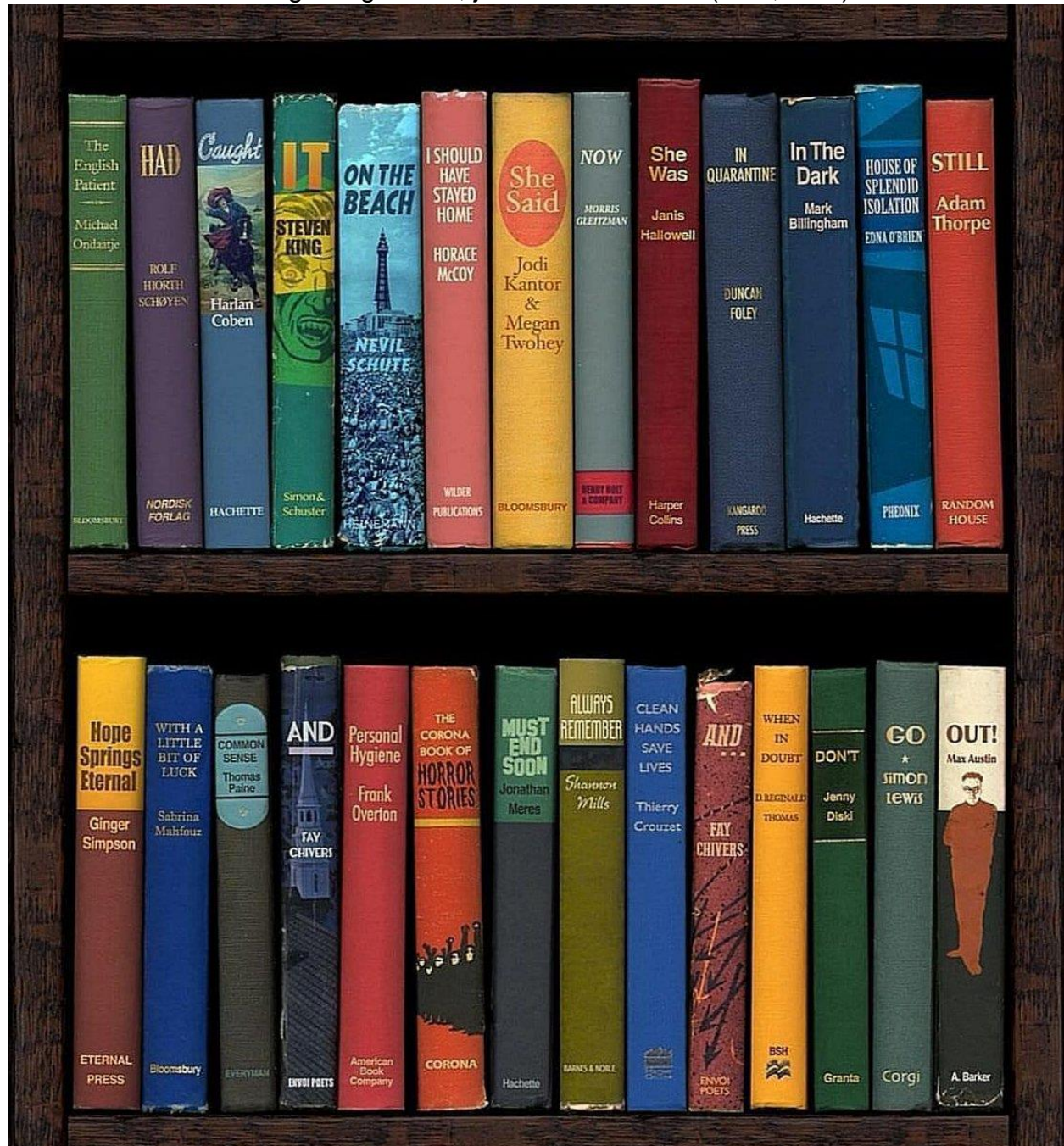


April 27, 2020

Dear Grey House team and esteemed colleagues,

54 fun-filled days into our team-building exercise. We're past the "oh boy, working from home!" stage, the "horrors, working from home!" stage, and the "stimulation through cooking" stage, and even the "great outdoors" stage, so this newsletter celebrates the **4th stage: "personal projects."** One of my personal projects is going back to old books I read years ago, and re-reading the ones that were uplifting. If you don't have time to read all these books beginning to end, just read their titles (wink, wink).



