

April 6, 2020

Dear Grey House team and esteemed colleagues,

33 days into our team-building shared ordeal. I'm so isolated I'd welcome the Jehova's Witnesses out here at the farm. But alas, they are witnessing by Zoom now. The shine has come off Zoom for me, and as a consequence, I am feeling a bit like this Pooh bear:



I will share news 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 30 March:

FIRST, THE HAPPY NEWS

Avshalom found a lovely video theme song for this period of waiting, by Transglobal Underground: <https://youtu.be/A31sYLuGIIA>

Susan got confirmation of 1-year extension of our NIA grants. Hurrah!

Ben has written a terrific summary of new oxidative stress findings using brand new biomarkers from Phase 45 in Dunedin. Hint: Allantoin correlates with the Pace of Aging at .21. If you would like to read Ben's report, just ask him.

Colleagues in the UK are recovering from the virus. Essi viding and Franky Happe have been sick for 2 weeks but are now recovering. They say the worst of it was whole minutes when their chest was seized by a vice grip, and they could not breathe in or breathe out. Like holding your breath underwater, only not. Timing the experience, to see if you need to call an ambulance. They and their families are fatigued, but OK now.

Collecting data on COVID19 in E-Risk. As you know, Candice Odgers has been directing a survey of our E-Risk twins, which began a few months ago. The first 1,000 twins responded pre-virus, but the survey is ongoing. I have attached a copy of the survey items at the end, so you can try them. It will be programmed and launched this week. Data should be available in summer. Ideas for using them welcome.

Aaron is submitting a small grant application to the Lafitte Foundation, to look at neighborhood factors in relation to the E-Risk COVID19 data (e.g., geo-coordinates, access to greenspace and behavior/mental health).

Former postdoc Amber Beckley wrote from Sweden: *Hi friends and family, As you may have heard, Sweden has decided to do relatively little in response to the coronavirus. Here we're all doing fine and staying home. The universities are all online now. We opted to take Fiona out of school a few weeks ago. We're doing homeschool, where she certainly learns more and she says she likes it better. Erik is on parental leave with Alex. Erik may get called back into work at the hospital. I'm trying not to think about that and we'll deal with it if it happens. My wack lungs likely do not put me in a risk group in the sense that I'm at a reduced capacity to fight the virus. But, it wouldn't be good if I got sick and developed pneumonia. Pneumonia increases the risk of a collapsed lung and I am already at increased risk of a collapse for both lungs. People have tried to argue that Swedes are ultra-responsible and will act on their own to socially distance; I fear that this may be a vision of the Sweden of yesteryear both in the sense of failure to recognize ethnic diversity and failure to account for the diminished role of government in people's lives. In the meantime, we (along with many other ex-pats and some Swedes) are being the odd ones. Stay safe everyone! Amber (Erik, Fiona, and Alexander)*

The NZ Ministry of Health have kindly agreed to give Leah and Barry direct access to the entire population's hospital records. No linkage to other data, but nevertheless, the stalled project can move again! The NZIDI is still shut down, and this shut-down had placed Leah's population research on hold until it is sorted.

Open-Access funding at KCL has been reinstated. We can now apply for this. YAY!

NEXT, THE UNHAPPY NEWS:

Susan's family needs our prayers. Her daughter is a nurse and her ward is going to be converted to a COVID ward.

OPERATIONAL DETAILS:

Emergency documentation: Honalee wisely pointed out that we should each be preparing a document with information about our projects, key files, passwords, contact details for collaborators, and so forth, in the event we become indisposed and someone has to take over for us. Back up your key files on the Z drive. Everyone please help.

TIPS FOR SELF-DISTRACTION:

Take Google streetview walks thru thousands of museums worldwide:

<https://artsandculture.google.com/project/streetviews>

Compare your community's social distancing activity to its activity prior to COVID-19:

<https://www.unacast.com/covid19/social-distancing-scoreboard>

Durham County gets a B- based on activity changes. Randolph County gets an F!!

