



**Dear Grey House team members and trusty quaran-teammates,** we are now 339 days into our team-building adventure! And it's still the tired old 4 W's: Wash hands, Wait 6 feet apart, Wear a mask, Windows open. Waaaah, Waaaah, Waaaah.

**1 February 2021 Newsletter theme:  
Let it snow! Let it snow! Let it snow!**



**But first, our Kyle Bourassa helped the *Duke Today* staff develop a resource pack to support staff and student mental health this week:**

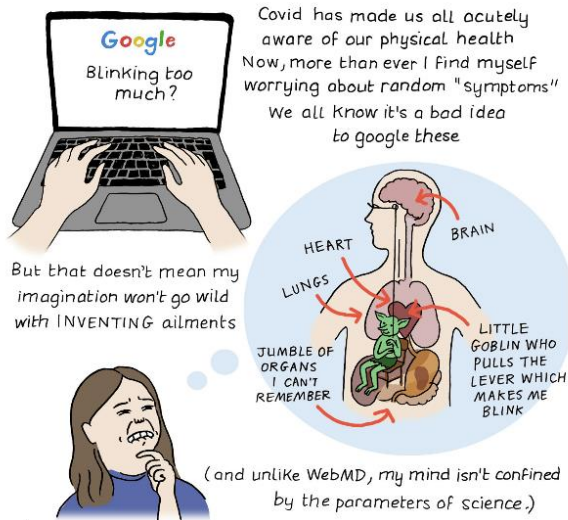
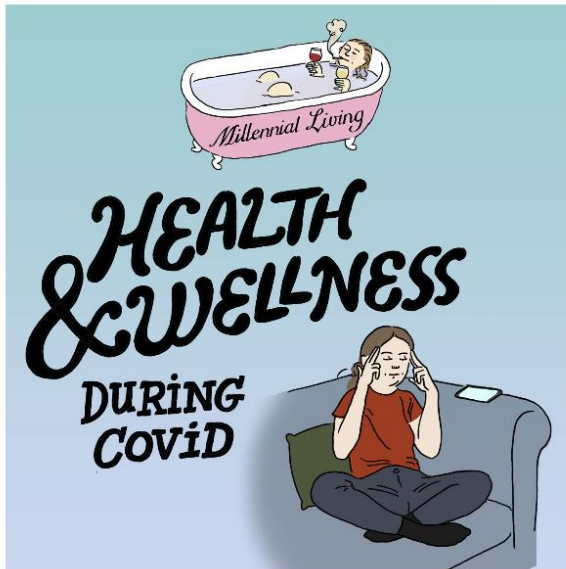
[Find Mental Health and Wellness Resources for the Duke Community](https://today.duke.edu/2021/01/find-mental-health-and-wellness-resources-duke-community)

<https://today.duke.edu/2021/01/find-mental-health-and-wellness-resources-duke-community>



**We can all use these resources!**

## OR, you could do health and wellness Avshalom and Temi's way....



Thanks to *Tortoise* for these cartoons.

## FIRST THE HAPPY NEWS:

**Our Jo Freeman Henchy is working as a vaccinator in Britain!** Her phlebotomist's certification from E-risk Phase 18 helped her get the plum job.

“Hi Temi, As promised a couple of pics of me in my vaccination PPE now I'm out and about! When I applied I had visions of standing on a nice warm community centre or surgery chatting to little old ladies all day. Well I got about two weeks of that and now I am back to doing home visits like in the E-risk Study! Much like those days I am lugging around a tonne of equipment including an enormous cool box to keep the vaccine at the correct temperature all day. I got teamed up with my father in law (a retired GP) last week to vaccinate housebound/bedbound patients. It certainly brought back memories of E-risk! We even visited an elderly lady on the local traveller site - getting our equipment to her caravan was an adventure! Much love! Jo”







Why aren't we vaccinating homebound older adults in the USA? Hmmmmmmmm.....

## Big shout out to E-risk! in this article in *Knowable Magazine*.

### Unseen scars of childhood trauma

.....Similar associations are now being found in children. For example, a study that follows the health of twins who were born in the UK in 1994 and 1995 — called the E-Risk Longitudinal Twin Study — found elevated C-reactive protein in 12-year-olds [with depression and a history of physical or sexual abuse](#). Six years later, the same study found that C-reactive protein levels remained high in the now-18-year-old young women who had a history of ACEs. (Young men no longer showed this pattern, for unknown reasons.) As researchers delve further, they are starting to learn that different kinds of ACEs leave behind different biomarkers. That same twin study, for example, found that an immune molecule linked to autoimmune and cardiovascular disease, called suPAR, was [elevated in 18-year-olds with a history of violence in their lives](#) but not those who had experienced neglect.....

