

5 October, 2020, newsletter theme: **This pandemic is STILL lasting too long.**



Dear Grey House team and lovely quaran-teammates! It's now 218 days into our team-building baptism of fire. (see, I am looking for variations on "ordeal", which is over-used by now.) We are going for 365 days, and OUT!!!!!!!!!!!!!! Roll on 5 March 2021!

Every October, as evenings cool and the air gets crisp (at least here in the northern hemisphere), thoughts turn to **going somewhere. But where?**

Brookgreen Gardens to Host COVID-safe Nighttime Autumn Event in South Carolina



Brookgreen Gardens to Host Autumn Nights in the *Field of Light* every Friday and Saturday in October

(Murrells Inlet, S.C.) – This October, Brookgreen Gardens will host Autumn Nights in the Field of Light, a new event showcasing Bruce Munro's *Field of Light*, an immersive light display covering Brookgreen's arboretum. Every Friday and Saturday night in October, a Lowcountry supper will be served and guests will be invited to stroll through the installation featuring over 12,000 stems of light in softly moving colors. Originally installed for Bruce Munro at Brookgreen: *Southern Light*, *Field of Light* will be the only installation on view for this event. Autumn Nights in the *Field of Light* will be held every Friday and Saturday in October from 7:00-9:30pm.



<https://www.fodors.com/world/north-america/usa/north-carolina/the-north-carolina-mountains/hotels>



<https://roomporn.co/2019/02/26/10-unique-places-to-stay-in-north-carolina/>

FIRST THE HAPPY NEWS: Lots of media glitz and glamour this week!

The Danish newspaper *Berlingske* has an article on Signe and Leah's article (in Danish, available here: <https://insight.infomedia.dk/MO/5419/e7ea392f>).

Rockwool Foundation also posted a small video on the results on its Facebook page <https://www.facebook.com/ROCKWOOLFonden/>

Our Stephanie D'Souza in was belle of the Auckland media this week, talking about her research showing that more New Zealand children are prescribed ADHD drugs than before. Watch Steph here: <https://www.newshub.co.nz/home/new-zealand/2020/09/adhd-medication-use-in-nz-doubled-in-just-10-years-study.html>

Our Jo Newbury in London released her wonderful new ACAMH blog: City living and psychosis.

<https://www.acamh.org/blog/city-living-and-psychosis/>



Aaron's and Max's internship applications to the hospitals are in. Good luck you two future interns! Where you guys are going next year, you're gonna need this: <https://mantherapy.org/>



Dunedin Study work on cannabis receives boost from the PM! Jacinda Ardern Admits Past Cannabis Use. New Zealanders Shrug: 'Us, Too.'

<https://www.nytimes.com/2020/10/01/world/asia/jacinda-ardern-cannabis-new-zealand.html?referringSource=articleShare>

And remember, Dolly Parton's new Christmas Album can be ordered this week, starting on Oct 7! Listen to a track with Miley Cyrus!

<https://country1025.com/2020/10/dolly-parton-a-holly-dolly-christmas-miley-cyrus/>



NEXT, THE UNHAPPY NEWS:

It's kind of unhappy that Richie is still ongoing with his radiation therapy. You kick ass Richie! Fingers crossed for you!



Sending our very best wishes for you, Richie & Sandhya!



THIS WEEK's Science visualization: Is it safe in an airplane?

From JAMA this week, the news is apparently, YES!!!!!! YES!!!!!!

Air travel and COVID-19

The risk of contracting COVID-19 during air travel is low. Modern airplanes maintain clean air by circulating a mix of fresh air and air recycled through HEPA filters, the same type of air filters used in hospital operating rooms.

Air enters the cabin from overhead air inlets and flows downward toward floor level outlets at the same seat row or nearby rows. There is little airflow forward and backward between rows.

CROSS SECTION OF AIRPLANE CABIN

✓ Stay seated whenever possible, and follow crew instructions

Risk of COVID-19 During Air Travel

https://jamanetwork.com/journals/jama/fullarticle/2771435?guestAccessKey=6a15c27c-ef1e-4826-819b-1589b8789cd0&utm_source=silverchair&utm_medium=email&utm_campaign=article_alert-jama&utm_content=olf&utm_term=100120

Supporting photo by Jens Vang Petersen. Copenhagen to NY flight this week.