Meanwhile, I will share news now and then to keep us all on the same page, approximately weekly-ish. Here is the all the news I have that's fit to print since 20 April:

FIRST, THE HAPPY NEWS!

Karen gave two zoom talks on April 21, to the NIA Biomarker Working Group. We got lots of spontaneous e-mails about how great her talks were, including from the director of behavioral research at NIA, Lis Nielsen. Karen spoke on her work on the (un)reliability of DNA methylation data, and on the DunedinPoAm.

Congratulations to everyone! The 4-decade paper came out this week! Despite COVID19 occupying all the attention, the paper has gotten some attention too, in part thanks to your tweets. New Scientist has commissioned a story about it, and Avshalom has been asked to do a video version by iepa.org.au

Caspi, Avshalom, Renate M. Houts, Antony Ambler, Andrea Danese, Maxwell L. Elliott, Ahmad Hariri, HonaLee Harrington, Sean Hogan, Richie Poulton, Sandhya Ramrakha, Line J. Hartmann Rasmussen, Aaron Reuben, Leah Richmond-Rakerd, Karen Sugden, Jasmin Wertz, Benjamin S. Williams, Terrie E. Moffitt (2020). Longitudinal assessment of mental disorders and comorbidities across four decades among participants in the Dunedin birth cohort Study. JAMA-Network Open.

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2764602>

More felicitations and congratulations! Karen's paper on methylation reliability came out this week! We have been promoting it by sending copies to colleagues and key lists of contacts.

Sugden, Karen, Eilis J. Hannon, Louise Arseneault, Daniel W. Belsky, David L. Corcoran, Helen L. Fisher, Renate M. Houts, Radhika Kandaswamy, Terrie E. Moffitt, Richie Poulton, Joseph A. Prinz, Line J.H. Rasmussen, Benjamin S. Williams, Chloe C. Y. Wong, Jonathan Mill, Avshalom Caspi. (2020). Patterns of reliability: Assessing the reproducibility and integrity of DNA methylation measurement. Cell-Patterns,

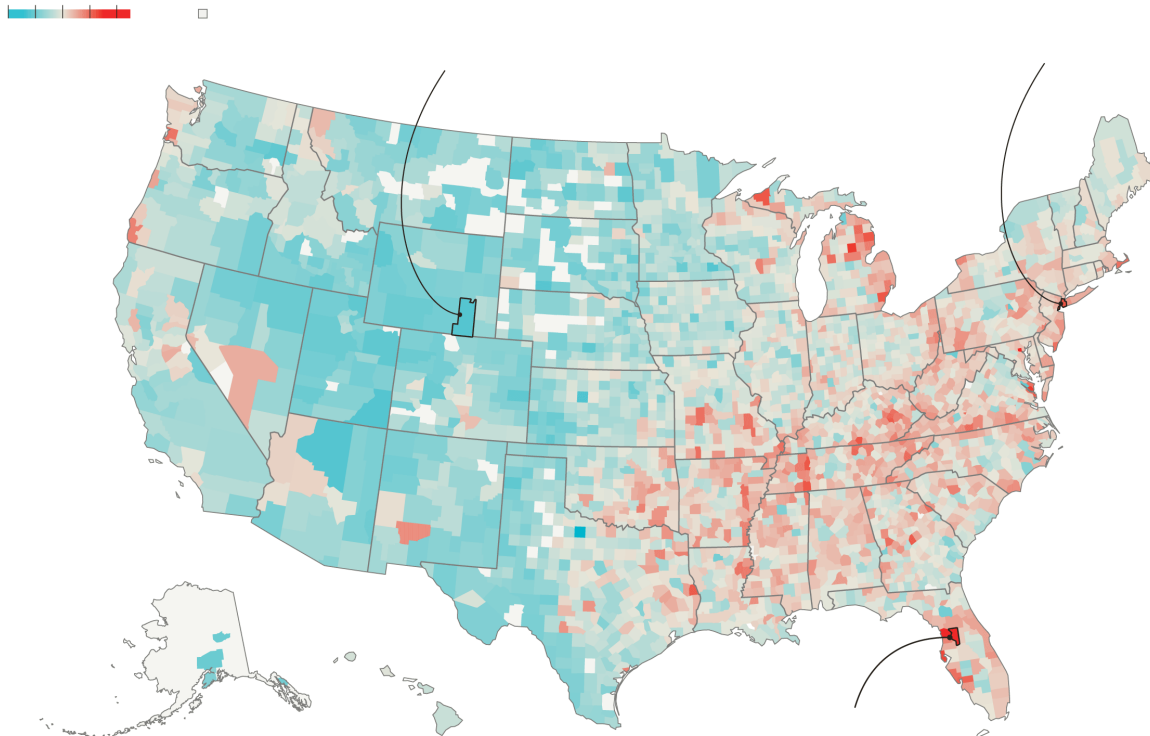
[https://www.cell.com/patterns/fulltext/S2666-3899\(20\)30014-3](https://www.cell.com/patterns/fulltext/S2666-3899(20)30014-3)