For the full story: [https://knowablemagazine.org/article/mind/2021/unseen-scars-childhood-trauma?utm\\_source=email&utm\\_medium=knowable-newsletter&utm\\_campaign=newsletter-01-31-2021](https://knowablemagazine.org/article/mind/2021/unseen-scars-childhood-trauma?utm_source=email&utm_medium=knowable-newsletter&utm_campaign=newsletter-01-31-2021)

## Big shout out to the Dunedin Study!

*American Journal of Psychiatry* Deputy Editor Daniel Pine has discussed your article in an Editor Spotlight video, which appears alongside your article online (<https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.2020.19090934>).

Our article, “Pervasively Thinner Neocortex as a Transdiagnostic Feature of General Psychopathology,” by Romer et al. is published in the February issue of AJP.

## NEXT, THE UN-HAPPY NEWS:

### A bit of California’s Highway 1 just dropped into the Pacific.



## And more unhappy news, you heard it here first....

The vaccines do prevent us getting symptoms, hurrah! But alas that is NOT the same as stopping us transmitting the virus to others. As usual, Britain has worked this out first.

“Vaccines will not only be judged on their ability to prevent disease. Two other forms of efficacy are important – their ability to protect against asymptomatic infections and, crucially, their ability to stop transmission, the ability of the virus to spread from person to another. Currently, most experts think efficacy against transmission could be around 60 per cent but there is no data yet, and thus huge uncertainty.

Unfortunately, the often counterintuitive rules of contagion mean the effectiveness of each vaccine in blocking transmission will determine a very large part of their worth when it comes to easing lockdowns and other social distancing restrictions.

At a country level, it may make the difference between open and closed, boom or bust. For individuals, it could make the difference between a vaccine passport that provides the freedom to travel and mix and one that is all but useless.

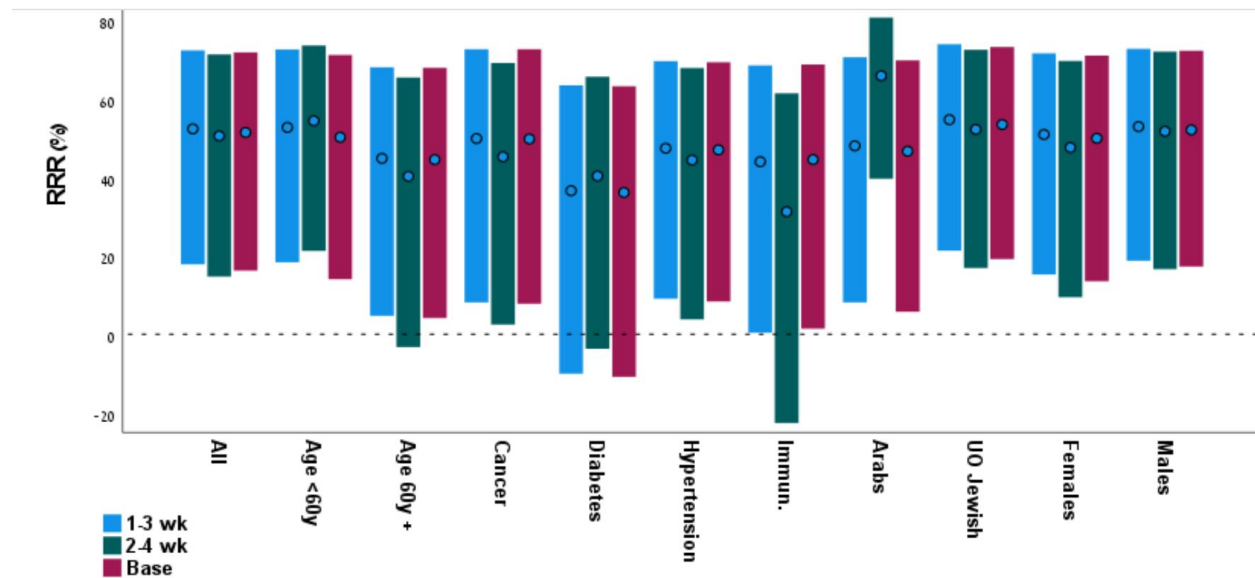
Separate models run by the University of Warwick, Imperial College London and the London School of Hygiene and Tropical Medicine, suggest a third spike in deaths around May, unless vaccination cuts transmission of the virus by a massive 85 per cent in those vaccinated.

Only vaccines that offer high transmission-blocking efficacy with high uptake in the general population will allow relaxation of social distancing and masks without a huge surge in deaths.

Thanks to the Guardian and the Telegraph.

