

An update on Wave 8

FEBRUARY 2020



In August, one of our student ambassadors joined Dr Lisa Mundy as a panelist for the Centre for Adolescent Health's 'Catalysing Connections' evening to discuss student wellbeing.

WAVE 8 SNAPSHOT

 77% OF PARTICIPANTS
PARTICIPATED

 71% OF PARTICIPANTS GAVE
THEIR MEASUREMENTS

 35% OF PARTICIPANTS
DONATED THEIR \$10 BACK TO
CATS

HOW WERE QUESTIONNAIRES
COMPLETED?



66% ONLINE
10% OVER THE PHONE
24% ON PAPER

Data collection

In 2019, we conducted our 8th annual wave of data collection. Participants were aged 15-16 years. This is the second year that our data collection was conducted remotely, with no school or home visits. Students completed their questionnaire online, on paper or over the phone. Height and weight measurements were self-reported.

We have tracked very well, with 77% of students completing their questionnaire and 71% completing their height and weight measurements.

Recent publications

- Diet quality and mental health problems in late childhood**
Dimov et al. (2019). Nutritional Neuroscience, DOI:10.1080/1028415X.2019.1592288
 Results indicate that better overall diet quality is related to more positive mental health in pre-adolescent children
- Relationships between adrenarcheal hormones, hippocampal volumes and depressive symptoms in children**
Ellis, R. et al. (2019). Psychoneuroendocrinology, 104:55-63.
 Results suggest that adrenarcheal timing may be related to hippocampal development and depressive symptoms, extending current knowledge of pubertal risk processes.
- Mental health in the middle years: consequences for later mental disorders and educational outcomes**
Mundy, L., Raniti, M., Husin, H., Canterford, L., Allan, E., O'Connell, M., Sawyer, S., Patton, G., (2019).
 Produced on behalf of the Victorian Government Department of Education and Training



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CATS.STUDY



CATS.STUDY.12



Spreading the word of the 'middle years'

Through our work over the last 8 years we know that the middle years are a crucial period for social, cognitive and emotional development. The right support during this time can help to set a young person up for a healthy future. CATS is active in spreading awareness of the middle years through numerous avenues including conferences, media appearances and our social media presence.

It takes a village to raise a young person. We are proud to see our CATS team working closely with communities and leaders to provide the tools and knowledge they need to support our young people as they navigate these important years.

Presentations

In Sydney, we were very excited to present **'Patterns of smoking and vaping during the middle years: prospective cohort study'** at the Society for Research on Nicotine and Tobacco's inaugural Oceania conference.

We then headed to the Digital Environments & Developing Minds conference to present on our latest CATS findings: **'Media use during the middle years: the effects on wellbeing and behaviour'**. Run by the Australian Council on Children and the Media, we had the opportunity to share our work at CATS with professionals, producers and policy makers.

'The Missing Middle'

Back in Victoria, the City Of Port Phillip Youth and Middle Years Services invited Dr Lisa Mundy to present a keynote address launching a new workshop for their Middle Years Support program.

Sharing insights from our fantastic Student Ambassador program, CATS' own Elissa Phillips presented at the Australian Association for Adolescent Health conference with **'Enriching developmental research with adolescent voices'**.

CATS in the media

In a recent **webinar** for **'Be You'**, Dr Lisa Mundy joined panelists in discussing practical strategies for supporting the whole school community through the transition from primary to secondary school.



Dr Lisa Mundy spoke to **ABC Radio National's Life Matters** program about the importance of the middle years.



Dr Lisa Mundy sat down with **Woolworths** to discuss the benefits and downsides of screen time for our emerging 'network nation'.



In a **podcast** for the the **Student Wellbeing Hub**, Professor George Patton spoke about the worries students face and how educators can help give them a healthy start to adolescence.



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We hope you enjoy this update on CATS! If you have any questions please get in touch by emailing cats@mcri.edu.au

Wishing you a safe and prosperous year in 2020!

Details of all our media appearances can be found on our website: [//cats.mcri.edu.au/news/](https://cats.mcri.edu.au/news/)

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