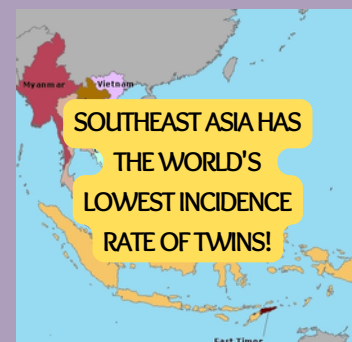


E-RISK LONGITUDINAL TWIN STUDY

A big warm hello from the E-Risk Study team! You may remember us as the TEDS Environment ladies who first visited you when you were 5 with the Iggy and Ziggy puppets!!

Since 2018, we have been called the Environmental Risk Longitudinal Twin Study or E-Risk for short. We last visited you when you were 18, and we will be in touch again as you approach 30 as we're really keen to find out what you've been up to over the past few years!



How your involvement makes a difference



Over the last two decades, you have provided important and unique insights into many aspects of your lives, including relationships with family and friends, how you got on at school, and your mental and physical health. With your help, the E-Risk Study has had real-world impact and informed policy, practice and societal responses to support children and young adults during these unprecedented times.

THANK YOU

The E-Risk team would like to thank you for all of your support and cooperation over the last few years! Twins like you are so important to research as you help to reveal the importance of environmental and genetic influences on mental health and wellbeing. Without your help, none of our research could have happened!

Protecting young people's mental health

Using the amazing data you have provided, E-Risk PhD student [Eloise Crush](#) found that having even one person to turn to prevented children who had been victimised from developing mental health issues such as hearing voices and feeling paranoid in adolescence. Also, E-Risk researcher [Rachel Latham](#) found that support from family or friends prevented adolescents who had been exposed to physical violence or grew up in neighborhoods with high levels of crime from developing any severe mental disorders.



THE LONGEST PERIOD TWINS HAVE BEEN SEPARATED WAS AN ASTONISHING 78 YEARS.

Self-control and school curriculum reforms

Your input has also changed what children are taught in schools in different parts of the world! For instance, a study involving E-Risk twins found that those with lower self-control (more impulsive and give up easily) were more likely to be smoking by age 12, do poorly at school, and break the law than those with more self-control. This has led to school curriculum reforms in Singapore and Denmark with children in these countries now being taught to have better self-control.



Air pollution and mental health

Air pollution levels are a global threat not just to our climate but also our health. In E-Risk, we found that those of you who grew up in areas with high levels of outdoor air pollution were more likely to develop mental health issues by age 18. These findings have been used in the House of Lords to argue for quicker lowering of road traffic emissions in the UK to protect the future mental health of children and young people.

WE ARE PLANNING TO BE IN TOUCH

The E-Risk team will soon be in touch as you approach 30 to arrange an online interview at a time that works for you. We are so excited to hear about everything that has been happening to you since you were 18!! It is not possible for us to invite new twins to take part now, so you are irreplaceable.

The more individuals who take part, the more influence our important findings have.

We look forward to hopefully chatting with you soon!



Stay in touch! Here at E-Risk we love hearing about what you're up to.

If you know that you or your twin are moving house any time soon, or perhaps we don't have the right phone number for you, let us know! Please email us at: eriskstudy@kcl.ac.uk

If it is easier for you, you can always send us a message via the [E-Risk Study Facebook page](#).

Or WhatsApp up us on **07770 790625**

You can also follow us on [Twitter: @ERiskstudy](#)

