



## How's it going?

### 2006 Interviews

Interviews have now started! And already, we've completed 140 interviews.

If you haven't yet heard from us, don't worry, we'll be in contact with you soon. We greatly value your ongoing participation in *2000 Stories*.

### What's new? A new chapter in *2000 Stories*

We are now entering an exciting new phase of *2000 Stories*: a study of your children. We want to understand what makes for happy and healthy children.

To be involved you would simply complete a health and wellbeing survey in the last few months of your or your partner's pregnancy, and then again, around your child's first birthday.

If you already have a child - or you or your partner is pregnant - and would like to find out more about this new chapter of *2000 Stories*, please contact us or complete the form below and mail it to us.

## Research team news

We welcome our new co-ordinator, Karin Pegrum, and 10 enthusiastic interviewers to the team this year.

We also welcome Petrea Cahir who has taken over from Denise Becker in helping us keep track of everyone's new addresses.

We would like to introduce Laura Punaro and Emily Horwill who will be working on the new study of your children.

## How to contact us

**Telephone Toll Free:**  
1800 706 101

**Email:**  
2000stories@mcri.edu.au

**Web site:**  
www.mcri.edu.au/2000stories



Here's the team, starting with the *back row* (left to right) Laura Punaro, Emily Horwill, Diana Crocker, Karin Pegrum and Sheryl Hemphill. *Front row* (left to right) is Craig Olsson, George Patton, Phil Greenwood, and Maria McKenzie. *Absent:* John Carlin, Carolyn Coffey, Jeff Craig, Richard Saffery and Mandy Parkinson-Bates.

Please tear along perforated line

If contact details change or you or your partner is pregnant, please complete this slip, tear it off, and return it to us in the envelope provided (postage paid). Alternatively, you can enter your new details onto our web site.

Name \_\_\_\_\_

Email \_\_\_\_\_

Mobile \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_

I am/My partner is pregnant and would like more information about the new study of children.



### Where are you all?

#### At our last count .....

- 87% of you still live in Victoria.
- 1.5% of you live in New South Wales and 0.8% in South Australia.
- 2.2% of you now live overseas- with half of these living in the UK.

### Value of Genetic Samples

At the last interview, we invited you to provide a genetic sample and 1000 samples were collected. Thank you to all who provided a genetic sample.

This helps us to explore the role of genes and environment in depression and drug addiction (see the next column for a description of this work so far).

Providing a genetic sample is quick, easy, painless, and involves no cost to you.

If you did not provide a sample last time and would now like to do so, please let us know when we contact you for the 2006 interview or see our contact details over the page.

### We'd like your ideas .....



What would you like to see in this newsletter?

Please let us know your ideas.

### Genetics:

#### What we've found so far .....

We have now written a number of scientific articles on the role of genes in depression, anxiety and drug use problems.

Perhaps the most interesting of these is an article showing how our genetic make up may play an important role in determining how stressful things appear to us.

The gene we looked at was called the serotonin transporter gene - a gene important in regulating how we feel. We found that people with a particular form of this gene coped better with stress.

Findings such as these provide important information about the role of genes in how we feel and will substantially improve the ways we promote better health in the future.

### Would you like more info?

If you would like to know more about our genetics research or any other areas of our research, please feel free to contact us at any time (see page 1 for our contact details).

### Do you have a mobile phone or email address?

We now have:

- 800 of your mobile phone numbers
- 450 of your email addresses

Please complete the change of address slip below if you would like to provide a mobile phone number or email address.



Royal Children's Hospital, Melbourne

*Tear along perforated line*

*If your contact details have changed or you are/your partner is pregnant, please complete the other side of this slip, tear it off, and return it to us using the reply paid envelope included. Alternatively you can enter your new details onto our web site. Thank you.*