

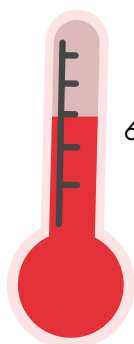
E-RISK LONGITUDINAL TWIN STUDY NEWSLETTER

www.eriskstudy.com

July 2025



Photo from E-Risk twins!



665 twins seen

**Help us reach our target
of 2185 twins!!!**

A big hello again from the E-Risk Study team! We hope you've all been keeping well. This newsletter provides an update on the study's progress, and recent findings.

In February 2024, our researchers started contacting you for online video interviews, and we're delighted to share that we've now spoken to over 650 of you! Please help us to reach our goal of interviewing over 2000 twins!!!

The more twins that take part, the more impact we can make on policies to ensure that every young person has the opportunity to fulfill their potential. Each one of you has a unique and important story to tell, and we're really keen to hear as many of those as possible.

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. We're really excited to catch up with you soon!

"I've chosen to take part in the E-Risk online interview to give an honest review of my experience growing into a man and highlighting some of the challenges I've faced so that this information could potentially be used to help others and improve their quality of life"

Quote by E-Risk Twin

Supportive adults protect victimised kids from mental health problems

Dr Flora Blangis, a visiting researcher from France, recently published a [paper](#) showing that E-Risk twins who had an adult to turn to for support were less likely to develop mental health issues at age 18, even if they had been exposed to multiple forms of victimisation in childhood (e.g., bullying and domestic violence). These findings highlight just how important supportive adults are to the long-term wellbeing of young people, especially those who have experienced very difficult childhoods.



Photo by Getty Images from Unsplash.



Photo by Fernanda Greppe from Unsplash.

Could being a mummy's boy be the secret to success?

Dr Jasmin Wertz, a Lecturer at the University of Edinburgh, published a [paper](#) showing that E-Risk twins whose mothers were more affectionate towards them in childhood were more open, conscientious, and agreeable as young adults – traits that are linked to success in later life. Did you catch Rylan and Emma discussing findings from our study on [This Morning](#), suggesting that being a mummy's boy might be the secret to success? An interesting take on the findings!

NASA's Twin Study: Insights into Human Resilience in Space

NASA compared identical twins Scott, who spent a year on the International Space Station, with his brother Mark, who stayed on Earth. The study found that the human body is surprisingly adaptable to space! For instance, while Scott was in space, the protective caps on the ends of his chromosomes, called telomeres, actually got longer which is surprising because on Earth, they usually get shorter with age or stress. But after he came back to Earth, most of his telomeres returned to their normal length, within just two days! This [twin research](#) gives us valuable insights into how human bodies respond to space and will help to keep future astronauts healthy.



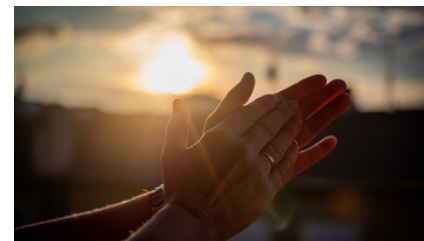
Photo by Adam Miller from Unsplash.



It's great that so many of you have provided consent for buccal samples! **Please do remember to return these samples as soon as possible!** They provide such rich and valuable genetic data that will help us understand the role of genes in development, and on the return of your sample (+ 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](#) from Unsplash.

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. You can also message us on [Facebook](#) or [Text/WhatsApp](#) us on 07770 790625.

