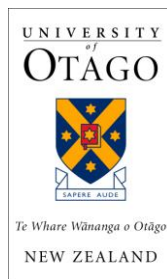


Phase 38 Data Directory

SECTION 2

THE INVITATION TO PARTICIPATE PACKAGE

- Invitation to Participate Letter
- Explanation of Procedures
- Consent Form
- Booking Forms
- Letter to Employer
- Childcare Information
- Information about Next Generation Study



DUNEDIN SCHOOL OF MEDICINE
DEPARTMENT OF PREVENTIVE & SOCIAL MEDICINE

INVITATION TO DUNEDIN STUDY MEMBERS TO TAKE PART IN THE AGE 38 ASSESSMENT PHASE

Dear Study member,

I am delighted that we have launched our next major assessment phase at age 38 (Phase38). Like everyone these days, we too have experienced some significant funding cuts, but we will nevertheless endeavour to remove all barriers to your participation, as we have done in the past. We appreciate how busy life is at 38, juggling work, family, finances and everything else. To accommodate this, we will be running the phase for 20 months to ensure maximum flexibility to suit your needs. I am very excited about Phase 38 as we have a number of new and interesting assessments, and look forward to seeing you then.

The age 38 assessments commence on 1 June 2010 and run through to April 2012 approximately (excluding public holidays), and you are warmly invited to attend on a date convenient to you during that time-frame. Information on procedures and arrangements for attending Phase 38 is set out below.

EXPLANATION SHEET AND CONSENT FORMS

A copy of the explanation sheet and consent form is enclosed. Please bring the Consent Form with you on your assessment day, or return it with your Booking Form if you wish.

MAKING YOUR APPOINTMENT

Please complete an Appointment/Travel Booking Form (enclosed), indicating your preferred appointment day and any travel requirements you may have. As at age 32, we have more flexibility around when we need to see you. However, we strongly prefer you book your appointment **within nine months of your 38th birthday** if at all possible. We will send you an appointment card when we confirm your booking. We would like to see you for a whole day, from 8.25 a.m. sharp to about 5.25 p.m.

We would prefer to see you during the working week, Monday to Friday. If this is not possible, we do plan to have some Saturday assessments (the first and third Saturdays of each month).

If you have or are parenting a teenager who will be 15 or 16 during Phase 38, please also see the enclosed information about the Next Generation Study.

DUNEDIN MULTIDISCIPLINARY HEALTH & DEVELOPMENT RESEARCH UNIT

PO Box 913, Dunedin, New Zealand, Tel 64 3 479 8508 • Fax 64 3 479 5487
Email dmhdru@otago.ac.nz WWW <http://dunedinstudy.otago.ac.nz>



ACCOMMODATION IN DUNEDIN

If you need somewhere to stay, we can book you into our preferred accommodation provider's hotel (Quality Hotel Cargills) for dinner, bed and breakfast for one/two nights (New Zealand-based Study members) or up to three nights (Australian/ Overseas Study members) as necessary.

We can pay accommodation and meal costs for the Study member only. However, depending on the room configuration available, it may be possible to accommodate some extra family members in the room at no extra cost. If you wish to stay longer at your own expense, the accommodation provider is happy to extend to you the special room and meal rates offered to us, for the duration of your stay.

TRAVEL

Study members living in New Zealand but outside Dunedin will need to travel the day or evening before the assessment. Those living overseas will need to allow sufficient travel time to arrive at least one day before their appointment and, if travelling long distances, to recover from "jet lag".

Travel By Bus/Car

If you live outside the Dunedin metropolitan area in Otago, Southland or Canterbury and wish to travel by bus, please make the necessary bookings and we will reimburse you for your fares. It is essential you bring your tickets with you to the Unit for reimbursement purposes.

Similarly, should you prefer to drive to Dunedin, we will reimburse your travel costs to the value of the lesser amount of either the University's per km rate for use of private vehicles or the price of a smart-saver return airfare from your place of origin.

Travel By Air

Please do not make your own air travel bookings, without first discussing your plans with the Travel Co-ordinator, Jen Knox (phone +64 3 479 8508 or 0800 479 8508; email jennifer.knox@otago.ac.nz).

If you require flights to Dunedin, please complete the travel section of the Booking Form, noting any preferences or special requirements you may have, and return it to us in the enclosed reply-paid envelope or by email to jennifer.knox@otago.ac.nz.

We will make the booking for you, taking the most direct route available from your departure point to Dunedin.

For overseas-based Study members, should you want a different route to the most direct one we have sourced and/or extra stop-overs, we are happy to book this for you but you will have to pay any difference in costs. There is no time limit on how long you may stay in Dunedin. We want you to enjoy your visit.

We are happy to co-ordinate air travel for anyone who might be accompanying you to Dunedin. However, as facilitating these bookings can take longer to organise, please complete the appropriate section on the Booking Form and let us know as soon as possible if you wish us to do this.

Feel free to give specific flight details if you have access to domestic and overseas timetables.

We will post or email your itinerary and electronic ticket (ET) once the bookings are finalised.

Airport Shuttles

Please use shuttle services wherever possible as taxi costs are astronomical. For Dunedin airport shuttles, the cost per person can vary from \$10.00-\$30.00 one way, dependent on the number of passengers using the shuttle, i.e. the more people on board, the cheaper the cost!). We will reimburse the reasonable costs of the Study Member only upon production of receipts.

GETTING TIME OFF WORK

We have prepared a letter for your employer addressed "To Whom it May Concern". You may wish to give this letter to your employer when asking for time off to attend the Study.

CHILD-CARE

If you have children and wish to bring them with you on the day of your appointment, we will have facilities available for the children to be cared for on-site at the Unit, usually on Fridays. However, child-care may be available on other days if there is sufficient demand. An information sheet describing our on-site babysitting service is enclosed.

If you do not wish to bring your children to the Unit but need to make special childcare arrangements, we may be able to assist with these arrangements.

Please contact us and discuss any special requirements.

PARKING

We have limited parking available. Please indicate on the booking form or let us know in advance if you wish to reserve a car park.

