

Professor Robert Plomin Recognised in the New Year Honours List

We are delighted to let you know that Robert Plomin (the founder of TEDS) was awarded a prestigious Commander of the British Empire (CBE) in the New Year Honours List for his services to scientific research. The award is in recognition of Robert's pioneering work in the field of behavioural genetics. It goes without saying that much of this important work could not have been carried out without the help of TEDS families and we would like to take this opportunity to thank you for your ongoing support for this research.

For the past 25 years you have been completing questionnaires, taking part in online activities (TEDS was at the forefront of the move to collect data online) and sending us your DNA samples. Thanks to your efforts, Robert and the researchers on the TEDS team have been able to advance the understanding of the role of genetics in so many (sometimes unexpected) aspects of our lives.

Robert led the TEDS team from its beginning until 2021 when he handed over to Thalia Eley who was one of his first postdoctoral researchers on TEDS. Part of the strength of TEDS is that Robert has nurtured many early career researchers over the years most of whom are now working in universities both in the UK and overseas (including a TEDS twin!).

Congratulations Robert! Thank you, TEDS families!



A message from Professor Thalia Eley, Director of TEDS



THANK YOU so much to over 9100 of you who have taken part in our mental health assessment - we know how busy you all are, so we really appreciate it. You may be aware that anxiety rates are higher in young adults in the UK than ever before. We are hoping that with all the information you and your parents have provided over the years we can help explain why this might be and who is especially vulnerable. Get in touch if you want to suggest questions you think we should be tackling.

Our other major goal at the moment is to link your medical records to your TEDS data so that we can learn more about health outcomes, particularly treatment outcomes. We are really keen to learn more about who seeks and receives treatment for mental health difficulties, and to understand which treatments work best for different types of people. As with everything we invite you to do, it is up to you if you take part in this work. We will be writing in due course with more information and to give you the chance to opt out if you don't want your medical records linked to your TEDS data.

Many thanks again - TEDS would be nothing without all of you and we are so grateful.

We will soon be sending out information about our medical record linkage plans. This information will require your attention so it's important that we have the correct contact details for you.



If you think we may have the wrong details, please get in touch:



If we haven't heard from you in a while, we still class you as a TEDS participant. We still hold your research data and hope you join us for our next wave of data collection!

The Children of TEDS

CoTEDS is our study for the children of TEDS twins! We aim to understand the role that parents play during child development. Your child's co-parent can take part too, if applicable to your family. Details to register below!

CoTEDS participants have completed over **1500 questionnaires!**

Vouchers!

We now give vouchers! Earn a **£10 Love2Shop** voucher for every questionnaire you complete!

As a thank you for completing the questionnaires, all participants, including co-parents are offered the opportunity to receive a £10 Love2Shop voucher which can be spent at www.love2shoprewards.co.uk



Over **900 twins** and **130 twin pairs** have their children registered in CoTEDS!



Coming soon... CoTEDS DNA STUDY



We are excited to soon be launching the **CoTEDS DNA study**. We will be collecting DNA data from CoTEDS families to explore the influence of genes and environments across generations. DNA will be collected in the form of saliva samples.



The DNA data will be analysed to help us learn more about the genetic factors that play a part in the development of human language, thought and behaviour.



You will be sent a DNA kit for any children and co-parents registered with CoTEDS. If you would **NOT** like to receive a kit, you can email us at the address below.



Any TEDS twins who haven't yet given a DNA sample as part of the TEDS study will also be invited to take part. **We will be offering a £10 Love2Shop voucher as a reward** for every DNA sample returned!



Keep an eye out for more information coming soon about this new project!



Sign up here!



We are always looking for TEDS twins with children to join CoTEDS, so if you would like to get involved, scan the QR code or fill out an online form at <https://goo.gl/Cr7Kxy> to register your pregnancy or child!



What CoTEDS children have been up to this year...



Dorothy & her cousin Bram playing together with Bram's hotwheels



Peter helping out at the plant nursery



Hope was very happy to receive her CoTEDS art set!



Alice & Thea at a birthday party enjoying the sensory trays



Loisi and Filimone sent us cute sibling photos all the way from New Zealand!



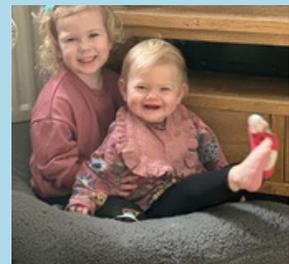
Luca with his CoTEDS stickers sent for completing his 3-year-old questionnaire



Matilda and her cousins finally being able to reunite for lots of fun and cuddles!



Connor and his daddy on the Santa express about to meet Father Christmas



Florence & Cora sharing a cuddle while playing together!



