

May 4 2020 newsletter, travel plans edition.



Dear Grey House team and esteemed colleagues,

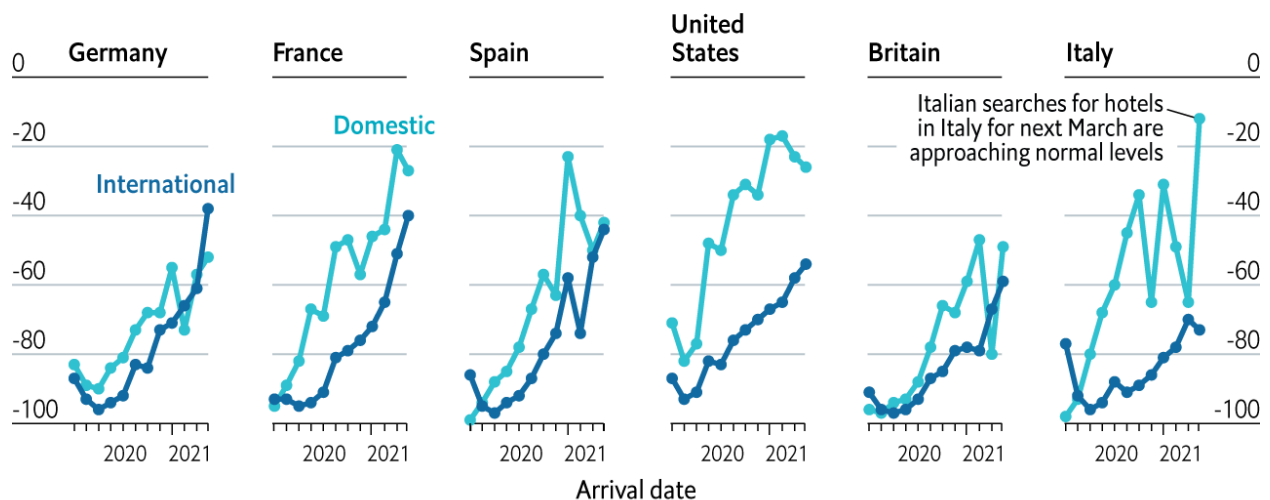
61 days into our team-building adventure. We're way past the stages of "oh boy, working from home!", "horrors, working from home!", "stimulation through cooking", "what's in my backyard?", and even the stage of "stay-at-home DIY projects". I got the sense this week that many team members are feeling a little bit ground down, and quite tired. Levity is becoming a bit less spontaneous. In normal times, we'd say we need a vacation! Perhaps the reality is starting to sink in about our cancelled summer trips. This newsletter shares our photos of **"If I could go somewhere, where would it be?"**

As you can see below, we are not alone. Everyone has put their aspirations for a trip on hold. In the USA, the chart below shows, online searches for hotels are down 60% for a 2021 arrival at long-distance international destinations, and down even 30% for hotels in the USA not far from home. That's an improvement over the down-100% levels for this summer; nobody is anticipating kipping in a delightful hotel before September 2020.

The road not taken

Hotel searches in April 2020, % change on a year earlier

By destination and arrival date



Source: Sojern

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 27 April:

FIRST, THE HAPPY NEWS!

Dr. Stephanie Langevin from Universite' de Montreal has been awarded a two-year FRQSC postdoctoral fellowship to join our Grey House team in September! Exactly *how* Stephanie will join is yet to be worked out. But the important thing is the fellowship will support her career development. To welcome her: stephanie.langevin@umontreal.ca



Dr. Peter Tanksley, our collaborator from U of Cincinnati, will also become a postdoctoral fellow this fall, joining Prof. Paige Harden in the Population Research Center at the University of Texas at Austin. Peter will also become a new father (see photo section). To congratulate him: tanksplr@ucmail.uc.edu

Dan's paper on the Dunedin PoAm is coming out this week! This paper is the culmination of over 5 years of steady work by the Dunedin team, Ben, Daniel, David, Karen, Renate, and Avshalom. Those mysterious Tuesday meetings pay off! Belsky, DW, A Caspi, L Arseneault, Baccarelli, A., D Corcoran, Gao, X, Hannon, HL Harrington, L J Rassmussen, R Houts, K Huffman, WE Kraus, Kwon, D, J Mill, C Pieper, J Prinz, R Poulton, Schwartz, J, K Sugden, Vokonas, P, B Williams, TE Moffitt (2020). Quantification of the pace of biological aging in humans through a blood test: The DunedinPoAm DNA methylation algorithm. *eLife*

The secure datalab in Auckland has re-opened, hurrah, hurrah! But, under strict conditions. Barry & Steph can enter one at a time to work with Leah on NZIDI projects.