On another science topic: Some interesting findings are now coming out about mental health in the pandemic, for example.....

***JAMA Internal Medicine* paper on changes in internet searches for mental health issues in New York during the pandemic:**

<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2771502>

Searches for *panic attack* soared during the first week of the lockdown: search volumes increased 56% (95% PI, 37%-97%). Searches for *insomnia* were on average 21% (95% PI, 1%-55%) higher than expected. *Suicide* and *depression* ([Figure 2](#)) did not exhibit significantly different RSV from what was expected.

U.S. Census Bureau-assessed prevalence of anxiety and depressive symptoms during the 2020 COVID-19 pandemic compared to 2019. *Depression & Anxiety*.

<https://onlinelibrary.wiley.com/doi/full/10.1002/da.23077?campaign=woletoc>

U.S. adults in 2020 are considerably more likely to screen positive for mood disorders than in 2019, with anxiety declining and depression increasing from April to May.

RESEARCH-PROJECT PROGRESS SINCE 28 Sept:

The Oslo group's paper has been published in *Developmental Psychology*!

Pedersen Willy, Rannveig Kaldager Hart Terrie E. Moffitt, and Tilmann von Soest (2020). Delinquency Abstainers in Adolescence and Educational and Labour Market Outcomes in Midlife: A Population-Based 25-year Longitudinal Study. Developmental Psychology

This will be accompanied by a feature story in Aftenposten, Norway's largest newspaper, around 250 000, plus many digital readers. So the piece will be read by a large proportion of Norwegians interested in culture, politics and research, in particular those in the greater Oslo area. All key politicians read Aftenposten with their morning coffee.

Aaron and Max, joint authors, have their paper on childhood lead and midlife brain structure accepted to appear in *JAMA*! Association of childhood lead exposure with MRI and measurements of structural brain integrity in midlife.
Congratulations team!!!!

***Nature Genetics* has accepted our paper! YAY! Thanks to Daniel for this one!**

Demange, Perline A., Margherita Malanchini, Travis T. Mallard, Pietro Biroli, Simon R. Cox, Andrew D. Grotzinger, Elliot M. Tucker-Drob, Abdel Abdellaoui, Louise Arseneault, Avshalom Caspi, David Corcoran, Benjamin Domingue, Colter Mitchell, Elsje van Bergen, Dorret I. Boomsma, Kathleen M. Harris, Hill F. Ip, Terrie E. Moffitt, Richie Poulton¹, Joseph Prinz, Karen Sugden, Jasmin Wertz, Benjamin Williams, Eveline L. de Zeeuw, Daniel W. Belsky, K. Paige Harden, Michel G. Nivard (in press). Investigating the Genetic Architecture of Non-Cognitive Skills Using GWAS-by-Subtraction. Nature Genetics.

Avshalom's K07 application was reviewed at NIH last week, and made the first cut. All we know was that it was in the top 40%, kept in for discussion, after the bottom 60% were triaged off the table. Should hear something in a month.

Christina Carlisi is working on an R&R from JCPP, for her paper, Associations between life-course-persistent antisocial behavior and subcortical brain volume in a population-representative longitudinal birth cohort. **Go Christina go!**

Maria Gehred is working on an R&R from Biological Psychiatry for her paper: Long-term neural embedding of adverse childhood experiences in a population-representative birth cohort followed for five decades. **Well done you Maria!!!**

If you are keen to help write up the new data collected in this year's online survey of E-risk twins, contact Antony or Candice to get a copy of the survey content, and volunteer to help. Jo and Becky report 70% response rate to the online survey by twins. This is unbelievable. All other surveys in 2019-2020 that I know of have ranged from 17% to 35%. **Expecting a flurry of concept papers soon, y'all.**

From Madeline a new Concept Paper, on cannabis. Welcome back Madeline!

From Annchen and Ahmad, another new Concept Paper, also on cannabis.