Team Happy Hour zoom meeting organized by Leah for Tuesday 21 April at 8:00pm was very heart-warming and uplifting. Thank you so much Leah.

New data! The 2004 pollution data for the UK has finally arrived and been speedily linked by Tony to the home addresses of the E-Risk twins at age 10. Nitrogen dioxide and particulate matter variables are available for analysis. HUGE THANKS to Helen, Tony and Candice for this!!

NEXT, THE UNHAPPY NEWS:

The American South is due to have more COVID, because compared to the rest of the USA we have more people with obesity and multiple health problems, and we have less-prepared hospitals. Red means more deaths, on the map, so far. Shown are NY City (most density), Wyoming (youngest fittest population), and Florida (most seniors).



OPERATIONAL DETAILS:

| BIRTHDAYS | MAY |
|-----------|-------------|
| Avshalom | 5-May |
| Susan | 29-May |
| | JUNE |
| HonaLee | 4-Jun |
| Jasmin | 14-Jun |
| Aaron | 25-Jun |

Electronic birthday cards were sent on behalf of team for all April birthdays.

RESEARCH-PROJECT PROGRESS SINCE 20 APRIL:

Tracy D'arbeloff has submitted a new concept paper: Exercising your way to a youthful brain: Is cardiovascular fitness associated with brainAGE?

Leah Richmond-Rakerd's manuscript on self-control is out for mock review till May 7.

Tracy Darbeloff's manuscript on fitness and brain out for mock review till May 6.

Jasmin's paper has been submitted: Wertz, J, Israel, S, Arseneault, L, Belsky DW, Bourassa, KJ, Harrington, HL, Houts, R, Poulton, R, Richmond-Rakerd, LS, Roysamb, E, Moffitt, TE, Caspi, A. (in review). Personality and healthy aging: Replicated evidence about life-course associations and familial transmission. *Social Science and Medicine*

Jasmin and Sophie van Stumm have submitted the first paper (a commentary) as part of their Jacobs Foundation grant. *NPJ Learning*

Temi and Avshalom's Viewpoint essay has been submitted: Behavioral and social science goals for the clinical geroscience agenda. *JAMA*.

Jo Newbury's paper has been submitted: Association between genetic and environmental risk for schizophrenia during upbringing in a UK longitudinal cohort. *Psych Medicine*

Jessie Baldwin's paper showing ACE's don't predict health at the level of the individual has been submitted: Jessie R. Baldwin, Moffitt, Arseneault, Meehan, Matthews, Fisher, Odgers, Harrington, Ramrakha, Poulton, Caspi & Danese (in review). Population and individual prediction of poor health from Adverse Childhood Experiences (ACEs) screening.

Kyle's paper got a good review and resubmit: Bourassa, K. J., Caspi, A., Harrington, H. L., Houts, R. M., Poulton, R., Ramrakha, S., & Moffitt, T. E. (in review). Intimate partner violence and lower relationship quality are associated with faster biological aging. *Psychology and Aging R&R*

Kyle's paper is still in review: Bourassa, Financial Stressors During the Great Recession and Mortality. *Psych Science*

Line's paper is still in review: Rasmussen, LJ, et al. (in review). Association between elevated suPAR, a new biomarker of chronic inflammation, and accelerated aging. *J Gerontology, Med Sci*

JC's paper still in review: J.C. Barnes, et al. (in review). The development of perceptions of punishment risk from adolescence to middle adulthood. *Criminology*.

Jon Schaefer's paper still in review: Schaefer, JD, et al. (in review). No evidence for genetic moderation of the effects of adolescent victimization exposure on general

psychopathology in the Environmental Risk Longitudinal Twin Study. *J of Abnormal Psychology*

Temi's paper still in review: Behavioral and social research to accelerate the geroscience agenda. *Aging Research Reviews*, R&R.