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

Jo and Becky in London are contacting E-Risk twins personally to invite (persuade) them to take part in our online survey. Jo says *"Becky and I have been getting on well with the calls to twins. It's incredibly labour-intensive tracking them down, or having a half-hour catch up with their mum before getting their new contact details! One thing that has really struck me is the new sense of pride that both mums and twins have in their role on the 'front line'. Those in care*



work, food production, farming or deliveries are all so proud to be working and keeping the rest of us going at this time. Its lovely to hear, so refreshing! I also discovered two of our twins are now 'Political Grime Artists' - mum was so proud and gave me their Instagram and Spotify profiles to check out! Needless to say, these twins were very enthusiastic about our survey when I told them what it was about. They promised to do it right away.... that was two weeks ago and I'm still texting them to remind them!! I could complete several Life History

Calendars after these calls - including illnesses, births and house moves! Its lovely that they still feel so connected to the study. Becky and I also learned the hard way to switch our work mobiles off overnight as we have both had 1am text replies from twins 😊"

NEXT, THE UNHAPPY NEWS:

Postponements. We mourn the postponed weddings of Leah and Curt, and also Jo Newbury, and the postponed PhD graduation of Jon Schaefer, and the postponed visit of Line's mom.

Antony Ambler in London has this ridiculous situation to cope with: *I have been trying to get access to the shared drive for a couple of weeks. Initially, I tried to get access to the building so I could download the information, but no go. I then asked ITS for VPN access, but you can only have VPN access on a King's machine. My King's machine is in the office as it's not a laptop, and they have denied me access on my personal machine. They will loan me a laptop, but there is a £20 courier charge to get it here. I said I'd pay it but it must go through King's. Can I use your grant code? Thanks, Tony*

Re-opening Grey house? Remember our nice office?

Many US states are moving toward relaxing the stay-at-home order. Duke University has not yet informed us of plans for return to campus; as of Friday May 1 faculty were told a gradual cautious re-opening may be attempted, but there's no indication when. We will all welcome re-opening, but Singapore and Germany re-opened in April and are now experiencing spikes of hospitalizations. Therefore, let's begin thinking about how we might re-open *safely*. This will be an ongoing process, but here are some ideas to start pondering. Our great luck is that Grey House is near-perfect for safe working.



1. Whether to return or stay at home must remain a personal choice for each of us. Organisations are reporting an age divide, where younger staff are more keen to return to the workplace, but older staff are more reluctant. An age divide makes sense, for a number of reasons. We will need to allow for personal choice. And the choice may shift day to day, according to whether we feel robust or unwell. We will need a way of communicating our schedules to each other.
2. We will also need to achieve a level of trust in each other about safety outside of work hours. Some isolate hardcore, others go out and about. This has caused *major conflict* in families, and we don't want it to bring conflict to our team.
3. Office environments with private offices, as opposed to open-plan, are known to be safest. Thank God we have them. We may need a one-person-per-office policy. Think about whether you wish to move.
4. One-way halls prevent face-to-face encounters that are less than 6 feet apart. We may need to implement arrows directing ourselves to use the circular hallway inside our suite in a clockwise direction. How? (Luckily, there's no elevator!)
5. Our large meeting room could hold a maximum of 4 persons at a time, several feet apart, in designated chairs. Other chairs could be removed. To where?
6. What about the kitchen? My thinking is that we probably should not use it, but I am open to ideas. Coffee, or no coffee? How can we work without coffee?!?!?!
7. Better home workstations. Many of us fled home with nothing but a laptop. It's time for you to make sure that if you plan to work from home for an extended period, you have an ergonomically supportive desk and chair. We can help with monitors and keyboards and mice and stuff. Let me know.
8. Masks. Yes or no in the office?
9. Handwashing stations. We will need to secure a stash of Purell and post it at the front and back doors and in each bathroom. How can we get this?
10. Cleaning our own offices. The building cleaners live in reduced circumstances and crowded homes, and virus can live 48 hours on surfaces. Which to me suggests we should have Clorox wipes in our rooms, to wipe down our work surfaces each morning. Again, how can we get 15 canisters of these wipes?
11. Ditto the bathroom surfaces. We are lucky we have our own private bathrooms.
12. Sun. North Carolina has loads of it, and it kills virus, just ask the President. Instead of sitting nose-to-computer in our offices all morning, each team member should endeavor to spend at least 15-20 minutes outdoors in the sun between 8am and noon each workday.
13. Other ideas?