Learn about old-timey home entertainments of yesteryear: To contend with Coronavirus Boredom, our friend Russell Welch has been helping out by making short videos of activities for children and adults. Russell is a raconteur and in possession of remarkable North Carolina Piedmont folklore and a fabulous Randolph County accent. Hope you enjoy these Russell Welch Videos as much as we have. Avshalom

HOW TO MAKE A WHISTLE

<https://drive.google.com/file/d/1eca1O4jK4IRnzi93zxdDLiEJZUSOIT70/view?ts=5e79ed73>

HOW TO MAKE A POP GUN

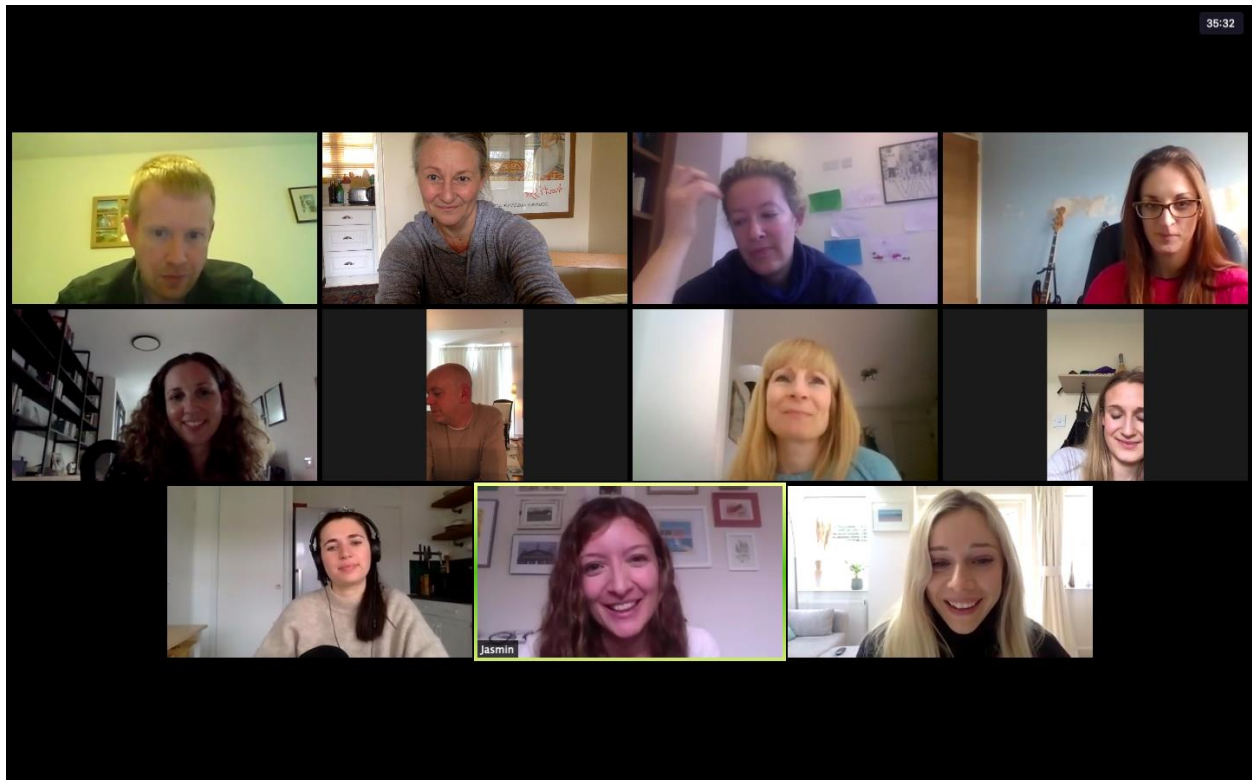
<https://drive.google.com/file/d/18Naea4VU3-6cY0TR1dr-NIHQpnDqi4S0/view?ts=5e77d65e>

THREE TIPS FOR THE DAY, one about cooking weeds

<https://drive.google.com/file/d/1MLpsygLnF3SFnlcBWOynilZp8pUQjPcj/view?ts=5e8a82c4>

	APRIL Birthdays
Kyle	24-Apr
Line	25-Apr
David	23-Apr
Ahmad	27-Apr

The E-risk team in London are zooming too (behind Antony, see our London flat):



Kids have been greatly aiding our research team members this week (I supposed the pets got bored?):



RESEARCH-PROJECT PROGRESS SINCE 30 MARCH:

New Concept Paper from Wendy Slutske and Leah, on the longitudinal stability of problem gambling and non-problem gambling in Dunedin.