REIMBURSEMENTS

We are able to offer the following as a token of appreciation for your time:

Standard reimbursement for everyone who comes to the Unit for Assessment	\$75.00
Additional reimbursement for keeping the appointment and being on time	\$25.00
Additional reimbursement for agreeing to be a "standby" person who comes to the Unit at short notice (Dunedin residents only).	\$25.00

As already mentioned, you will be reimbursed for any travel or other expenses incurred in coming to the Unit (e.g. bus fares, departure tax), but please note that receipts are essential for these reimbursements. You will be reimbursed by cash or cheque at the end of the assessment day.

If you foresee any barriers that may prevent you from taking part in the Study this time, please let us know as soon as possible. We will try our best to ensure you are able to attend this important assessment.

LUNCH

Lunch will again be provided.

HOW TO CONTACT US

If you are unsure of anything or have any questions, please get in touch. We can be contacted by telephone from 8.30 a.m. until 7.00 p.m. Monday to Friday, or leave a message on our voice mail. Our telephone numbers in Dunedin are:

Free phone: 0800 479 8508

Overseas: 0064 3 479 8508 (*Please call us collect*)

Jen Knox, the Interview & Travel Co-ordinator (8.30 a.m. – 4.30 p.m.), and Carol Mackie, the Cohort Tracer (4.00 p.m. - 7.00 p.m.), are the people responsible for bookings. Other Unit staff are always available to help.

Or you can contact us by email dmhdru@otago.ac.nz. Arrangement details, and all documents and forms mentioned in this letter are also available on our website <http://dunedinstudy.otago.ac.nz>.

We look forward to seeing you again at the age 38 assessment phase.

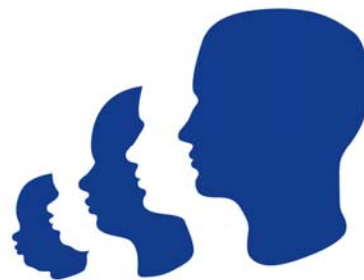
Kind regards.



Professor Richie Poulton
DIRECTOR



PHASE 38
**Dunedin Multidisciplinary
Health & Development
Study**
DMHDS



EXPLANATION OF PROCEDURES

INTRODUCTION

This is an outline of our plans for Phase 38 of the Dunedin Multidisciplinary Health and Development Study. We hope you will read them carefully and agree to participate again in this very worthwhile research programme.

The purpose of the Study is to obtain a better understanding of the aging process by studying the health and development of people in early mid-life. Not much is known about people in their late 30's in this country or overseas, so what we find out will be used to help plan better services for adults.

Involvement in the Study is completely voluntary and you are free to withdraw at any time.

ANY QUESTIONS?

If you would like to talk to us about any parts of the Study, please telephone either Professor Richie Poulton (Director) or Dr Sandhya Ramrakha (Research Manager) on freephone 0800-479 8508 or from overseas +64 3 479 8508 [collect].

WHAT TIME?

Please arrive by 8.25 a.m. at the latest as we need to start promptly. You will receive a bonus for being on time!

From 8.40 a.m. to 12.15 p.m. there will be four 50-minute assessments, with a tea break. There will be a physical fitness test during this time, **SO PLEASE WEAR CASUAL OR LOOSE CLOTHING.** You are also asked to **BRING ANY MEDICATION YOU ARE CURRENTLY TAKING** so we can accurately record this information, and if you wear contact lenses, please also **BRING YOUR CONTACT LENS CASE** as one of the new assessments will require you to remove your contact lenses for a short time. We would also like you to **BRING CONTACT DETAILS OF YOUR FAMILY AND FRIENDS** as, once again, you will be asked to nominate three people to provide information.

The afternoon sessions will begin at 12.50 p.m. sharp, consisting of two 100-minute sessions broken up by a 10-minute tea break, and then one final 60-minute session, finishing at about 5.15 p.m.

WHERE?

As usual, the assessments will be carried out at the Research Unit (see map) in Dunedin.

LUNCH

We will provide you with lunch.

WHAT KIND OF INTERVIEWS AND TESTS?

The interviews and tests are described on the following pages. The names of those in charge of each area of study are also given. See the last page for a complete list of the researchers.

We would like you to read the explanation of the procedures before deciding whether to sign the consent form. If you would like more information, please phone us.

THE CONSENT FORM

The Consent Form contains a list of all the major sections planned for Phase 38.

IF YOU DO NOT WISH TO TAKE PART IN ANY PARTICULAR SECTION, CROSS OUT THAT SECTION ON THE CONSENT FORM.

Please bring the Consent Form contained in this package when you come to the Unit.

OLD STUDIES AND NEW

Most of the studies are similar to those you have taken part in before. All new studies are marked as such to help you decide whether you agree to take part in them.

CONFIDENTIALITY

As always, all information is strictly confidential to the Research Unit and is never released to anyone unless you request this. All data is protected by an anonymous identification number.

AND PLEASE REMEMBER.....

- If you are on time (8.25 a.m.), you receive a bonus reimbursement!
- To bring the Consent Form.
- To bring any medication you are currently taking.
- If you wear contact lenses, please bring your contact lens case with you. One of the new assessments (retinal scan) will require you to remove your contact lenses for a short time.
- To bring contact details (email addresses, phone/cellphone numbers, mailing addresses) of your family and friends whom you might nominate to provide information.
- To wear casual or loose clothing as you will be undergoing a physical fitness test.



Because a number of the assessments we are now conducting can be affected by substance use and/or recent food intake, we ask that you:

- ☺ Try to have a light breakfast.
- ☺ Try not to use excessive alcohol or drugs the night before you come to the Unit.
- ☺ Try hard not to smoke or use an inhaler (or any non-prescription medications) on your assessment day.



MORNING PROGRAMME

1. CARDIOVASCULAR HEALTH:

Theme Leader: Professor Richie Poulton

Co-Investigators: Professor Avshalom Caspi, Professor Temi Moffitt

As in the past, we will be measuring your blood pressure, heart rate, height and weight, and testing your fitness.

We will also assess your balance and hand strength (*NEW*).

Retinal scan (*NEW*): We will take a picture with a standard camera of your eyes in a darkened room. This is to examine the health of the small blood vessels that are easily visible in the eye. If you wear contact lenses, you will be asked to remove them for this assessment. Please **BRING YOUR CONTACT LENS CASE** on the day. The images will be sent to our collaborator in Singapore (Professor Tien Wong) for grading, then returned and stored at the Dunedin Research Unit.

Cardiovascular flexibility (*NEW*): We will measure the flexibility of the lining (technically known as the 'endothelium') of your blood vessels to give us an indication of the overall health of your cardiovascular system. This will involve using a blood pressure cuff on your forearm, and plastic caps on one finger of each hand.

