

**Thank you to everyone who contributed to CATS in 2013. We are really looking forward to 2014!**

The second year of CATS was a lot of fun. It was a busy year but really successful. 1158 students, 890 parents and 149 teachers took part.

In 2013 one of the challenges was catching up with the 80 students who had moved schools since 2012. As CATS is a longitudinal study, it is really important we collect information from participants every year, if possible.

The CATS team visited existing schools, as well as new schools across Melbourne. We also visited some families at home, while other families came to visit us here at The Royal Children's Hospital. For families that moved further away, children completed the questionnaire on the phone with one of our specially trained interviewers. We'd like to give a special thank you to these families for the extra effort they gave.

If your child will be at a new school in 2014, please let us know: email [cats@mcri.edu.au](mailto:cats@mcri.edu.au) or call (03) 9345 6732.

**Have you seen the CATS video yet?**

The video has won 2 international awards: A Gold Award from the UK-based Institute of Medical Illustrators and The Warren Sturgis Motion Media Award at the BioCommunications Association (USA) BiImages Awards.

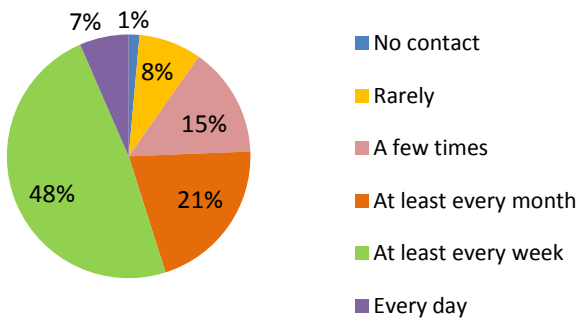
To discover the truth about CATS, check out the video: [www.mcri.edu.au/truthaboutcats](http://www.mcri.edu.au/truthaboutcats)



**Here are some interesting results from the second year so far...**

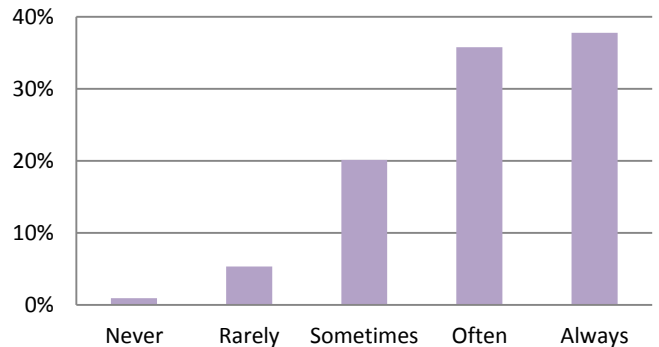
**Parent Questionnaire**

How often has your child got together with, seen or spent time with friends outside of school?



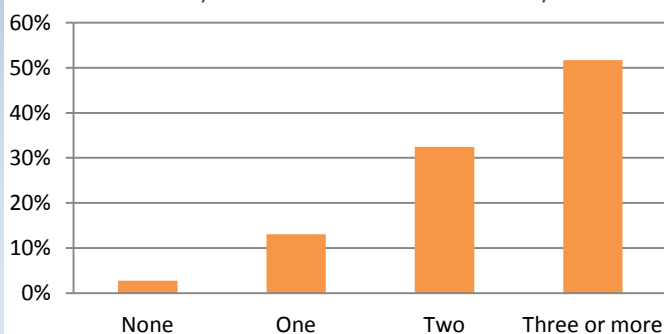
**Teacher Questionnaire**

Overall, how would you rate this child on the following: Good concentration?



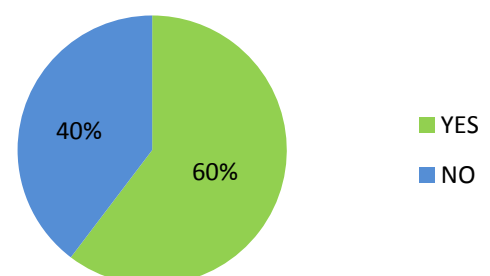
**Parent Questionnaire**

How many different vegetable servings does your child usually have at their main meal of the day?



**Student Questionnaire**

I can use a computer better than most of my friends.



## THANK YOU FOR PARTICIPATING

Thank you to all parents and guardians for returning questionnaires. This year we had another prize draw for parents who returned a questionnaire. Parents were entered into a draw to win gift vouchers for \$100, \$50 or \$20. We also had a special prize draw to win a family movie pass! Prizes were randomly drawn according to the competition timelines.

Teachers who participated in the second year of CATS were entered into a draw to win a first prize of a \$100 gift voucher, or three runner-up prizes of \$20 gift vouchers! All students who took part in 2013 received a thank you gift pack!

## 2014 CATS CALENDAR

<b>Term 1</b>	CATS team members will be visiting participating schools to provide a study update and meet with Grade 5 teachers.
<b>Term 2 and 3</b>	School visits commence! Students will complete the questionnaire on iPads, as well as have their measurements taken and provide a saliva sample. Teachers will be provided with short questionnaires about each participating child. Parents will also be posted or emailed a short questionnaire.
<b>Throughout 2014</b>	The CATS team will be catching up with students who have moved schools by hosting visits at The Royal Children's Hospital, visiting families at home or sending postal packs if you have moved outside of Melbourne.



## SPREADING THE WORD

This year, a paper was published about CATS in BMC Pediatrics. Also, some early findings were presented at the International Congress of Pediatrics. To find out more, head over to our website (listed below).

## QUESTIONS FOR THE TEAM?

T: (03) 9345 6732

E: [cats@mcri.edu.au](mailto:cats@mcri.edu.au)

Or check out our website: [www.mcri.edu.au/cats](http://www.mcri.edu.au/cats) for regular updates

## MEET THE TEAM... DR LISA MUNDY



Many of you will be familiar with Lisa's name on letters from CATS...and for her role in the Truth about CATS video! Why did Lisa join the CATS team and when she's not working hard on the CATS study, what else does Lisa do? Read our interview by investigative reporter, Katy Rummage.

**Katy: Hi Lisa. So tell me, how did you become involved with the CATS Study?**

Lisa: Hi Katy, well I have always been interested in child and adolescent health. In particular, their mental health. I heard about the project through Professor George Patton and thought I just had to be part of it.

**Katy: So what is your favourite thing about the CATS Study?**

Lisa: All of our schools and participants. We are so grateful for all the time everyone gives to take part in the study. And of course using an iPad!

**Katy: Why is it so important that information is collected from teachers and parents too?**

Lisa: Collecting information from parents and teachers, as well as the children themselves, gives us a greater perspective of what it's like growing up. We ask students, parents and teachers different types of questions to better understand the experience of the transition from childhood to adolescence. Information from parents and teachers is just as important as the information collected from students!

**Katy: It is such a big study! When you're not working hard on CATS, what do you like to do?**

Lisa: I enjoy spending time with my husband and friends. I'm also trying a new hobby – golf! I also like travelling. I moved to Australia from the UK, so when I get time it's nice to visit family and friends in the UK.