



Submitted by Espen in Norway

Dear Grey House team members and high-performing quaran-teammates, we are now 297 dazzling days into our jaw-dropping team-building exercise.



21 December, 2020, theme: OK, OK, I know I said **no newsletter. But couldn't resist. Too much amazing stuff to share.**

Essi's dog Hazel enduring tier 4 lockdown in London. She's a French bulldog, who now cannot visit France.

HAPPY NEWS FIRST:

First team member to get the vaccine! Go Pete go!



Heralding the often un-heralded is the aim of the Dunedin Harbour Rotary Pride of Workmanship awards



Rotary Award winners Jackie Fox and **our very own Sean Hogan**.

Two University of Otago staff – Learning Support Manager Jackie Fox, from Disability Information and Support, and **Sean Hogan, Dunedin Study Cohort and Assessment Manager** in the Department of Psychology – were recently presented with these awards at a local ceremony.

Award organiser Ann Barnsby said “It’s usually for people who are not in the limelight. They’re often people who go beyond the extra mile without getting recognition for what they do and contribute to the organisation.”

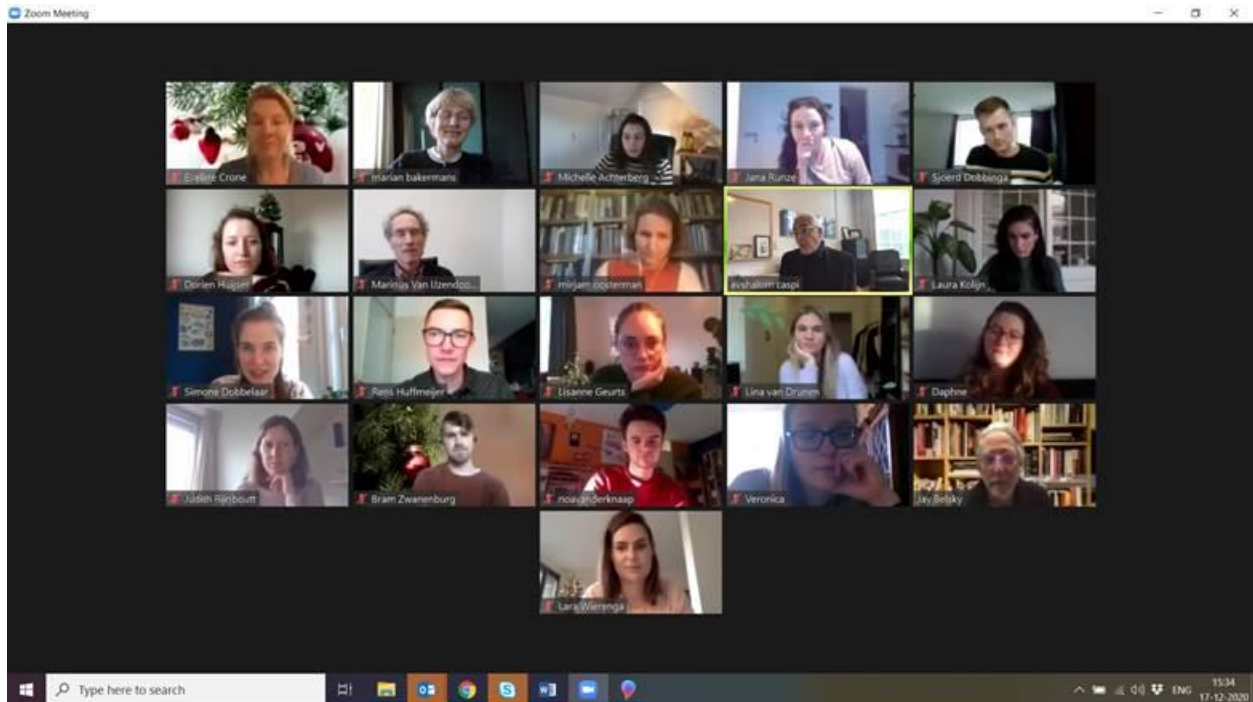
Sean’s nominator, Professor Richie Poulton, said Sean’s work on initiating the successful Dunedin Study Exhibition at Toitū Otago Settlers Museum, and later working hard to turn it into a travelling exhibition, was worthy of the award. “Quite simply, this exhibition would not have happened or be happening without his commitment and leadership,” Professor Poulton said.