Wrinkles (*NEW*): We will take a photo of the side of your face (eyes and mouth). This is used to measure wrinkling, for example as a result of sun exposure or smoking, as an indicator of aging of the skin. If you are wearing makeup, you will be asked to remove it for this assessment and wipes will be provided for this purpose.

2. COGNITIVE FUNCTION (*NEW*):

Theme Leader: Professor Temi Moffitt

Co-Investigators: Professor Avshalom Caspi, Professor Richie Poulton

We will be testing your memory, attention, visuospatial ability, analytic and verbal reasoning. We last conducted some of these tests when you were 13 years old, and here we will repeat these for the first time in adulthood. We will also add some new tests to fully assess adult cognitive functioning.

If possible, please try **NOT TO USE EXCESSIVE ALCOHOL OR DRUGS** the night before you come to the Unit, as a "hangover" can interfere with these tests.

3. RESPIRATORY HEALTH:

Respiratory Leader: Associate Professor Bob Hancox

Consultants: Professor Malcolm Sears, Professor Richie Poulton,
Professor Temi Moffitt

- (a) We will ask about breathing problems, hay fever, cigarette smoking, sleep, and your work and home environment.
- (b) *Lung tests:* These will be identical to those you did at age 32, sitting in the body "box" and blowing into a mouthpiece, panting and holding your breath. There are no risks associated with these tests. Following these tests, we will give you Ventolin to breathe (an inhaler used by asthmatics) and repeat one of the breathing tests.
- (c) *Exhaled nitric oxide and carbon monoxide tests:* This is the same test we did at age 32. It involves blowing into machines which measure nitric oxide and carbon monoxide in the breath.

If possible:

- Please **DO NOT USE ANY BREATHING INHALERS** on the day of your assessment **but bring them with you**; and
- Please **DO NOT SMOKE** on the day.

AFTERNOON PROGRAMME

4. UPDATE OF LIFE EVENTS:

Theme Leader: Professor Avshalom Caspi

Co-Investigators: Professor Temi Moffitt, Professor Richie Poulton

As at the last assessment, you will be asked about your life over the past six years. In particular, we will ask about where you have been living, who you have been living with, and the jobs you have had. We will also ask about recent major life events such as getting married, having children, and serious injury or illness suffered.

5. EMOTIONAL WELL-BEING AND BEHAVIOUR:

Theme Leader: Professor Temi Moffitt

Co-Investigators: Professor Avshalom Caspi, Professor Richie Poulton

- (a) As in the past, you will be asked about how you have felt over the last year, about any emotional problems or difficulties you may have had, and about your use of alcohol and drugs. The interview will cover a wide range of areas, including your use of mental health services.
- (b) We will ask you about your emotional health in the years since you were 32 when we did not see you.
- (c) As before, we ask for your permission to send a short questionnaire about your emotional well-being and behaviour over the past year to three people nominated by you who know you well. We can show you the questionnaire when you come in.

6. SEXUAL RELATIONSHIPS AND REPRODUCTIVE HEALTH:

Theme Leader: Associate Professor Nigel Dickson

Co-Investigators: Professor Jennie Connor, Professor Peter Herbison

As in past assessments, we will ask you about your sexual behaviour and relationships, contraception, pregnancies, and any sexually transmitted infections you may have had. These questions will focus mainly on events since the previous assessment.

We will be asking for more information than before about satisfaction with relationships, and difficulty getting pregnant. We will also be asking about sexual behaviour and alcohol use (*NEW*).

As in previous assessments, these questions will be asked through a computer rather than an interviewer. You will be able to skip any questions you do not wish to answer.

7. WORK AND FINANCES:

Theme Leader: Professor Richie Poulton

Co-Investigators: Professor Avshalom Caspi

We will ask you about your qualifications and skills, and your current or most recent job. We will ask you about things that make your job stressful or demanding, how you cope with this, and how much support you get at work. We will ask you questions about your financial situation.

8. NEW ZEALAND SOCIETY, IDENTITY AND HEALTH:

Theme Leader: Associate Professor Joanne Baxter

Co-Investigator: Dr Emma Wyeth

As at the last assessment, we will be conducting studies aimed at understanding health matters associated with ethnicity, identity and health. These studies will include questions about ethnic identity, involvement in Māori society, and experience of discrimination on the basis of ethnicity. Information collected at many of the other sessions will also be used for these studies.

9. ILLEGAL BEHAVIOUR:

Theme Leader: **Professor Temi Moffitt.**

As previously, you will be asked about illegal things you may have done in the past year and about your attitudes towards illegal behaviour.

10. PARTNER RELATIONSHIPS:

Theme Leader: **Professor Temi Moffitt**

Co-Investigators: **Professor Avshalom Caspi, Professor Richie Poulton**

In this session, we will ask you whether you have a partner. If you do, we will ask you about the activities you do together, how you deal with disagreements, and how you divide up the household tasks.

We will ask about your other friendships and whether you feel lonely. Later in this session, we will ask you to remember back to your childhood and whether you experienced love or neglect or abuse when you were a child.

11. DENTAL HEALTH:

Theme Leader: **Professor Murray Thomson**

Co-Investigators: **Professor Richie Poulton, Associate Professor Christopher Sissons**

The dental part of the study is mostly concerned with tooth decay and gum disease (which are the two main oral diseases). We are also interested in your attitude to dental care, and the effect that this has on your dental health.

As in the past, this will involve a brief dental examination and a questionnaire about your dental health. We will explain the results of the examination and give you a written report that you can take to your dentist if there are any findings that could be of help to you.

12. GENERAL HEALTH

Theme Leader: **Professor Richie Poulton**

Co-Investigators: **Professor Avshalom Caspi, Professor Temi Moffitt**

In this session, as in the past, we will be asking you about your recent medical history, use of medication, injuries, physical activities, pain, diet and attitudes to health.

13. BLOOD TESTS :

Co-ordinator:

Professor Stephen Robertson

Again, we would like to take a small sample of blood (approx. 60mls). This will be taken towards the end of the assessment day at the Unit by trained nurses. Only a small amount of discomfort is involved. The blood will be analysed in the following studies:

13.1 IMMUNE RESPONSE TO HERPES SIMPLEX VIRUS (TYPE 2) AND CHLAMYDIA TRACHOMATIS INFECTION:

Blood will be analysed to provide information on previous contact with herpes simplex virus (type 2) and *chlamydia trachomatis* infection and possibly human papillomavirus (HPV).