RESEARCH-PROJECT PROGRESS SINCE 27 APRIL:

Toshi Furukawa submits a new concept paper with Renate and Avshalom: a transitional model of depression. Toshi is dean of Kyoto University School of Public Health. We met him Japan in January.

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.

Aaron and Max's paper was submitted this week: Association of childhood lead exposure with structural brain integrity in midlife. Fingers crossed it gets reviewed.

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. Fingers crossed it gets reviewed.

Jasmin's paper: 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. Personality and healthy aging: Replicated evidence about life-course associations and familial transmission, is in review at *Social Science and Medicine*

Jasmin and Sophie von Stumm's first paper (a commentary) as part of their Jacobs Foundation grant, is in review at *NPJ Learning*.

Temí and Avshalom's Viewpoint essay: Behavioral and social science goals for the clinical geroscience agenda, is in review at *JAMA*

Jo Newbury's paper, Association between genetic and environmental risk for schizophrenia during upbringing in a UK longitudinal cohort, is in review *Psych Medicine*.

Kyle's paper was submitted and has been sent out for review. Bourassa, K. J., Moffitt, T. E., Harrington, H., Houts, R. M., Poulton, R., Ramrakha, S., & Caspi, A. Lower cardiovascular reactivity is associated with more childhood adversity and poorer midlife health: Replicated findings from the Dunedin and MIDUS cohorts. *Clinical Psychological Science*.

Kyle's paper is being revised for resubmission: Bourassa, K. J., Caspi, A., Harrington, H. L., Houts, R. M., Poulton, R., Ramrakha, S., & Moffitt, T.E. 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. 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. The development of perceptions of punishment risk from adolescence to middle adulthood. *Criminology*.

Jon Schaefer's paper still in review: Schaefer, JD, et al. 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*.

Projects underway are making good progress toward mock review:

Impressive progress was made this week on manuscripts. Well done you!

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

Signe Hald Andersen and Leah, intergenerational transmission of high-need, high-cost

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 in multiple cohorts

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

Antony Ambler, Renate, Maria, and Annchen, thank you for your reproducibility stat checks on papers in mock review. Thanks to all for working together on this to make our publications error-free, reproducibility has become our hallmark!

Susan has helped Karen with her grant progress report. She is also coordinating the grant application submission of **Avshalom's** K07. Now NIH has changed their application forms to the blasted new Form F! Wish her luck!

Susan will begin helping **Stephanie Langevin**. Susan is also working on visa extensions for Jasmin and Line, and IRB renewals for our studies. And trying to get refunds for cancelled flights. And estimating budget projections, out thru 2022.

Antony is working with **Jo and Becky** to finish the online survey of E-risk twins.

Renate is continuing the analyses of p across generations.

Renate has started a new project on age of onset of mental illness.

Ben has been getting our minus-80° tissue freezer fixed, eeeep! He's also polygenic scores. You may know that our polygenic papers encounter reviewers who want the scores made in a myriad of ways. Ben is going to help us prepare.