**THIS WEEK's Science visualizations: From the Israelis, those brave guinea pigs in the world's vaccination pilot test:**

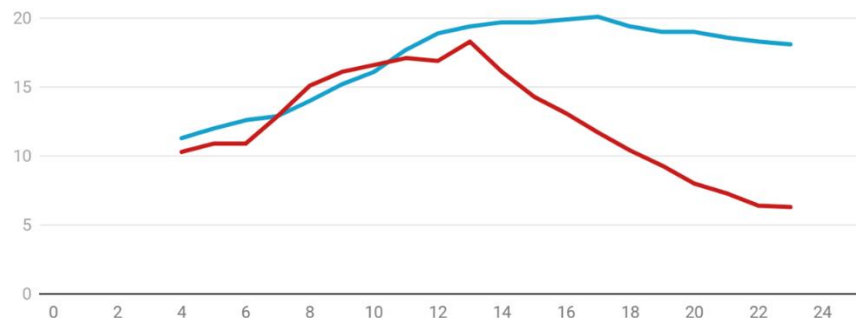
**Relative risk *reduction* of covid infection among vulnerable subgroups in first weeks after first vaccination.** Nice for all, but some concern about people with diabetes.



**New COVID cases among vaccinated, compared to whole population.** That's nice too.

### The vaccine effect in Israel

New Covid cases among members of Israel's Maccabi health maintenance organisation: all aged 60+ and aged 60+ who were vaccinated from 19–24 December, by days after first dose.



Shows centred seven-day averages of additional daily positive PCR tests. General population (blue line) includes the 50,777 vaccinated members and represents 480,000 members, with the rate of infection adjusted to be shown per 50,777.

Chart: The Spectator • Source: KSM • Created with Datawrapper



**Late entrant Amaryllis, this one Susan sent as a thank you gift to Jennifer Bolognesi, our team's grants official at Duke.**





**And another lovely late entrant from Leah and Curt.**



**This delicate lovely is from Aaron and Jessalee!**



**Jasmin and Pete's is just about to burst open.**



**Danish flag helps.**

**Keep these beauties coming!**



## RESEARCH-PROJECT PROGRESS SINCE 25 January:

**Jasmin Wertz's article is now out in *Child Development Perspectives*!**

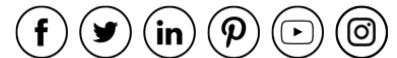
"Genetics and Child Development: Recent Advances and Their Implications for Developmental Research" <http://dx.doi.org/10.1111/cdep.12400> . **Terrific Jasmin!**

**Jenny Van Dongen and Karen Sugden got this nice surprise from *Biological Psychiatry*!** "Your recent article, "Epigenome-wide Association Study of Attention-Deficit/Hyperactivity Disorder Symptoms in Adults", is among the most highly cited original articles we've recently published in *Biological Psychiatry*.

## Most Read This Week

JAMA Network™

JANUARY 31, 2021



**Jessie's and Andrea's paper is one of the most read papers in the *JAMA network of journals*.** "Population versus individual prediction of poor health from Adverse Childhood Experiences (ACEs) screening." *JAMA Pediatrics*.

**Joseph Murray and Temi's paper has been revised and resubmitted to BMJ Global Health:** "Intimate partner violence against women and child maltreatment in a Brazilian birth cohort study: co-occurrence and shared risk factors," **Wish us luck!**

**Leah Richmond-Rakerd submitted a grant application to the CeASES ADRD group pilot-funding opportunity.** It was a race against a short deadline, but she made it!

**Maria Gehred and Ahmad are working on their R&R for "accepted pending minor revisions" decision at *Biological Psychiatry*.** "Long-term neural embedding of adverse childhood experiences in a population-representative birth cohort followed for five decades" MS Number: BPS-D-20-01352R1. **Good luck Maria!**

