – January 2018

## Welcome to the OADS 2018 newsletter!

It has been four years since our last newsletter, so we thought it was time to get in touch and let you know what is happening in the world of the OADS.



## Research update

Scientifically, the OADS continues to have a big impact right around the world. We have been able to publish a large number of important scientific papers based on the project, and have been invited to present our work at conferences in all corners of the globe.

We have made key discoveries regarding how the brain develops during adolescence, how the environments teenagers grow up in affect their brain development and their mental health, and most importantly we have been able to identify key targets for new interventions.

These discoveries would not have been possible without the OADS and the commitment of you and your family in participating.

**So thank you!**

## Our New Website!

**An important part of research is sharing the knowledge gained with the broader community. So we have developed a website with information about the OADS and its findings.**

<http://go.unimelb.edu.au/ekh6>

**You'll be able to see a summary of all of the work that we have published using your data.**

**You can also contact us to update your details, ask a question, or if you would like a copy of any of our published papers.**

# Early Adulthood

Early or 'emerging' adulthood (the period from around age 18 until the late-twenties) is recognised as a distinct stage of life with unique developmental goals and life transitions relating to social and occupational functioning. It is also a time when rates of common mental health problems typically reach their highest point. While emerging adulthood may be a period of vulnerability, importantly, it is also a window of opportunity for changing the life course, with research showing that positive development during this period is predictive of a successful transition to the next phase of adulthood.



## Future Research

You may remember all the way back in our 2014 newsletter, we mentioned that we might seek funding to come back and ask you again to participate in the OADS.

While we haven't received funding yet, we are trying our best to do so!

We would love to know how you are doing now so that we can link this with the information you provided us during adolescence.

We will then be able to investigate whether a range of factors (for example, genetic, neurobiological, psychological and environmental) during adolescence can predict outcomes in adulthood.

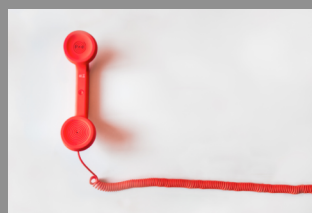
This will help us to work out how we can help adolescents achieve the best outcomes later in life.

Participation would involve an interview and questionnaires that can be done in person, over the phone or online, and we would reimburse you for your time.

**Please contact us via  
our website  
to stay in touch!**

<http://go.unimelb.edu.au/ekh6>

**If we do receive funding for an OADS follow-up in the next couple of years, we would like to know if we can approach you about participating. Please let us know via the 'contact us' section of the website.**



**We will also be trying to reach you and your parents via SMS and email to find out your contact details.**

**Saying 'yes' now does not mean that you are agreeing to participate; only that you are happy to receive information about future research that we might do.**