13.2 RESPIRATORY HEALTH:

Blood will be analysed for anaemia which will help us to interpret your breathing tests. We will also test for evidence of allergy and inflammation in your blood.

13.3 BLOOD LIPIDS, CHOLESTEROL AND OTHER CARDIOVASCULAR RISK FACTORS:

Levels of cholesterol, various markers of inflammation, and other cardiovascular risk indicators will be measured.

14. COLLECTION OF INFORMATION FROM OTHER SOURCES

This information is required to provide further details for some of the studies described above. Information from other sources is sometimes more detailed than what you may be able to supply from memory. This information is, of course, subject to strict security measures to maintain confidentiality. **Importantly, no information about you will EVER be given to any of the agencies listed below.** Instead, we bring data back to the Unit and link it to your anonymous ID number.

As in the past, we will ask you for permission to collect the following information, current up to the date you come to the Unit for your age 38 assessment.

- | | |
|------------------------------|---|
| • Police Records: | for studies of illegal behaviour |
| • Hospital Records: | for studies of injury and health |
| • GP Records: | for studies of injury and health |
| • Emergency Service Records: | for studies of injury and health |
| • ACC Records: | for studies of injury and health |
| • Traffic Accident Reports: | for studies of injury and health |
| • Ambulance Records: | for studies of injury and health |
| • Police Traffic Records: | for studies of injury, health and drink driving |
| • Credit Checks: | for studies of work and finances |
| • Government Benefits: | for studies of work and finances |

15. GENETIC STUDIES (ONGOING SINCE PHASE 26)

Unit researchers will use DNA and (*NEW*) RNA, collected at age 38, to look for genes that make people resistant to health problems or stressful experiences. RNA is produced by DNA and measuring it allows us to better understand how genes work and how they influence your health. A brochure with more information about RNA will be available to you at the Unit on assessment day.

In the past, studies have sought to identify genetic information that may confer risk or protection against the development of behaviour problems such as depression, or the development of poor lung function. We will continue our work in these areas, with *NEW* studies focussing on heart and gum disease, cognitive difficulties and risk for diabetes. In a nutshell, we will be trying to understand how genes interact with life experiences to influence health and development, and how this might change as people age. In the long run, it is possible that the Unit might make discoveries that can lead to medically useful diagnostic tests, or new treatments, cures, and preventions.

Scientists seeking to access the Dunedin Study Biorepository for *future* research projects will require:

- (1) Approval from the Director and Associate Director of the Dunedin Multidisciplinary Health and Development Research Unit; and
- (2) Ethical approval from their host institutions and from the Lower South Regional Ethics Committee.

Professor Richie Poulton is overall principal investigator for all studies of physical health. Professor Temi Moffitt is overall principal investigator for all studies of behavioural disorders.

16. DNA AND RNA IN THE DUNEDIN STUDY BIOREPOSITORY

DNA and RNA samples will be deep frozen and stored in special, locked freezers that belong to the Dunedin Study, at laboratories at the University of Otago, Dunedin (with Professor Robertson), and Duke University, Durham, USA (with Professors Moffitt and Caspi). No names will be on the test tubes, only "bar code" identification numbers.

Importantly, the DNA and RNA we collect **will NOT be used** to identify individuals for any forensic or clinical purposes. The DNA and RNA **will NOT be used** to test for any known disease, and no "test result" will be generated. As a Research Unit, we are not equipped to provide clinical genetic testing or the genetic counselling that must accompany such testing. Should a Study member require clinical genetic testing in the future, a new tissue sample would be easily obtainable, without accessing the Dunedin Study Biorepository. If you are ever asked (for example, by an employer) whether you have undergone genetic screening, it is correct to reply that you have not. The DNA and RNA will be treated like all Unit data. Genetic data will be analysed in group comparisons only and is for confidential research use only. No feedback can be given to individual Study members or their GP about their genes although, as usual, the broader findings of the research will be shared with Study members in newsletters and other publications.

RESPONSIVENESS TO MĀORI WITHIN THE RESEARCH

The Dunedin Study has implemented a Māori research policy. This policy has been developed as part of the partnership between Māori researchers, the Dunedin Multidisciplinary Health & Development Research Unit (DMHDRU) Director and others. This policy includes protocols for the collection, storage, analysis and disposal of samples collected as part of the research. It also includes protocols for the collection and analysis of data from questionnaires in relation to Māori. The Māori research team has a role of providing kaitiakitanga (guardianship) for Māori aspects of the Study. Copies of the detailed policy are available at DMHDRU.

UNIT NON-INTERVENTION POLICY

Our policy is not to intervene in people's lives except in two exceptional circumstances where an individual is deemed to be:

- (1) an immediate threat to themselves; or
- (2) an immediate threat to the safety of others.

Thankfully, these situations hardly ever occur, but we have procedures in place should they be required. We do not provide Study members with formal feedback about their data collected during the day. However, we will continue to provide you with information and contact details (e.g. addresses for GP's or specialised clinics and services) if you want this.

SECURITY OF INFORMATION

All information collected by the Research Unit is kept secure. Information is linked to anonymous numbers and special security procedures are in place to prevent the information being linked to the names of Study members. No material which could identify any individual is ever used in any reports of the Study. Only approved Dunedin Study researchers will have access to the data.

CONFIDENTIALITY

Finally, we want you to be assured, again, that **ALL** the information we collect is for research only. It is strictly confidential and **NEVER** released to anyone unless you request it. Study members are assured that **UNDER NO CIRCUMSTANCES WOULD WE SHARE INFORMATION ABOUT YOU WITH ANYONE**, including partners or parents.

RISK

The American National Institute on Aging is funding some of the assessments: Recent Life History, Cardiovascular Risk Biomarkers, Cognitive Abilities, Illegal Behaviour and Partner Relations. They have asked us to specifically inform you about the risks of these studies. The risks involve:

- (1) Possible emotional upset and worry that could be caused by discussing your recent life events, your illegal behaviour and your relationship with a partner;
- (2) Slight discomfort when giving blood; and
- (3) Possible loss of confidentiality if the Unit's security measures were ever to fail. Please consider these risks before you decide to participate in these interviews.

