

AN UPDATE



FROM THE CHILD TO ADULT TRANSITION STUDY (CATS)

Welcome! As we head into winter, I am sending my warmest thanks to each of you for participating in CATS. You may (just!) remember that this research study started in 2012 and we have surveyed young people every year since then. This is quite a feat that is only possible due to your continued support. Due to annual waves of data collection, CATS is a very powerful study, that starting in childhood, and progressing through adolescence, is now able to understand the impact of childhood and adolescence on young adult health and wellbeing as our participants mature. Much new knowledge has already been gained from the data we have collected over the past decade which we are busy analysing. The CATS team is also busy preparing for Wave 13 of the study which will be launched in the next few weeks. Thank you for your continuing participation!

- Professor Susan Sawyer and the CATS Research Team

VALE GEORGE

The late Professor George Patton started CATS in 2012 and dedicated his research life to improving the health of young people. He is internationally recognised for his ground-breaking contributions to adolescent health and wellbeing. We hope to continue his legacy with the ongoing success of CATS.



BACKGROUND OF CATS

The Child to Adult Transition Study (CATS) is a unique longitudinal study following over 1200 children as they transition through adolescence and into adulthood. The main focus is on physical and mental health, emotional development and academic outcomes.



CATS OVER THE YEARS

FROM THE CHILD TO ADULT TRANSITION STUDY (CATS)

THE BEGINNING OF CATS

In 2012, 1239 of you were recruited into the CATS study.



In 2012, CATS participants were in Year 3.



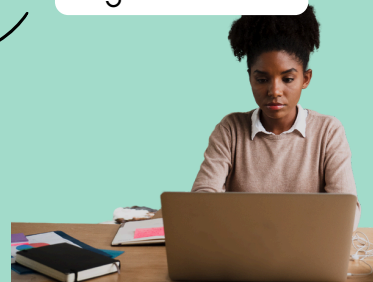
In Wave 1, participants were on average, 9 years old.

WAVE 12

And to our regular participants who take part year after year, a huge thank you as well, as the study depends on your generosity of time and effort.

A big welcome back to the CATS study for the 49 participants who completed a survey in 2023 for the first time in over 4 years. We are really thankful that these young adults have chosen to reengage with the study, some of which last took part in 2014-2015.

In 2023, 879 of you completed the questionnaire, 71% of the original cohort!



ALL WAVES

724 CATS participants have completed the last 3 waves of data collections (wave 10-12).

987 CATS participants have completed more than half of all the waves of data collections (>6 waves).

510 CATS participants have completed ALL 12 previous waves!

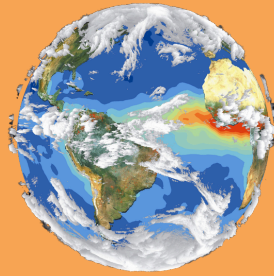
WHAT DID WE LEARN FROM WAVE 12

FROM THE CHILD TO ADULT TRANSITION STUDY (CATS)

CLIMATE CHANGE (2023)

23%

of you sometimes worry about climate change more than other people.



17%

of you sometimes worry how climate change may affect the people you care about.



and over **10%** of you often or always worry about climate change more than others.

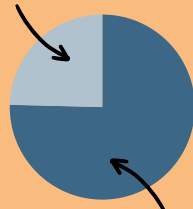


SLEEP (2023)

75%

of you had at least a little bit of difficulty falling asleep.

No difficulty



Some difficulty

SMOKING AND VAPING (2023)

61%

of you said that at least a few of your close friends smoke cigarettes.



and **81%**

of you said at least a few of your close friends use a personal vapouriser.



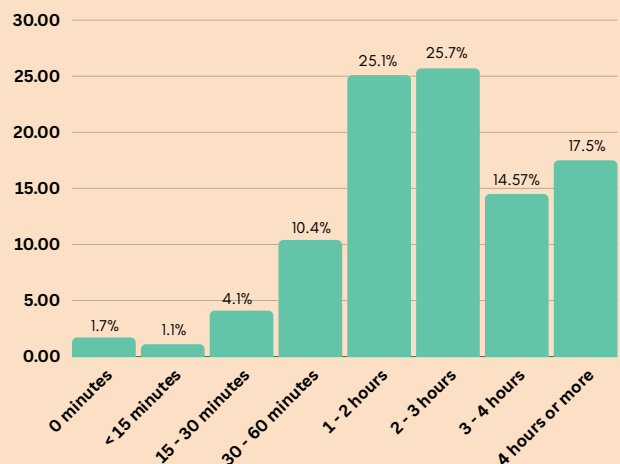
DAILY SOCIAL MEDIA USE (2023)

83%

of you said you spent at least 1 hour on social media.

and **32%** of you said you spent at least 3 hours on social media.

and only **3%** of you said you spent less than 15 minutes on social media.



RECENT PUBLICATIONS

Adolescents and mental health problems in the COVID-19 pandemic.

DURING THE COVID LOCKDOWN



25%
Reported anxiety symptoms

> 50%
Reported depressive symptoms

Scan here for a full list of publications from CATS.



ICATS NOTICE

“Imaging of CATS” (iCATS) studies the developing brain. Some participants were involved in iCATS in their early teens, which involved having MRI brain scans. We will contact these participants in late 2024 about being involved in a new wave of iCATS (another MRI scan at the Royal Children’s Hospital). You will be reimbursed and receive pictures of your brain!

If you have not previously been involved in iCATS but are interested in hearing more about the study, please drop us an email at icats@mcri.edu.au



MEET THE CATS TEAM



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UPDATE YOUR DETAILS

Scan the QR code to update your contact details and ensure you stay up to date with CATS!



THANK YOU TO THE PARENTS!



As parents of the original group of children included in the The Child to Adolescent Transition Study (CATS), you may remember the study started in 2012, focusing on health, well-being and educational attainment through childhood and early adolescence. You and your child were invited to participate in this landmark study, with more than 1200 other year 3 students from 43 primary schools across Melbourne. We want to thank you for allowing your family to be involved.

During their primary school years, your child and their classmates were asked to complete yearly surveys. In 2016, children transitioned from their primary school to 250 different high schools, yet more than 80% of these children continued to complete yearly surveys. We have really appreciated your support of the study, with participation in parent surveys and encouragement and advocacy on our behalf for your child's participation, particularly through high school and the very challenging pandemic years.

CATS has been such a successful study that we have recently received funding in excess of \$1.8 million from the National Health and Medical Research Council (NHMRC) to expand the study into adulthood. With adulthood comes new experiences in the workforce, tertiary education and elsewhere, and so we hope to have yearly contact with your child for the next few years to complete a short one-off survey where they can tell us about their new experiences.

By scanning the QR code below, you can see the various publications/reports arising from the information collected in this study over the last 12 years. We also have a number of articles in the pre-publication stage related to the natural history of mental disorders, social media outcomes and health competence. None of this important work would have been possible without your child's participation and your original and ongoing support of this study, so...

THANK YOU!

GET IN CONTACT!



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PUBLICATIONS

For a full list of recent publications scan the QR code below!