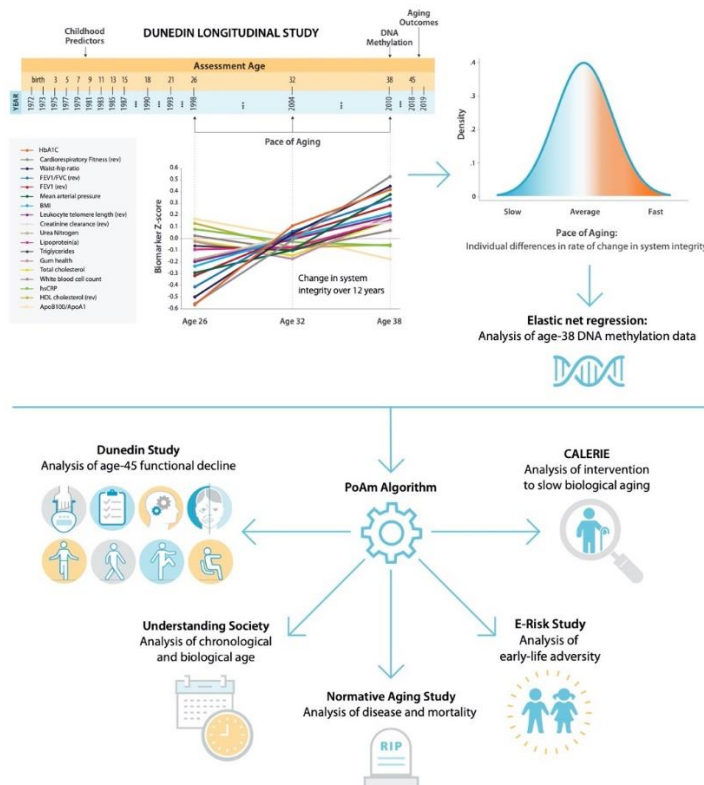
Honalee has created a **new scale that measures health behaviors**: The Nyberg index. It is based on alcohol consumption, smoking, physical activity & BMI. The Nyberg study derived this index as the best predictor for future mortality/morbidity.

Honalee and Antony are making data sets galore, and managing incoming CPs and end-of-project documentations. *If you are remiss in your end of project housekeeping, you better get right with Honalee and Antony.*

Leah and Signe and Barry and Stephanie are starting a new project, on deaths of despair.

Sean and Ness and co are coding the Dunedin study members' grandparent dementia data, while working at home in Portobello Bay.

Pat Motsavage is creating stunning visualizations for our publications. For example, check out this gorgeous one she made for the new eLife paper:



AND NOW FOR THE VACATION DESTINATIONS WE'VE ALL BEEN DREAMING OF!

Tracy recalls her handstand on Trolltunga, 300ft above the fjords of Norway



Helen was meant to be in Rio, with the IDEA team (Christian, Thiago, etc.)



Stephanie D'Souza in Auckland is holding out for her fave hotel in Fiji



Honalee and Robin had to give up their terrific July trip to Alaska, boo!



Peter Tanksley and his wife Anna in Ohio are expecting a big trip, to the delivery ward, looks like any minute.



Pete and Clara muse wistfully about their last visit to the Durham Museum of Life and Science.



Jasmin dreams fondly of visiting her grandmother in Germany.



Barry in Auckland sometimes has fantasies that he is being chased by a rabbit



Ben and Karen want to return to Kenmare, Ireland, which they loved last summer.



Now THAT is my idea of a snack!

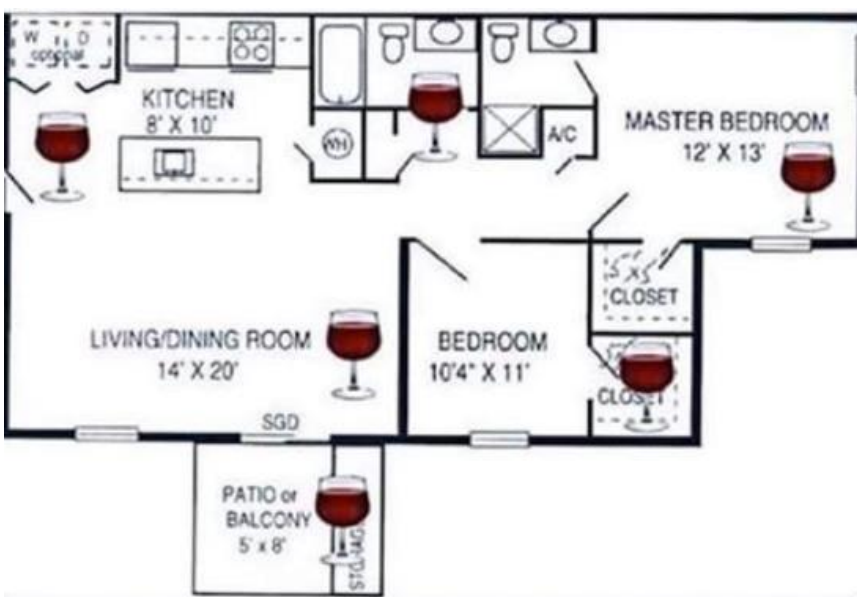
Jessie Baldwin recalls her visit to Durham, NC, when she first tasted key lime pie. How can a person make it to adulthood without key lime pie? Child neglect?