ACCIDENT COMPENSATION CORPORATION (ACC)

In the unlikely event of a physical injury as a result of your participation in this study, you will be covered by the accident compensation legislation with its limitations. If you have any questions about ACC please feel free to ask the researcher for more information before you agree to take part in this Study.

STUDY PARTICIPANTS' RIGHTS

If you would like advice as to your rights as a participant in this Study, you may wish to contact a Health and Disability Services Consumer Advocate, telephone:

Free Phone: 0800 555 050
Free Fax: 0800 2787 7678
Email: advocacy@hdc.org.nz

Professor Richie Poulton
Director

Professor Temi Moffitt
Associate Director

***THANKS FOR YOUR HELP.
WE LOOK FORWARD TO SEEING YOU.***



CONTACT US:

Phone **New Zealand: 0800 479 8508**
 Overseas: +64 3 479 8508 [collect]

Email **dmhdru@otago.ac.nz**

Website **<http://dunedinstudy.otago.ac.nz>**

DUNEDIN STUDY DIRECTORS

Director

Poulton, Professor Richie, *BSc, PGDipSci, MSc, PGDipClinPsych, PhD*, Dunedin Multidisciplinary Health & Development Research Unit, Department of Preventive and Social Medicine, Dunedin School of Medicine, University of Otago, New Zealand.

Associate Director

Moffitt, Professor Temi, *BA, MA, PhD*, Social, Genetic and Developmental Psychiatry Research Centre, Institute of Psychiatry, London, United Kingdom; Institute for Genome Sciences & Policy, Duke University, USA; Department of Psychology and Neuroscience, Duke University; and Department of Psychiatry & Behavioral Sciences, Duke University, USA.

PHASE 38 RESEARCH LEADERS

Baxter, Associate Professor Joanne, *BHB, MBChB, MPH, FAFPHM*, Ngāi Tahu Māori Health Research Unit, Department of Preventive and Social Medicine, Dunedin School of Medicine, University of Otago, New Zealand.

Caspi, Professor Avshalom, *BA, MA, PhD*, Social, Genetic and Developmental Psychiatry Research Centre, Institute of Psychiatry, London, United Kingdom; Institute for Genome Sciences & Policy, Duke University, USA; Department of Psychology and Neuroscience, Duke University; and Department of Psychiatry & Behavioral Sciences, Duke University, USA.

Dickson, Associate Professor Nigel, *MB, BS DipEpid, MRCP(UK), FRACP, FAFPHM*, Department of Preventive and Social Medicine, Dunedin School of Medicine, University of Otago, New Zealand.

Hancox, Associate Professor Bob, *BSc, MBChB, MRCP(UK), MD, FRACP*, Department of Preventive and Social Medicine, Dunedin School of Medicine, University of Otago, New Zealand.

Moffitt, Professor Temi, *BA, MA, PhD*, Social, Genetic and Developmental Psychiatry Research Centre, Institute of Psychiatry, London, United Kingdom; Institute for Genome Sciences & Policy, Duke University, USA; Department of Psychology and Neuroscience, Duke University; and Department of Psychiatry & Behavioral Sciences, Duke University, USA.

Poulton, Professor Richie, *BSc, PGDipSci, MSc, PGDipClinPsych, PhD*, Dunedin Multidisciplinary Health and Development Research Unit, Department of Preventive and Social Medicine, Dunedin School of Medicine, University of Otago, New Zealand.

Thomson, Professor W. Murray, *MA, BSc, BDS, MComDent, PHD*, Department of Oral Health, Dental School, University of Otago, New Zealand.



CONSENT FORM

Please read this form and bring it with you to the Unit. Please do not sign this form until you have had a chance to discuss it with a staff member if you wish to do so. We will give you a copy of this form for your own records.

This is to state I have read and understood the explanation describing the interviews and tests to be carried out for assessment Phase 38 of the Dunedin Multidisciplinary Health and Development Study. I have had an opportunity to discuss the Study and to ask questions which have been answered to my satisfaction. I also understand that participation in this Study is voluntary and that I may withdraw my consent at any time. I understand that my participation in this Study is confidential and that no material which could identify me will be used in any reports on the Study.

I agree to take part in the following interviews and tests:



Please put a line through any interviews or tests listed in this column THAT YOU DO NOT WANT TO TAKE PART IN, OR FOR WHICH YOU DO NOT WISH TO GIVE PERMISSION.

1. Cardiovascular Health	Blood pressure measurement
	Assessment of blood vessel flexibility
	Retinal (eye) photograph
	Physical fitness test
	Body measurements (e.g. height and weight)
	Test of balance and grip strength
	Assessment of wrinkles
2. Cognitive function	Confidential testing of cognitive function (e.g. memory).
3. Respiratory Health	Confidential interview about respiratory problems and sleep.
	Breathing tests.
	Tobacco smoking.
	Bronchodilator test (Ventolin).
	Exhaled nitric oxide and carbon monoxide tests.
4. Update of Life Events	Confidential interview about life events over the past six years.
5. Emotional Well-being and Behaviour	Confidential interview about emotional well-being and behaviour, e.g. depression, anxiety, drug use.
	Permission to obtain information about me from someone nominated by me who knows me well (e.g. a parent, sibling, partner, friend).

6. Sexual Relationships and Reproductive Health	Confidential computer interview about sexual relationships and reproductive health, and related issues.
7. Work and Finances	Confidential interview about my current or most recent job. Confidential interview about my financial situation.
8. New Zealand Society, Identity and Health	Confidential interview about cultural issues, including questions about various forms of discrimination I may have experienced.
9. Illegal Behaviour	Confidential interview about illegal behaviour.
10. Partner Relationships	Confidential interview about my partner relationships. Confidential interview about friendships and social support. Confidential interview about childhood memories of love, neglect and abuse.
11. Dental Health	Examination and confidential interview.
12. General Health	Confidential interview about my medical history, medication use, injuries, physical activities, pain, and diet.
13. Biomedical Studies of Blood	Donation of approximately 60mls of blood for the following approved research studies described in the "Explanation of Procedures": <ul style="list-style-type: none"> • Immune response to herpes simplex virus (type 2) and chlamydia trachomatis infection • Respiratory health • Blood lipids, cholesterol, inflammation and other cardiovascular risk biomarkers, including stress markers
14. Collection of Information from Other Sources	Permission to obtain information, up to the time I come to the Unit for my age 38 assessment, from: <ul style="list-style-type: none"> • Police Records • Hospital Records • GP Records • Emergency Service Records • ACC Records • Traffic Accident Reports • Ambulance Records • Police Traffic Records • Credit Check • Government Benefit Agencies