Coteds-project@kcl.ac.uk



@Co_TEDS



CoTEDSProject

100 Years of Behavioural Genetics

A message from
Professor Robert Plomin
(Founder of TEDS)



Last summer, I was asked to give a keynote address at the annual meeting of the international Behavior Genetics Association in Los Angeles, California. I was especially pleased to give a talk in person for two reasons. First, after two pandemic years when we were not able to travel to conferences, I missed the stimulation of interacting with colleagues. The other reason was that it was exactly 50 years after I gave my first talk at a BGA conference!

The title of my talk was 'Celebrating a century of research in behavioural genetics'. A paper based on my talk has just been published (see reference below). The first twin studies were conducted in the 1920s, but they didn't really take off until the 1970s, reaching their zenith in the 1990s when TEDS began. In preparing this review, I was struck by how much TEDS has contributed to many of the biggest findings in the field, some of which have been described in previous TEDS newsletters. TEDS was also one of the first studies to collect DNA and led the way toward the DNA revolution, which has transformed science and will eventually transform society, as explained in my book, *Blueprint*.

I ended my address by saying, 'I have no doubt that the best is yet to come.'

Plomin, R. (2023). Celebrating a century of research in behavioral genetics. *Behavior Genetics*. <https://doi.org/10.1007/s10519-023-10132-3>

Plomin, R. (2018). *Blueprint: How DNA makes us who we are*. Allen Lane/Plenum Press.

New Team Members!

Johnny



Johnny Downs is a Clinician Scientist at the Department of Child & Adolescent Psychiatry. He specialises in the use of digitally gathered information, such as electronic health records and other administrative records for use in research studies and in the NHS. Johnny leads the SLaM CAMHS Digital Lab and helps drive the Maudsley Biomedical Research Centre's programme to support linkages with cohort studies, and has been working with the TEDS team on our medical record linkage plans.

Andy



Andy Boyd is the Director of the UK Longitudinal Linkage Collaboration (UK LLC), a national 'Trusted Research Environment' - which enables data to be brought together from longitudinal studies across the UK and securely accessed for research. Andy has expertise in designing infrastructure and managing the data for medical record linkage. Andy has been supporting the TEDS team with the planning of our medical record linkage.

Tom



Tom joined the TEDS team as a postdoctoral research associate in January 2023. Over the last six years, he has worked at King's College London as a research assistant, PhD student, and postdoc. In this time, Tom mostly studied ways in which we can model the development and treatment of anxiety disorders using experimental methods. A large part of this work has involved developing an app to help deliver the experiments to more people. In his spare time, Tom likes to watch basketball and walk his dog, Heidi.

Meg



Meg joined the TEDS team as a postdoctoral Research Associate following her PhD in Psychology and Statistical Genetics at King's College London. Her research focuses on the relationships between depression, anxiety, and daily functioning. Meg explores these from different perspectives, including the role of genetics, and how symptoms and functioning change over time in response to therapy. In her free time, Meg enjoys watching live music and going on walks near her home in the Welsh countryside.

SOME OF YOUR FAVOURITE MEMORIES FROM THE LAST YEAR!



CARRIE AND HANNAH

Carrie wedding dress shopping with Hannah (maid of honour) and their younger sister Tianna.



REBECCA AND GEMMA

Rebecca got married with her sister Gemma as head bridesmaid.



JOANNA AND BETHAN

Joanna and Bethan went to see Les Mis with their dad for their 26th birthdays.



JONATHAN AND NICHOLAS

Jonathan married his wife Chrissy with Nicholas as his best man.



ADELE AND JOHNATHAN

Adele and Johnathan celebrating their 29th birthday together.



CHARLOTTE AND HEATHER

Charlotte and Heather managed COVID testing units together during the pandemic.



LOU AND FI

Last year, Fi married her husband Matt with twin Lou by their side.



JEN AND SAM

Jen and Sam have been doing World War II ATS re-enactments - the women's branch of the army.



NATASHA AND GABRIELLE

Natasha's wedding day with her sister Gabrielle as her maid of honour and their mum, Nicola.



KAYLEIGH AND KEIRA

Kayleigh and Keira travelled back to the 1850's and boarded the SS Great Britain for her maiden voyage to Melbourne, Australia.



HAYLEY AND DANIEL

Hayley and Daniel both completed their Gold Duke of Edinburgh awards and attended the DofE celebration garden party at Buckingham Palace.



SHANNON AND ALIX

In May 2022, Shannon was maid of honour for her twin Alix.



EMILY AND SOPHIE

Emily and Sophie in Greece & Venice, at their annual Halloween/Birthday dress up, at the new SAW experience and axe throwing!



JESS AND FRANCESCA

Jess and Francesca both got married this year and were each other's maid of honours. They also had a joint hen do.



ELLE AND CHERELLE

Elle and Cherelle both ready for work. Elle is a firefighter and Cherelle is a prison officer.



GRACE AND DANIEL

Grace's twin brother Daniel watched her get married in Marbella.