From Renate and Avshalom, another new Concept Paper, this one on "The P factor: an empirical assessment of methodological and conceptual issues."

Jon Schaefer's K application is due Oct 12. Good luck Jon!

Temi and Avshalom and Susan submitted our grant application to NIH. No turning back now. Eeek!

I think Jasmin and Sara Jaffee may have also submitted their grant application to NIH this week. Fingers crossed!

Jay, Temi and Avshalom's next zoom book-launch will be Oct 17, 3PM EST., hosted by Emiko Higashi higashiemiko33@gmail.com. We are also getting requests to hold book-discussion zooms from groups including the American Enterprise Institute, the University of Georgia College of Criminology, Northwestern University Psychology Dept., and the University of Wisconsin Psychology Dept.

If you are working on something you want others to know about, please let me know, and I will add it to this newsletter.

♥♥♥♥♥ NEXT week, I'm gonna need photos and material from newsletter readers. The theme is easy, its ♥ LOVE ♥. So send me photos of yourselves expressing affection. ♥Or at least of expression being expressed by someone. ♥ Even pets are good. ♥♥♥♥ C'mon you stiff scientists. You can do it! ♥♥♥♥ thanks, Temi

Nice story in the Guardian (UK), about Duke's success controlling COVID:

Two universities welcomed students on campus. Only one tested for Covid-19. Duke's plan was to implement rigorous weekly testing. UNC said testing created a 'false sense of security.'

<https://www.theguardian.com/world/2020/sep/30/north-carolina-university-duke-coronavirus>

Of course, in pitting Duke vs UNC, the Guardian neglected to explain that Duke is a small private university, with a population of typically elite well-to-do students, whereas Carolina is a large public university, with a population of working-class and middle-class students, and about four times larger than Duke's. Selection effects, selection effects, selection effects!

Duke's COVID-19 testing results for N of cases on campus and quarantined are updated every Monday and can be found here:

<https://coronavirus.duke.edu/covid-testing/>.

Since Aug. 2, Duke has done 58,000 tests, 75 positive, 75 isolated, 63 cleared, 660 precaution quarantined, 555 released from quarantine, 6 students expelled and 4 campus organizations disciplined for flagrantly violating the Duke COVID Compact.



Resources:

Virtual Zoom backgrounds to download from the Smithsonian. SPACE! DINOSAURS! ANIMALS!

https://www.nationalgeographic.com/family/virtual-backgrounds-for-school/?cmpid=org=ngp::mc=crm-email::src=ngp::cmp=dino2020::add=Dino_SpecialEdition_20200928&rid=2EFA51833F1079B665C68673B27F0EEA

Don't Forget to check the American presidential race poll being updated daily by the Economist.

<https://projects.economist.com/us-2020-forecast/president>

FYI - VOTING INFO

North Carolina Residents.

You can check your NC voter registration status here:

<https://vt.ncsbe.gov/RegLkup/>

Register online if you have an NC license or DMV-issued ID here:

<https://www.ncsbe.gov/Voters/Registering-to-Vote>

Info on NC absentee voting, here:

<https://www.ncsbe.gov/Voting-Options/Absentee-Voting>

One stop website for residents of other states:

Register - <https://www.usa.gov/register-to-vote>

Early voting/absentee voting: <https://www.usa.gov/how-to-vote>

Upcoming birthdays

	NOVEMBER
	DECEMBER
Leah	4-Dec
Karen	10-Dec
Stephanie	15-Dec
Ben	22-Dec

Temi and Av went to Star, NC last Saturday, for private shopping to buy glass pumpkins. We watched the glass pumpkins being made by glass blowers.



And then Temi went wild buying them. Heh Heh! (with Virginia cousins)



Jasmin, Pete, Clara, and Iona went to the real live pumpkin patch this week!



Ahmad and family went on a camping trip. Yes, our Ahmad. Went camping. Outdoors. That's what I thought too. But here's the evidence.



Have a serene week everyone, wherever you may be! Temi



Photo of spring in New Zealand, by Melissa Purnell, Dunedin Study staff