15.	Genetic Studies – DNA and RNA For specific studies seeking to identify genetic information that confers risk and protection against the development of behavioural and cognitive problems, cardiovascular and respiratory disease, diabetes, and oral (e.g. gum) disease.	Permission to obtain and analyse DNA and RNA from blood or cheek swabs. Permission for my DNA and RNA samples to be stored in special, locked freezers associated with the Dunedin Study, in laboratories at <ul style="list-style-type: none"> • the University of Otago, Dunedin, and • Duke University, Durham, USA. No names will be on the test tubes, only “bar code” identification numbers.
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I understand that all the information obtained by the researchers at the Dunedin Multidisciplinary Health and Development Research Unit will be treated as STRICTLY CONFIDENTIAL to members of the research team.

Name (Please print):

Signed: Date:

Professor Richie Poulton
Director

Professor Temi Moffitt
Associate Director

STUDY PARTICIPANT'S RIGHTS

If you would like advice as to your rights as a participant in this Study, you may wish to contact a Health and Disability Services Consumer Advocate, telephone:

Free Phone: 0800 555 050
Free Fax: 0800 2787 7678
Email: advocacy@hdc.org.nz

CONTACT US:



Phone **New Zealand:** 0800 479 8508
 Overseas: +64 3 479 8508 [collect]
Email dmhdru@otago.ac.nz
Website <http://dunedinstudy.otago.ac.nz>

A COPY OF THIS CONSENT FORM MAY BE RETAINED BY YOU.

PHASE 38 CO-INVESTIGATORS

Bedford, Professor Richard, *BA, MA, PhD*, Population Studies Centre, University of Waikato, New Zealand.

Blumenthal, Professor James, *BSc, PhD*, Psychology and Neuroscience, Duke University, USA.

Braithwaite, Professor Antony, *BSc, MSc, PhD*, Children's Medical Research Institute, University of New South Wales, Australia.

Connor, Professor Jennie, *BSc, MBChB, DipObst, MPH, PhD*, Department of Preventive and Social Medicine, University of Otago, New Zealand.

Harold, Professor Gordon, *MSc, PhD*, Centre for Research on Children and Families, University of Otago; Department of Psychology, University of Otago, New Zealand.

Herbison, Professor Peter, *BSc, PGDipSc, MSc*, Department of Preventive and Social Medicine, University of Otago, New Zealand.

Keefe, Professor Richard, *BA, PhD*, Schizophrenia Research Group, Psychiatry & Behavioral Sciences, Division of Medical Psychology, School of Medicine, Duke University, USA.

Odgers, Dr Candice, *BA, MA, PhD*, Department of Psychology and Social Behaviour, University of California-Irvine, USA.

Richards, Dr Rosalina, *BSc, PGDipSc, MSc, PhD*, Cancer Society Social and Behavioural Research Unit, Department of Preventive & Social Medicine, University of Otago, New Zealand.

Robertson, Professor Stephen, *BMedSci, MBChB, FRACP, DPhil*, Clinical genetics Group, Pathology, University of Otago, New Zealand.

Sears, Professor Malcolm, *MB, ChB, MRACP, FRACP, FRCPC*, McMaster University, Hamilton, Ontario, Canada.

Sissons, Associate Professor Chris, *BSc, MSc, PhD*, Pathology Department, Wellington School of Medicine, University of Otago, New Zealand.

Theodore, Dr Reremoana, *BA, PGDip Arts, PhD*, DMHDRU, Department of Preventive & Social Medicine, University of Otago, New Zealand.

Van Roode, Ms Thea, *BSc, MSc*, Department of Preventive and Social Medicine, University of Otago, New Zealand.

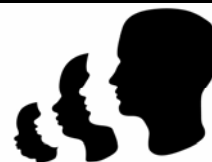
Williams, Associate Professor Michael, *MB, ChB, FRACP, MD, FACC*, Medical and Surgical Sciences, University of Otago, New Zealand.

Wong, Professor Tien Yin, *MBBS, MPH, FRCSE, M.MED, PhD, FRANZCO, FAFPHM*, Singapore Eye Research Institute and National University of Singapore, Singapore.

Wyeth, Dr Emma, *BSc, PhD*, Ngāi Tahu Māori Health Research Unit, Department of Preventive & Social Medicine, University of Otago, New Zealand.

STUDY MEMBER BOOKING FORM – NEW ZEALAND

DMHDS



PLEASE RETURN THIS FORM IN THE ENVELOPE PROVIDED OR EMAIL IT AS SOON AS POSSIBLE

PLEASE PRINT CLEARLY

Full Name: _____ STUDY ID NO. (if known) _____

Address:

Phone (Work): _____
Phone (Home): _____
Email: _____
Cellphone: _____

PREFERRED DATE OF APPOINTMENT

DAY/DATE

MONTH

YEAR

ALTERNATIVE DATE OF APPOINTMENT

DAY/DATE

MONTH

YEAR

ARE YOU AVAILABLE TO BE ON STANDBY? (DUNEDIN RESIDENTS ONLY)

[ie, if you are called in to the Unit at short notice, you will receive an extra \$25.00 reimbursement:]

YES

☐

NO

☐

IF YOU ARE PARENTING A TEENAGER WHO WILL BE 15 OR 16 DURING THE AGE 38 ASSESSMENT PHASE, DO YOU WISH TO COMBINE ATTENDANCE FOR THE NEXT GENERATION STUDY, WITH YOUR PHASE 38 ASSESSMENT?

YES

☐

NO

☐

WILL YOU REQUIRE A CAR PARK AT THE UNIT?

YES

☐

NO

☐

WILL YOU REQUIRE CHILDCARE AT OUR ON-SITE PLAYROOM?

YES

☐

NO

☐

[NOTE: Usually available on Fridays.] IF YES:

Name of Child

Age

Gender

Male

☐

Female

☐

Male

☐

Female

☐

Male

☐

Female

☐

Male

☐

Female

☐

DOES YOUR CHILD HAVE ANY SPECIAL REQUIREMENTS (eg food, sleep, routines, medication)? Please specify:

FOR OFFICE USE ONLY:

Diary (Date entered): _____

Letter sent (Date): _____

Paradox (Date entered): _____

ACCOMMODATION:

DO YOU WANT US TO ARRANGE ACCOMMODATION FOR YOU IN DUNEDIN?