Jasmin has actually managed to travel, out to the Waller Farm in Durham.



Collaborator Madeline Meier in Arizona looks forward very much to her summer wine tour!



Former Postdoc Sol Israel makes a camping trip in Jerusalem for his 3 sons



Avshalom is thinking of his missed May trip to Israel. He should be there now.



Temi is dreaming of being able to go walking again, and in New Zealand.



And seeing friends in New Zealand too.



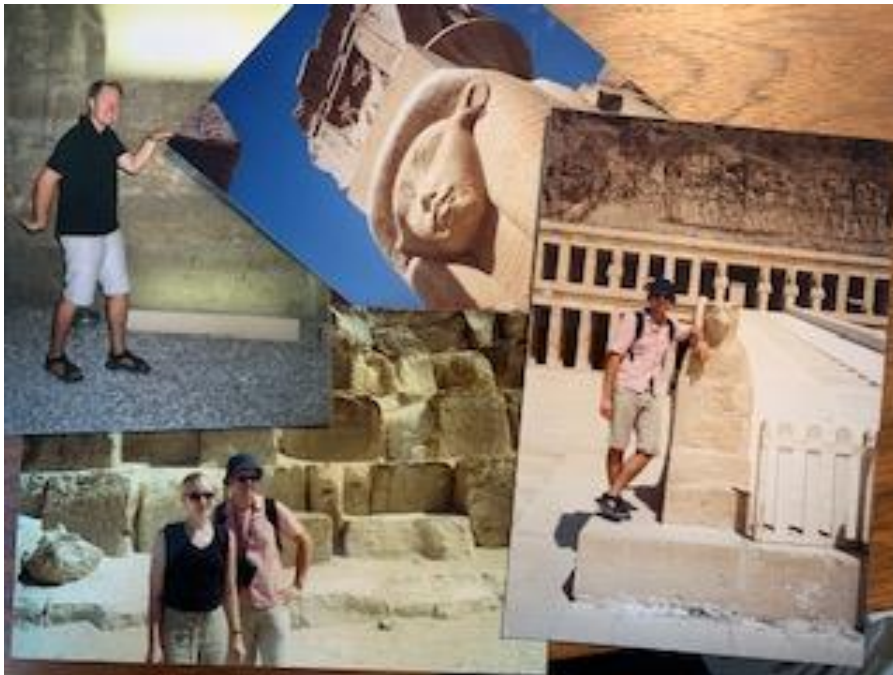
Leah would also aim for the South Island of New Zealand.



Alice Gregory in London is remembering her family's St. Lucia holiday, and the rum coconuts.



Signe Andersen in Denmark hopes to return to Egypt and visit Luxor, as soon as poss!





Kyle and Alli were planning to leave this Wednesday for a trip to Las Vegas that has been cancelled. They will have to pretend to gamble instead (Alli is playing as the house).

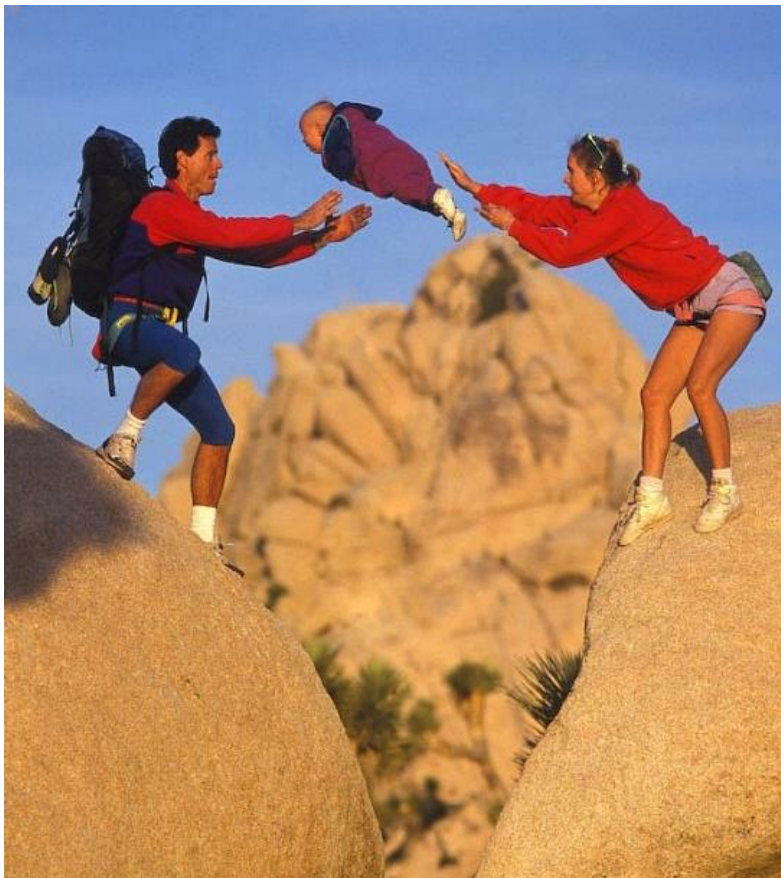
Kyle and Alli are also hoping they get to make their yearly trip to Cape Cod around the 4th of July to get in more fishing.



