

E-RISK LONGITUDINAL TWIN STUDY NEWSLETTER

www.eriskstudy.com

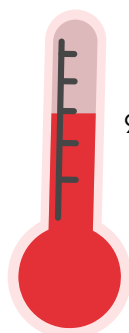
February 2026



Photo from E-Risk twins!

A big hello from the E-Risk Study team! We hope that your 2026 has gotten off to a great start. In this newsletter, we'll be sharing an update on the exciting things that the E-Risk Study team has done over the past few months, as well as some interesting and important findings from the data so far. After two years of online video interviews, we're excited to share that we've now spoken to over **900** of you! **We're so grateful for each one of those contributions, and we're looking forward to reconnecting with those we haven't yet seen very soon. Please help us to reach our goal of interviewing over 2000 twins!!!**

We hope our research will help show how to better support young people's mental health, so that every child has the strength to grow and thrive, no matter what challenges they face early in life. 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!



907 twins seen

Help us reach our target of
2185 twins!!!

"I love that E-Risk has followed the same families from childhood into adulthood, I think that long-term view really captures how early experiences shape people's lives. Young people are the experts on their own experiences. Without their input, researchers might miss what actually matters. If the study aims to help young people, they need to be involved in shaping it and making sure it's asking the right questions."

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

Does this face look familiar?

Children's ability to recognise emotions in the facial expressions of others is vital for their social development and ability to regulate their own feelings. A paper led by Helen Milojevich from Duke University explored how early environments predicted E-Risk twins' recognition of angry, fearful, sad, and happy faces at age 10. You may remember the face opposite from the task you completed! Twins from higher-income families identified emotions slightly faster and more accurately than those from low or middle-income homes, even after accounting for IQ and gender. Mothers' warmth and how orderly the home was explained these differences. The findings suggest that fostering supportive, organised home environments and warm parenting may enhance children's emotional skills, improving their long-term functioning.



Photo by [Primitive Space](#)**Thinking Clearly: How Pollution Shapes Young Minds**

Dr [Tom Canning](#), a researcher from King's College London, published a [paper](#) investigating how exposure to air pollution in childhood might be linked to mental health problems in early adulthood. He found that E-Risk twins exposed to higher levels of air pollution at age 10 were slightly more likely to have depression at age 18. However, there was no evidence to suggest that problems with thinking or memory explained the link, nor was it the case for other mental health problems like anxiety. These findings suggest that reducing children's exposure to air pollution, particularly nitrogen oxides, may help lower the risk of depression later in life.

**We'd love to have more pictures of E-Risk twins!**

If you would like to send us an image of you and your twin, please email it to the E-Risk study team at eriskstudy@kcl.ac.uk

Tell Us What Matters Most to You – In Just 3 Questions!

We're always looking for ways to make this newsletter more useful and relevant to you. We've put together a super-quick [survey](#) (just 3 questions) to check in with you. Whether you want to share your goals for the year ahead or ideas for what you'd like to see in future newsletters, this is your chance! It's also a great time to update your contact details if anything's changed. It only takes a minute—just click the link to the right of this box!

👉 Click [here](#) to take the quick [survey](#).



Please do remember to **return** your **cheek swabs** as soon as possible! On the return of your swabs 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. You can also message us on [Facebook](#) or [Text/WhatsApp](#) us on 07770 790625.