YES

☐

NO

☐

Date In:

Date Out:

No. Adults

☐

No. Children

☐

No. Extra
Nights Required

☐

We will pay for dinner, breakfast and accommodation for one/two nights as necessary for the Study member. Depending on the room configuration available, it may be possible to accommodate 1-2 extra family members accompanying you in the room at no extra cost but they will have to pay for meals. Otherwise, we may require payment of the difference between the rate for a standard room and a larger room(s). If you wish to stay longer at your own expense, the special room and meal rates will apply for the duration of your stay (subject to availability). We are happy to try to arrange this.

ANY SPECIAL REQUIREMENTS (EG DIET)/OTHER NEEDS FOR YOUR VISIT (Please Specify):

TRAVEL/FLIGHT DETAILS REQUIRED

ARRIVAL IN DUNEDIN:

FROM (Name of Town/City):

DATE/DAY OF TRAVEL:

PREFERRED TIME OF TRAVEL:

SPECIAL REQUIREMENTS:

DEPARTURE FROM DUNEDIN:

TO (Name of Town/City):

DATE/DAY OF TRAVEL:

PREFERRED TIME OF TRAVEL:

SPECIAL REQUIREMENTS:

DO YOU HAVE ANY AIRLINE REWARD MEMBERSHIPS?

YES

☐

NO

☐

IF YES:

AIRLINE:

MEMBERSHIP NUMBER:

DO YOU WISH A BOOKING TO BE MADE FOR YOUR PARTNER?

YES

☐

NO

☐

Partner's Full Name:

DOES YOUR PARTNER HAVE ANY AIRLINE REWARD MEMBERSHIPS?

YES

☐

NO

☐

IF YES:

AIRLINE:

MEMBERSHIP NUMBER:

PAYMENT DETAILS FOR PARTNER (Visa, Bankcard etc)

DO YOU WISH A BOOKING TO BE MADE FOR ANY CHILDREN?

YES

☐

NO

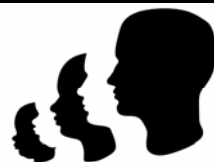
☐

Full Name(s) and Date of Birth of children

PAYMENT DETAILS FOR CHILDREN (Visa, Bankcard etc)

STUDY MEMBER BOOKING FORM – INTERNATIONAL

DMHDS



PLEASE RETURN THIS FORM IN THE ENVELOPE PROVIDED OR EMAIL IT AS SOON AS POSSIBLE

PLEASE PRINT CLEARLY

Full Name: _____ STUDY ID NO. (if known) _____
[Exactly as it appears on your passport]

Passport Number: _____ If not NZ passport, please
Expiry Date: _____ specify Country of issue: _____

IT IS ESSENTIAL TO HAVE 6 MONTHS VALIDITY ON YOUR PASSPORT AT TIME OF TRAVEL.

Please also make sure your entry and re-entry documentation is valid

Current Address: _____ Delivery Address for travel documents if different: _____

Phone (Work): _____ Cellphone: _____
Phone (Home): _____ Email: _____
Phone No. prior to flight (the night before): _____

PREFERRED DATE OF APPOINTMENT

DAY/DATE _____
MONTH _____
YEAR _____

ALTERNATIVE DATE OF APPOINTMENT

DAY/DATE _____
MONTH _____
YEAR _____

IF YOU ARE PARENTING A TEENAGER WHO WILL BE 15 OR 16 DURING THE
AGE 38 ASSESSMENT PHASE, DO YOU WISH TO COMBINE ATTENDANCE
FOR THE NEXT GENERATION STUDY WITH YOUR PHASE 38 ASSESSMENT?

YES ☐ NO ☐

WILL YOU REQUIRE A CAR PARK AT THE UNIT?

YES ☐ NO ☐

ACCOMMODATION:

DO YOU WANT US TO ARRANGE ACCOMMODATION FOR YOU IN DUNEDIN?

YES ☐ NO ☐

Date In: _____

Date Out: _____

No. Adults ☐

No. Children ☐

Number of Extra
Nights required ☐

We will pay for dinner, breakfast and accommodation for up to three nights as necessary for the Study member. Depending on the room configuration available, it may be possible to accommodate 1-2 extra family members accompanying you in the room at no extra cost but they will have to pay for meals. Otherwise, we may require payment of the difference between the rate for a standard room and a larger room(s). If you wish to stay longer at your own expense, the special room and meal rates will apply for the duration of your stay (subject to availability). We are happy to try and arrange this.

FOR OFFICE USE ONLY:

Diary (Date entered): _____

Letter Sent (Date): _____

Paradox (Date entered): _____

TRAVEL/FLIGHT DETAILS REQUIRED

ARRIVAL IN DUNEDIN:

FROM (COUNTRY): _____ AIRPORT: _____

DATE OF TRAVEL: _____ TIME (AM OR PM)? _____

SPECIAL REQUIREMENTS (eg dietary requirements): _____

DEPARTURE FROM DUNEDIN:

TO (COUNTRY): _____ AIRPORT: _____

DATE OF TRAVEL: _____

SPECIAL REQUIREMENTS (eg dietary requirements): _____

DO YOU HAVE ANY AIRLINE REWARD MEMBERSHIPS?

YES

☐

NO

☐

IF YES: AIRLINE: _____ MEMBERSHIP NUMBER: _____

DO YOU WISH A BOOKING TO BE MADE FOR YOUR PARTNER?

YES

☐

NO

☐

Partner's Full Name as appears on passport: _____

Passport Number: _____ Country of issue if not NZ passport: _____

Expiry Date: _____

DOES YOUR PARTNER HAVE ANY AIRLINE REWARD MEMBERSHIPS?

YES

☐

NO

☐

IF YES: AIRLINE: _____ MEMBERSHIP NUMBER: _____

PAYMENT DETAILS FOR PARTNER (Visa, Bankcard etc)

DO YOU WISH A BOOKING TO BE MADE FOR ANY CHILDREN?