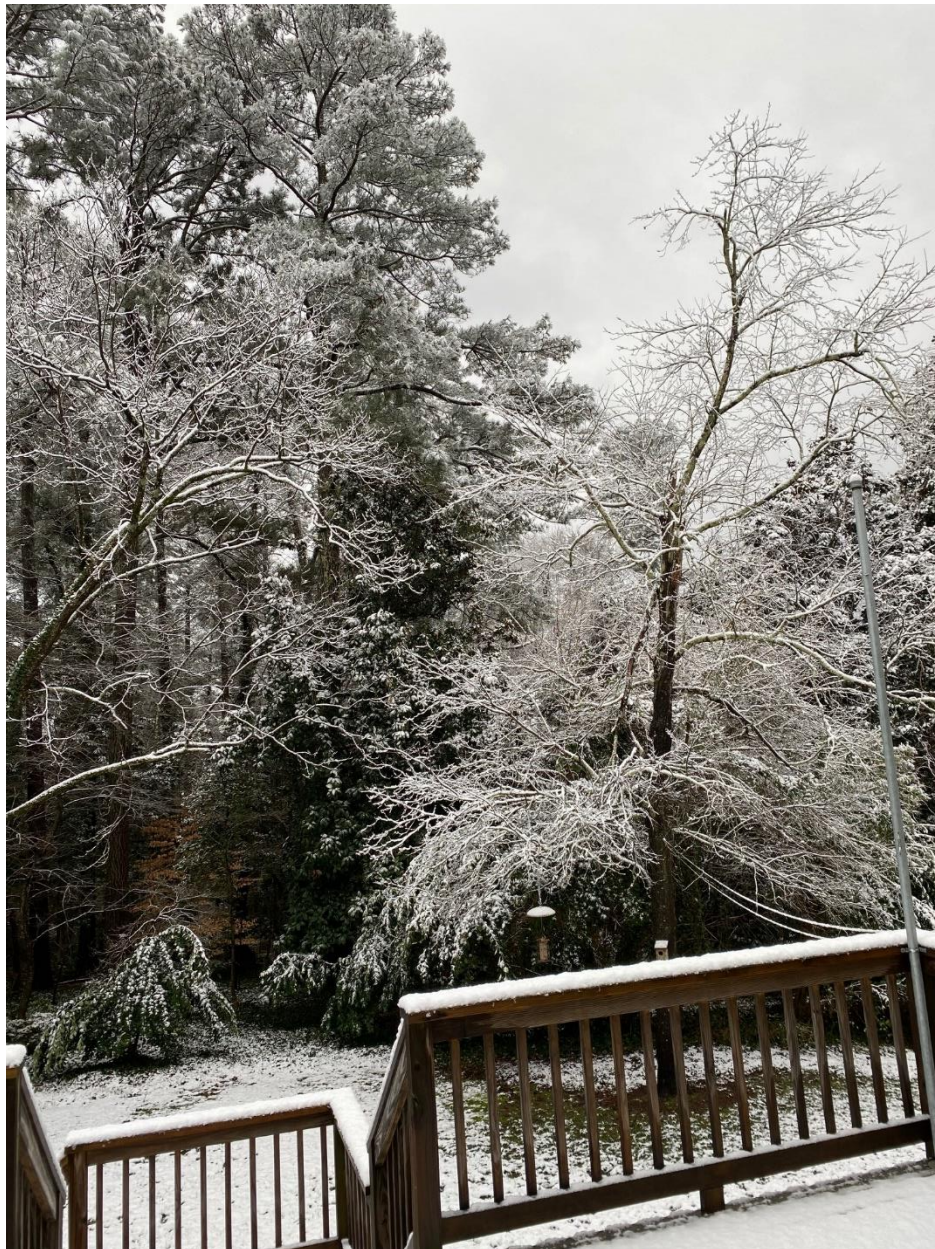
**Max Elliott and Avshalom are working on their R&R for the preliminary acceptance pending some minor edits at *Nature Aging*.** "Disparities in the pace of biological aging among midlife adults of the same chronological age: Implications for future frailty risk and for policy" (NATAGING-A00141A).

**Kyle Bourassa and Line Rasmussen's new paper is out for mock review**, due back 5 Feb. "Linking Stressful Life Events and Chronic Inflammation Using Soluble Urokinase Plasminogen Activator Receptor (suPAR)." **Thanks to all who are doing mocks!**



**Oh my goodness, Durham, NC got almost ½ inch of snow this week!!!! Our very first flakes for this winter! Snow covered the ground for a whole two hours.**

**(As this newsletter goes to press, a very big snow storm is hitting the NE USA, disrupting vaccinations, sorry, not nice.)**



**Kyle & Alli**





**Aaron  
&  
Ronen**



**Temi & Avshalom's Durham house**



**Everyone raced out to make snowmen!**



**Jasmin and co.**



**Renate's Erin**



**Renate's snowmen**



**Honalee & Robin's**



**Kids had great fun playing in the snow for an hour or two.**



**Renate's Aidan**



**Jasmin's Clara**



**But London had even more snow.**



**Helen and Brendan's**

## As did State College, Pennsylvania



**Idan and Yael's**



## And Ann Arbor, Michigan



Leah and Curt's



**And creative Montreal, thanks Stephanie Langevin!**



But the obvious **winner** in this winter's snow competition has got to be Norway!



**Mona Bekkus**





**Mona horse riding,  
erm, working on her grant proposal (she's thinking of innovative  
analytic strategies)**





**From Espen Roysamb**



**Even Bernie prefers Norway.**



Thanks for these pics Espen. Bernie's obviously helping Mona plan her analyses.

**But who is the REAL team winner of the best January weather ever?**



**Auckland, from Barry. January is peak BBQ, cricket, boating, and beach time.**



**Lucy, cooling feet, from Dave Ireland.**



**Sunny Dunedin harbour, from Sandhya and Richie.**



**In Dunedin, it's the mid-summer crowds that spoil the beaches. Thanks for pointing that out, Sean.**



**Have a warm and cosy week everyone.**



Photo sent by Pete McCann