Sean said he was humbled by the recognition. He was motivated by the members of the Dunedin Study, who “gifted” the study their life experience. He has met most of them over the past 15 years and thinks their dedication to the study is incredible. “For me the incredible relationship the Study has kept with Study members mirrors the special relationship that the University of Otago has kept with Dunedin. It is great to be part of that rich history and heritage.”

***The Origins of You* is on the Bloomberg list of the 15 best nonfiction books of 2020!!!! The other 14 are pretty cool too.**

<https://www.bloomberg.com/opinion/articles/2020-12-19/the-best...1>

Jay and Avshalom did a book discussion in Amsterdam:



2020 was not ALL bad!

20 things that made the world a better place in 2020.

From record-beating scientific discoveries to an elephant baby boom, 2020 was about much more than just the global pandemic!

Read in WIRED UK: <https://apple.news/AecJnC-eNRZut4YCtKVHQBg>



**Temi's radiation is over.
Monday was the last day.
Hip, Hip, hurrah!**



Idan and Yael got snow in State College, and helped out local birds.



Kyle caught more fish!!!



Anna and Ahmad sent last year's Hannukah pic:



This big guy has survived deer hunting season on the Macon Farm.



Red nose?

UPDATED Research Progress during 2020: By the numbers:

64 public-engagement activities (podcasts, videos, blogs, public events, major-length feature articles by science journalists, exhibits, etc.). These are just the ones I know about.

1 book, that got 14 reviews, and is on the Bloomberg list

4 grants/fellowships

41 articles out in 2020, in press, or at R&R stage.

36 empirical data papers, **5** science essays

24 articles written at Duke, **17** by collaborators elsewhere

17 papers in highest-impact journals (JAMA family, Lancet family, Nature family, Cell family, Psychological Science, PNAS, Am. J Psychiatry, eLife)

4 editorials, out of the 21 2020-published papers

33 articles reported Dunedin data, **28** reported E-Risk data

2 reported NZ-IDI data

20 include multiple data sets

10 articles report brain-imaging data

15 are about aging

14 are about antisocial behaviour or crime

19 are about mental health

12 are about methods

23 concept papers approved and new projects underway

HUGE THANKS to King's College London, who paid for open-access fees for all our publications this year, > £60,000!

NEXT, THE UNHAPPY NEWS, sorry, sorry:

Our London team members are now locked down again:

Everyone has by now heard about the exponential rise in cases in the south east of England, the new-mutation variant of the virus, its increased level of contagion, the sudden decree that threw Londoners into tier 4 lockdown for Christmas with no notice, and that all of Europe has barred British people from entering other countries. This is like a post-apocalyptic nightmare for our team members in London. One of the largest and most vibrant cities in the world, silent, cut off. And at Christmas.

We feel for you, our dear friends. So sorry.

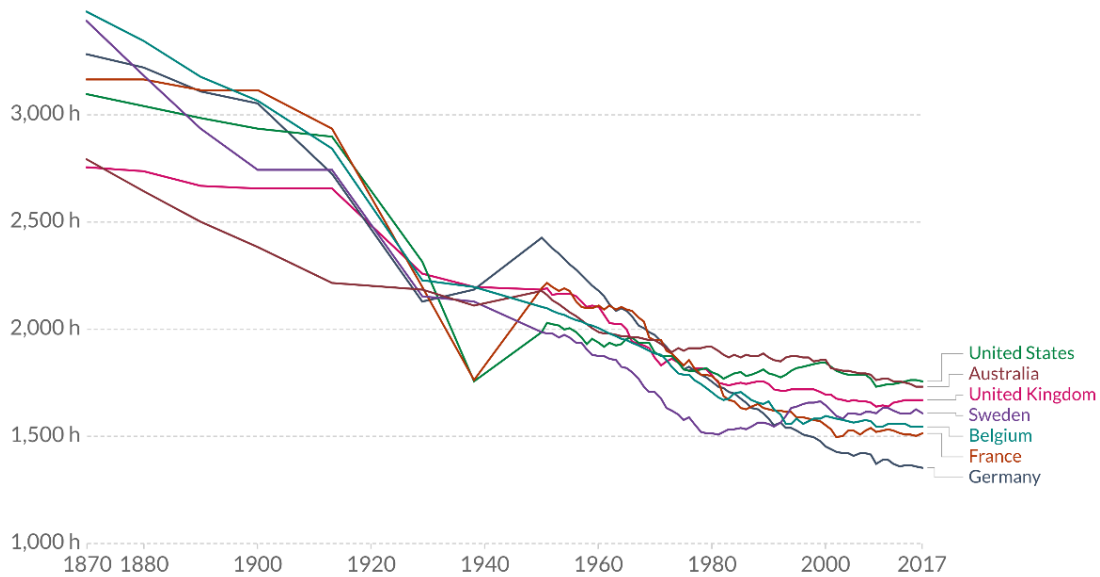


THIS WEEK'S Science visualizations:

Are we working more than ever? Nahhhhhh.