YES

☐

NO

☐

IF YES: Full Name of Child as appears on passport

DOB

Gender

1.	_____	_____	Male	<input type="checkbox"/>	Female	<input type="checkbox"/>
2.	_____	_____	Male	<input type="checkbox"/>	Female	<input type="checkbox"/>
3.	_____	_____	Male	<input type="checkbox"/>	Female	<input type="checkbox"/>

Child	Passport Number	Expiry Date	Country of issue if not NZ passport:
-------	-----------------	-------------	--------------------------------------

1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

PAYMENT DETAILS FOR CHILDREN (Visa, Bankcard etc)

WILL YOU REQUIRE CHILDCARE AT OUR ON-SITE PLAYROOM?

YES

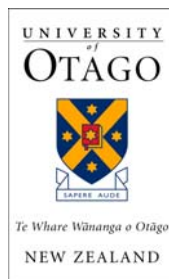
☐

NO

☐

(Usually available on Fridays)

DO YOUR CHILDREN HAVE SPECIAL REQUIREMENTS (eg food, sleep, routines, medication)? Please specify:



DUNEDIN SCHOOL OF MEDICINE
DEPARTMENT OF PREVENTIVE & SOCIAL MEDICINE

TO WHOM IT MAY CONCERN

This is to state that the staff of this Research Unit have been measuring the health and development of about a thousand young people who were born at Dunedin's Queen Mary Maternity Hospital between 1 April 1972 and 30 March 1973. The bearer of this letter is one of those people. Participants in the Dunedin Multidisciplinary Health and Development Study have been assessed at the Unit on a regular basis since age 3, and were last seen at age 32 in 2003-2005. Results from the Study have helped to improve health and education services for children, adolescents, young adults and their families, and are of national and international significance.

The latest assessment phase of the Study, when we wish to see as many of our Study participants as possible at age 38, is now under way. I would therefore be grateful if you could make it possible for and, indeed, encourage our Study member presenting this letter to you, to attend the Dunedin Research Unit at the Dunedin School of Medicine for one whole day, on a date convenient to you. For those not now living in Dunedin (about two thirds of our Study members), sufficient time to travel to Dunedin and home again will also be required.

This Study owes a great deal to the tremendous community support it has received, especially from employers. We are aware our request may cause some inconvenience to you but we hope you will be able to assist on this occasion. With your help, the knowledge we gain from our Study participants will ultimately go a long way towards improving health services for young adults, as well as helping us understand the development of risk for chronic diseases in later life.

If you require any further information or would like to discuss this request, please do not hesitate to contact me (see below). If I am not available at the time, the Research Manager, Dr Sandhya Ramrakha, or some other staff member will be only too pleased to answer any queries you may have.

With grateful thanks in anticipation.

Yours sincerely,

Professor Richie Poulton
DIRECTOR

DUNEDIN MULTIDISCIPLINARY HEALTH & DEVELOPMENT RESEARCH UNIT

PO Box 913, Dunedin, New Zealand, Tel 64 3 479 8508 • Fax 64 3 479 5487
Email dmhdru@otago.ac.nz WWW <http://dunedinstudy.otago.ac.nz>



DMHDRU ON-SITE BABY-SITTING SERVICE



We are pleased to offer you free onsite childcare for this phase. This means that you have the opportunity to have your child/ren cared for in the building while you are involved in the assessment. The service involves:

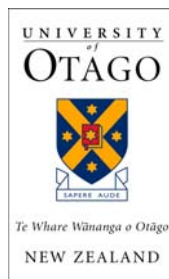
- Trained staff working with a maximum of four children
- Fully equipped playroom with supervised fun and educational activities available (art activities, music, stories, block play, a computer, playdough and messy play etc)
- Sleeping and changing facilities
- Meals for your child (however, if they are still bottle fed you will need to supply expressed milk or formula)
- You are welcome to join your child/ren for lunch

At this stage, we are planning to offer this service only on **FRIDAYS**, so if you require childcare, please book your assessment day for a Friday. However, we may review this depending on demand for the service. Please remember your assessment day starts at 8:25am so allow yourself time before that to settle your child/ren for their day at the Unit playroom.

Please bring for your child a named bag containing:

- Extra nappies (if they are still wearing them)
- A spare set of clothes, including a jacket and sunhat (for wee outings)
- Any special comfort requirements they have (cuddlies, special toys, dummy etc)
- If your child still takes a bottle please bring their bottle(s) with formula or breastmilk as required.
- Any special food they may require (we provide healthy snacks for morning and afternoon tea and a lunch meal)
- Any medication your child is prescribed (named and labelled)





DUNEDIN SCHOOL OF MEDICINE
DEPARTMENT OF PREVENTIVE & SOCIAL MEDICINE

DUNEDIN NEXT GENERATION STUDY

Do you have or are you parenting teenagers who will be 15 or 16 during Phase 38?

As you may be aware, the Dunedin Study is also running a project that focuses on the teenage children of the Dunedin Study members, called the Next Generation Study. This project involves the teenager and their primary caregiver parent coming to Dunedin for an assessment similar to the one you went through when you were aged 15. The Next Generation Study will pay travel and accommodation costs to enable the teenager and primary caregiver to attend. A Next Generation Study research assistant will contact you this year if you do have or are parenting a teenager who is turning 15 or 16.

If you are the primary caregiver of a teenager who will be 15 or 16 during Phase 38, you might like to consider combining attendance at the two studies during your Phase 38 visit to the Unit. Your teenager can have their assessment while you are enjoying your Phase 38 day. The primary caregiver assessment for the Next Generation Study takes an hour and a half and can be done either the day before or after your Phase 38 assessment.

Alternatively, **if your partner is the primary caregiver**, it is possible for us to schedule their interviews for the same day that you are attending Phase 38.

All participants in the Next Generation Study are reimbursed \$40 for their participation. Further information on this study is available on our website <http://dunedinstudy.otago.ac.nz>.

If you are interested in combining the Next Generation Study with your Phase 38 attendance, please indicate this on your Appointment/Travel Booking form or contact us

Thank you and kind regards.

Professor Richie Poulton
DIRECTOR

DUNEDIN MULTIDISCIPLINARY HEALTH & DEVELOPMENT RESEARCH UNIT

PO Box 913, Dunedin, New Zealand, Tel 64 3 479 8508 • Fax 64 3 479 5487
Email dmhdru@otago.ac.nz WWW <http://dunedinstudy.otago.ac.nz>