Jo Freeman Henchy in London wants to go back to Riad bab 54 in Marrakech.



Aaron fantasizes about sweet dreams in Joshua Tree National Forest, California, where he plans to teach Ronen rock climbing, using these proven techniques.



Vente Schmidt in Texas dreams of a cosy vacation, anywhere she isn't working for Adam.



Well, we can all dream, can't we? Seriously, everyone has been working really hard. *You do need a vacation.* Avshalom and I can see it in the numbers of concept papers approved, data sets created, analyses done, visual charts designed, pages written, manuscripts sent for mock review, mocks sent back, and articles submitted for publication. And everything else you do. We may not be able to have the trips of our dreams right now, but you do need to take vacation. It may seem to you that work provides much-needed structure. And so long as we are stuck, why not work? But every one of us is getting stale and pale, and puffy around the eyes. Elle Magazine calls this "lockdown face." <https://www.elle.com/uk/beauty/skin/a32300721/lockdown-effects-skin/>

Take time off. Rest. Cancel your work zoom meetings for a week. Stay outdoors. Really. Seriously. **You need a vacation.**

Keep going, only 2 more pages.....

This is a terrific article shared by Honalee: *I found this really useful. It includes a nice discussion about peer review, pre-prints, etc.*

Why the Coronavirus Is So Confusing: A guide to making sense of a problem that is now too big for any one person to fully comprehend

<https://www.theatlantic.com/health/archive/2020/04/pandemic-confusing-uncertainty/610819/>

As always, if anyone feels unwell, in body or spirit, please let me know. Strict confidentiality is guaranteed, as is a delivery of chicken soup, and chocolate chip cookies. Fondly, Temi



Final parting shot, a total nerd song just for all of us:

My Favorite Stats (*Tune: My Favorite Things, from the Sound of Music*)

T-tests and Z-tests and 3 way ANOVAs
HLM, SEM, nested MANCOVAs
Betas and sigmas and jaunty p-hats
These are a few of my favorite stats

Logit and Tobit and Probit and so what
Does a guy do when his tests yield a dough nut?
Maximize likelihoods, minimize errors
Inflate the alphas, best fit the least squares

When my N's small, when my p's large, when my skew's aslant
I simply assemble my favorite stats and bing! It's sig-ni-fi-cant.

Rs when they're pseudo and logs when they're normal
Contrasts when post-hoc and proofs when they're formal
Bootstraps and Jackknives and when they're robust
These are stats that you know you can trust

Histograms, dendrograms, whiskers and boxes
Hazards proportional measure of Cox's
Mixed effects, fixed effects, plots that show scree
Don't forget homoskedasticity

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I simply assemble my favorite stats and bing! It's sig-ni-fi-cant.

Pearson 'n Spearman 'n Kruskal 'n Wallace
McNemar, Fisher 'n Tukey enthrall us
Cox, Bonferoni 'n Cochran, stats-wise
These are few of my favorite stats guys

Say parametric or say asymptotic
Words like stochastic are simply narcotic
Crazy for Bayesian, gaga for Gauss
Chats that the stats brats begat at our house!

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Words by Prof. David Finklehor, University of New Hampshire