Annual working hours per worker

Average working hours per worker over a full year. Before 1950 the data corresponds only to full-time production workers (non-agricultural activities). Starting 1950 estimates cover total hours worked in the economy as measured from primarily National Accounts data.



Source: Huberman & Minns (2007) and PWT 9.1 (2019)

Note: We plot the data from Huberman & Minns (2007) and extend coverage using an updated vintage of PWT, which uses the same underlying source. Comparisons between countries in a given year are limited due to differences in measurement.

OurWorldInData.org/working-hours • CC BY

RESEARCH-PROJECT PROGRESS SINCE 14 Dec:

Josine Min et al. paper accepted by *Nature Genetics*: "Genomic and phenomic insights from an atlas of genetic effects on DNA methylation" (NG-A56091R). This paper is from the GoDMC consortium to study the genetics of DNA methylation, of which Dunedin and E-Risk are members in good standing.

Kyle Bourassa's single-author paper was accepted by *Psychosomatic Medicine* this week. YAY! "State-level Stay-at-home Orders and Objectively Measured Movement in the United States During the COVID-19 Pandemic." This is the one where Kyle creatively linked data on state governors' orders with nationwide data from mobile phone movements.

Kyle's paper on Cardiovascular reactivity in Dunedin and MIDUS is accepted by *Clinical Psychological Science* today: It might be worth taking a moment to remember the history of this paper. Way back in 1999, Avshalom and Richie decided to go after cardiovascular reactivity. Study members were still disappointingly healthy, but reporting lots of stress, so it made sense to collect data on whether stress was affecting their heart health. Honalee flew from Wisconsin and Avshalom from London, to meet in the horrible Oakland Holiday Inn, in Pittsburgh, to get trained on the CVR protocol by Steve Manuck's lab. The year prior to Phase 32, we flew Manuck's postdoc Serena Newman to Dunedin, to set everything up and train the Unit staff. There was huge hoo-ha over getting the right equipment down to Dunedin. As the Phase 32 data came in, Honalee eagerly analysed them, and we got whopping effects and all got very excited. But they were in the wrong direction. Low SES Dunedin kids had grown up to have low cardiovascular reactivity. Oops! Avshalom spent over a year working with Honalee to re-run the analyses, pouring over the literature, talking to Serena Newman and Steve Manuck, and calling up other CVR researchers on the phone to ask if they had ever seen anything like this. NOBODY said this made sense. Many acted like there might be something weird about New Zealanders, that they didn't get engaged in the challenge tasks. Too laid back. We thought about writing up the contrary findings, but discussions with leading researchers suggested the paper would be really hard to publish. Reviewers would just conclude there was something wrong with the Dunedin study. And then, the 2002 and 2003 GxE Science papers hit the media, and all hell broke loose. So, we put the CVR data on ice, planning to go back to them at some point. For the past 15 years, I have nagged Avshalom to try to solve the mystery. We were at the very brink of divorce (well, Avshalom was pretty irritated), when Kyle arrived, and said "hey, I saw in the data dictionary there are CVR data, what's up with those?" And here we all are. Kyle saved our marriage! Of interest, and supremely irritating, the expert reviewers claimed, "Oh we knew this all along; childhood adversity has a blunting effect on adult CVR." Remind you of anything?

The Amaryllis race is on! (record yours' growth and send pics, first one to flower wins the race)



Aaron & Jessalee's

Ben's and Karen's



Leah and Curt's





Temi's

Oscar's, Line's, Jens's (are these nice Danish people cheating?)



Have a warm and wonderful holiday everyone.

This link is to Handel's Messiah in Duke Chapel, free to listen to until Christmas.

Exceptionally beautiful, to totally transport you for 45 mins!

<https://vimeo.com/487818945>



Starworks glassblowers, Star NC

See yall next year!