

# E-RISK LONGITUDINAL TWIN STUDY NEWSLETTER

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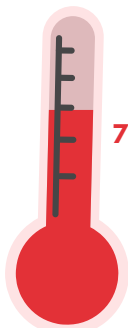


Photo from E-Risk twins!

A huge hello again from the E-Risk Study team! We hope you're enjoying the cosiness of autumn, from the colourful leaves to the hot chocolates and lovely moments with friends and family. In this newsletter, we'll be sharing an update on the exciting progress we've made, along with some interesting recent findings from the study.

Our researchers are well into the online video interviews, and we're excited to share that we've now spoken to over 770 of you! We're so grateful for your continued involvement in the study, and we're looking forward to reconnecting with you soon. Please help us to reach our goal of interviewing over 2000 twins!!!

We hope that our research will help provide new insights to ensure that every young person has the chance to live their lives in a way that is meaningful and fulfilling to them. The more twins that take part, the greater our impact. If you haven't yet had your interview, then booking a slot is easy! You should be receiving a call or email shortly which allows you to book an interview with one of our researchers at a time that suits you. Each one of you has a unique and important story to tell, and we're really keen to hear as many of them as possible!



778 twins seen

Help us reach our target of  
2185 twins!!!

*"What I like most about being part of the E-Risk study is seeing how other people are living their lives and interpreting the world around them. Being involved in this project helps me to feel I'm making a contribution while also developing myself for the better."*

**Quote by Member of the McPin Young People's Advisory Group**

## "Monday's child is fair of face..."

### But is there science behind the rhyme?

Nursery rhymes benefit children's language learning, however, less is known about the influence that their messages may have on children's development. A recent [paper](#), led by researcher [Emily Wood](#) from York University, explored the popular nursery rhyme, "Monday's Child", which claims that the day of the week a child is born on predicts their differences in personality and physical traits. They tested this using E-Risk data from when you were 5-18 years old and found that being born on a particular day was not associated with children's traits. These findings suggest that nursery rhymes' messages are unlikely to influence children's development, at least those conveyed by "Monday's Child"!



Photo by [Pavel Danilyuk](#)

Photo by [MD Duran](#)

### Does spending time online make you feel lonely?

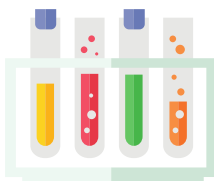
Dr [Tim Matthews](#), a lecturer in psychology at the University of Greenwich, published a [paper](#) investigating if digital technology use may be linked to loneliness in E-Risk twins. He found that although overall time spent online was associated with greater loneliness in young adults, particularly when using Reddit and dating apps, this was not the case for popular social media platforms such as Facebook, Instagram or X (formerly Twitter). Interestingly, twins who spent a lot of time using WhatsApp felt less lonely. These findings highlight that digital connections can be both supportive and harmful to mental wellbeing.



The E-Risk Study featured on **BBC Radio 4's All in the Mind** series, which focused on the role of twins in psychological research. Click on this [link](#) if you'd like to hear more!

### Can a mother's tone shape teen mental health?

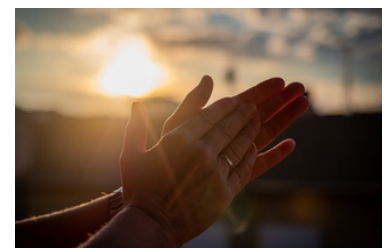
Dr [Alice Wickersham](#), a researcher from King's College London, recently published a [paper](#) showing that E-Risk twins whose mothers showed less warmth or more negativity towards them at age 10 were more likely to experience mental health challenges as teenagers. These associations were found even when comparing identical twins to each other, which rules out the potential influences of genes and other experiences the twins shared when growing up. These findings highlight how important it is to recognise early signs of emotional strain in family relationships, so that the right support can be offered to help young people thrive throughout their teenage years.

Photo by [Arina Krasnikova](#)

Please do remember to **return** your **cheek swabs** as soon as possible! On the return of your swabs (+ any blood sample you have agreed to provide) you will receive a **£10 Love2Shop voucher**.

## 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.

Photo by [Guillermo Latorre](#)

### 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 [eriskstudy@kcl.ac.uk](mailto:eriskstudy@kcl.ac.uk). You can also message us on [Facebook](#) or [Text/WhatsApp](#) us on 07770 790625.