Writing projects underway are making good progress toward mock review: Impressive progress was made this week on writing manuscripts. Well done you!

Leah Richmond-Rakerd, mental disorder predicts physical disease and mortality

Leah Richmond-Rakerd, self-control and preparation for aging.

Maria Gehred, ACEs and brain structure

Max Elliott & Avshalom Caspi, Phase 45 PoA

Max Elliott & Line Rasmussen brain and suPAR

Jasmin Wertz, Little p and aging

Jasmin Wertz, parenting genomics in multiple cohorts

Kyle Bourassa and Line Rasmussen, stressful life events and suPAR

Karen Sugden, education and aging

Geli Ronald and Lizzie, Autism Q and p

Franky Happe and David, Autism Q and midlife health

Wendy Slutske and Leah, longitudinal stability of problem gambling and non-problem gambling in Dunedin

We continue to thank **Renate, Maria, and Annchen** for their reproducibility stat checks on papers in mock review. Thanks to all for working together on this to make our publications error-free, reproducibility is our hallmark!

Susan is coordinating the grant application submission of **Avshalom's** K07. Now NIH has changed their application forms to Form F! Wish her luck!

Susan is also working on **visa extensions** for Jasmin and Line, and **IRB renewals** for our studies.

AND NOW FOR THE PROJECTS YOU'VE BEEN WAITING FOR!

The Tate Modern Art museum offers a fun short quiz, you answer a few interesting questions about how you are doing right now, and it matches you with a famous painting that represents your mood.

<https://www.tate.org.uk/art/quiz-how-are-you-feeling>

And this is a truly not-to-be-missed Youtube video about how to make COVID19 masks. Don't miss it!

[https://urldefense.com/v3/https://youtu.be/U4c5eo_3-y0_!!OToaGQ!9lZNGnJzWn7w0YaEGxLP5NDXy0A6VLUCOPMaBJbDKSbD6z9gYseEKzKID3QgkyQmS2jqYA\\$](https://urldefense.com/v3/https://youtu.be/U4c5eo_3-y0_!!OToaGQ!9lZNGnJzWn7w0YaEGxLP5NDXy0A6VLUCOPMaBJbDKSbD6z9gYseEKzKID3QgkyQmS2jqYA$)

Line and Jens' project, Oscar. Down to 8+ diaper changes per day.



Clara's batter-licking project for strawberry season.



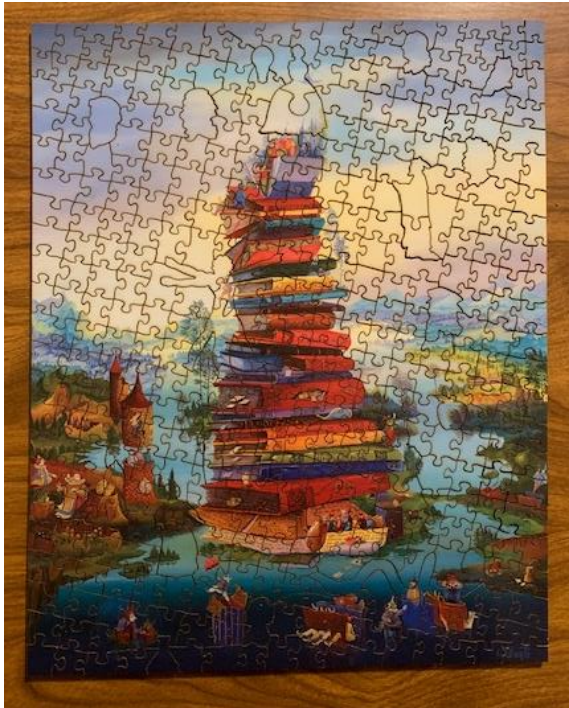
Karen's needlepoint of spring plants, Ben's firewood cutting stand and firecircle.



Former postdoc Guilherme Polanczyk’s daughters, and their “learn to be responsible for a dog” project.



Leah’s puzzle project:



Temi's baby birds are growing up. We have 10 birdhouses going in this project.



Renate, Erin and Aiden's project to build an amazing raised garden bed.



Avshalom's project of making a welcome sign for Oscar's first farm visit.



Laura and Daniel's mega-challahs.

Honalee's project is making masks for Virginia Tech emergency management team and Durham Meals-on-wheels volunteers and clients.