Kyle's new paper submitted: Bourassa, Financial Stressors During the Great Recession and Mortality.

Kyle's paper out for mock review: Bourassa et al. (in mock review). Lower cardiovascular reactivity is associated with more childhood adversity and poorer health in midlife: Replicated findings from the Dunedin and MIDUS cohorts.

Aaron and Max's paper out for mock review: Association of childhood lead exposure with structural brain integrity in midlife.

Dan Belsky's paper in review : Belsky· DW, et al. (in review). Quantification of the pace of biological aging in humans through a blood test: a DNA methylation algorithm, *eLife* R&R

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

Line's paper 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 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 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*

Projects underway are making good progress toward mock review:

An amazing amount of progress was made this week on writing manuscripts. My hat is off to those who are able to focus enough to write productively!!!!!!

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

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

Tracy Darbeloff, fitness and brain structure

Tracy Darbeloff, lit review on fitness and brain

Maria Gehred, ACEs and brain structure

Max Elliott & Avshalom Caspi, Phase 45 PoA

Jasmin Wertz, Little p and aging

Jasmin Wertz, vital personality and healthy aging

Jasmin Wertz, parenting genomics in multiple cohorts
Kyle Bourassa and Line Rasmussen, stressful life events and suPAR
Max Elliott & Line Rasmussen brain and suPAR
Karen Sugden, education and aging
Geli Ronald and Lizzie, Autism Q and p
Franky Happe and David, Autism Q and midlife health
Temi Moffitt, JAMA view point on behavioral research in geroscience

Annchen Knodt is analyzing the autism questionnaire and brain structure.

Annchen Knodt and Maria Sison are doing brilliant analyses of financial behaviour and brain and moving forward on new ways of analyzing functional connectivity.

Renate is building some amazing findings about intergenerational patterns of little p, using the Dunedin family history data for study members, parents, and grandparents.

Avshalom has a draft of his K07 in the can.

Please send stuff for the next newsletter.

And if anyone needs help, or feels unwell, please let me know. I have sourced a chef who does home delivery of chicken noodle soup and chocolate chip cookies. You don't have to be sick to get a delivery, I'll send it even if you are just pretending.



E-Risk COVID Q on next page.....

COVID-19 in E-risk 2020

Thinking about your thoughts, feelings, and behaviors around the COVID-19 (coronavirus) illness, please answer the following questions:

1. Have any of the following happened to your family members or close friends because of coronavirus/COVID-19? (check all that apply) (CRISIS) V0.2

- a. Fallen ill physically
- b. Hospitalised
- c. Self-quarantined
- d. Told to shield for 12 weeks (due to age, pregnancy, risk)
- e. Lost job
- f. Reduced ability to earn money
- g. Passed away
- h. None of the above

2. What about yourself, do you think you have fallen ill with it?

0=no

1=unsure

2=yes

3. Compared to before the COVID-19 outbreak, NOW I feel more:

- a. tense and anxious
- b. sad or depressed
- c. connected to my family
- d. lonely
- e. rested

RESPONSES:

1= no

2 = somewhat

3 = yes

4. The COVID-19 outbreak has been disruptive to my daily routines:

RESPONSES:

1= no

2 = somewhat

3 = yes

5. The government is handling the COVID-19 response in the best possible way

6. I am hopeful that the COVID-19 virus will resolve over time

7. I have a good outlook toward the future

8. I complied with the rules of the government to stay at home to try to stop the virus.

9. I found it easy to remain at home to try to contain the virus.

RESPONSES:

1 = no

2 = somewhat

3= yes

10. How much are you reading or talking about COVID-19? (CRISIS) V0.2

RESPONSES

1 = Never

2 = Sometimes

3= Often

4= Constantly

11. DURING THE PAST TWO WEEKS, how many days per week have you: (CRISIS) V0.2

a. exercised (e.g., increased heart rate, breathing) for at least 30 minutes?

b. spent time outdoors

RESPONSES:

0 = None

1 = 1-2 days

2 = 3-4 days

3 = 5-6 days

4 = Daily

Note: **(CRISIS) V0.2** are items taken from the The CoRonavlrus Health Impact Survey (CRISIS) V0.2 Youth Self-Report Baseline Form: Short Form