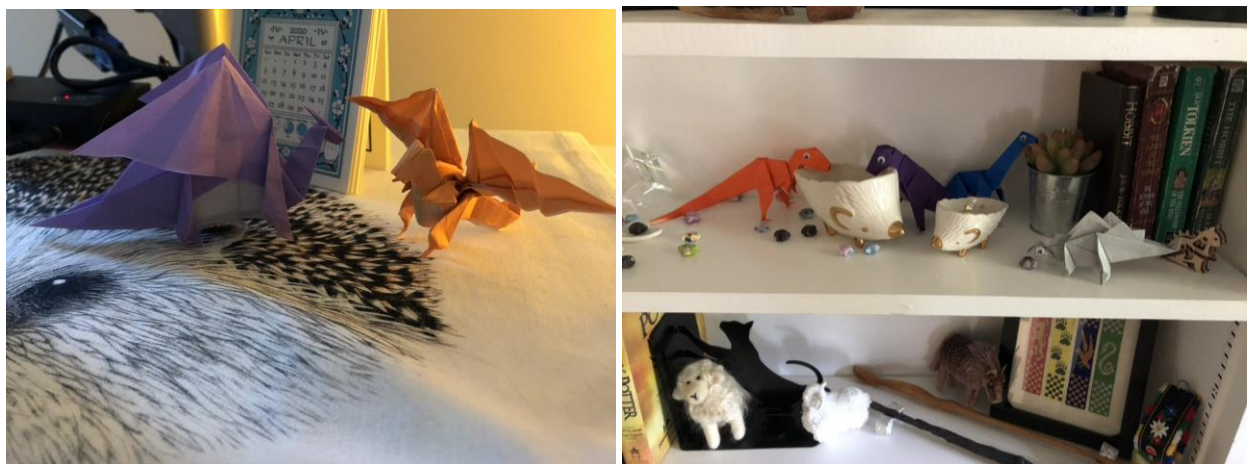
Susan's peach pecan cobbler project



Tracy has built her cats a palace.



And made origami dragons and dinosaurs



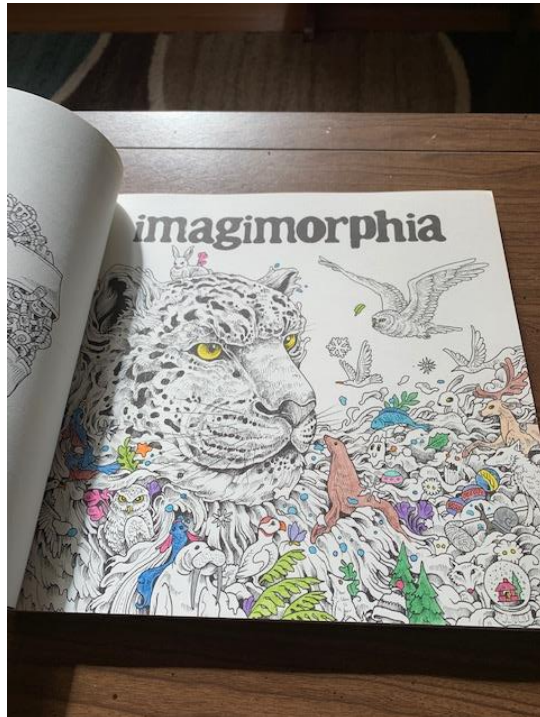
Tracy replanted succulents into cute mugs, and dyed easter eggs.



Old trunk, new coffee table! Go Tracy go!



Leah's mindfulness project



ANZAC Day craft project from Barry and Sonia in Auckland.



Candice's children homeschooling tidepool science lesson. Ava has dyed her hair green for homeschool art class, why not?



Ava sewing masks and mending for neighbors.



Avshalom's project chainsawing downed trees after the last huge wind is in a little video sent along with the e-mail (bec I am having difficulty getting videos embedded in a pdf. Duh). You be the judge, **Professor, or Lumberjack?**

Last week the American Psychological Association opined that boredom can increase creativity and motivate innovation. Boredom provides time for thought and reflection. Boredom allows the mind to wander and daydream and promotes novelty seeking. In the absence of constant external stimulation, we use our imagination and think in different ways. **OBVIOUSLY THE APA IS RIGHT, FOR ONCE.**

What's amazing to me is the huge diversity of different DIY PROJECTS we have on this team.

As always, if anyone feels the tiniest bit unwell, please let me know. Strict confidentiality is guaranteed, as is a delivery of chicken soup. Fondly, Temi