Judith Hoye, a MATR member for 30+ years, said:

"Whitney Carter, another MATR participant since the 1980’s, said:

"Clifford Kreiler, a member of MATR since the 1980’s, told us he enjoys:

"It's a great feeling to be so connected and in tune with each other."

Happy to participate in the MATR studies. The research is so important and it is an honor to be part of it. My sister lives in another country but whenever we see each other it is as if we see each other every day and not once or twice a year."

Diane Hart, a MATR participant for more than 20 years, was recently selected to receive a gift card as a token of our appreciation. Ms. Hart said:

"Here are some of the things recent recipients had to say about being in the MATR.

- Sometimes, this is a thank-you to those that are registered and for others it's to show our appreciation for updating contact information, sharing a story and/or photo, etc. Out tokens of appreciation might include a ticket to an event or a modestly valued VISA or store gift card. Recipients are chosen by periodic random drawings and are notified by mail, email, and phone (see go.vcu.edu/twinupdate to update your contact information).

- Many families are part of such a magnificent team of investigators across the nation, from Hawaii to Florida, to Vermont, who have worked arduously and collegially to come up with a set of tests that offers the most scientifically valuable is our invitation to families with twins. I am excited too about the cutting-edge technology brought to bear in VCU’s Collaborative Advanced Research Imaging (CARI) MRI scanner, with its crystal-clear glimpses of brain structure and function. It is my hope to reach out to every family to express my gratitude for their participation. It is a leap of faith to offer to take part in something so enduring and so grand. It holds potential to change young lives for decades to come."

- As a parent of 10-year-old and 12-year-old boys, the ABCD project has special meaning to me. How will their experience shape their brains, and vice versa? The ABCD project is a very special initiative that holds potential to detect unprecedented connections between brain, behavior, and environment during human adolescence. I feel privileged to be part of this magnificent team of investigators across the nation, from Hawaii to Florida, to Vermont, who have worked arduously and collegially to come up with a set of tests that offers the most scientifically valuable is our invitation to families with twins. I am excited too about the cutting-edge technology brought to bear in VCU’s Collaborative Advanced Research Imaging (CARI) MRI scanner, with its crystal-clear glimpses of brain structure and function. It is my hope to reach out to every family to express my gratitude for their participation. It is a leap of faith to offer to take part in something so enduring and so grand. It holds potential to change young lives for decades to come."

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- The MATR is pleased to announce that we are inviting twins to take part in a new study, called the Adolescent Brain Cognitive Development (ABCD) Study. This is a groundbreaking project and is part of a consortium of 19 academic institutions.

- The goal of this study is to provide unprecedented understanding of the adolescent brain and cognitive development. Below are a few words from one of the study’s main investigators, VCU’s Dr. James Bjork:

- "As a parent of 10-year-old and 12-year-old boys, the ABCD project has special meaning to me. How will their experience shape their brains, and vice versa? The ABCD project is a very special initiative that holds potential to detect unprecedented connections between brain, behavior, and environment during human adolescence. I feel privileged to be part of this magnificent team of investigators across the nation, from Hawaii to Florida, to Vermont, who have worked arduously and collegially to come up with a set of tests that offers the most scientifically valuable is our invitation to families with twins. I am excited too about the cutting-edge technology brought to bear in VCU’s Collaborative Advanced Research Imaging (CARI) MRI scanner, with its crystal-clear glimpses of brain structure and function. It is my hope to reach out to every family to express my gratitude for their participation. It is a leap of faith to offer to take part in something so enduring and so grand. It holds potential to change young lives for decades to come."

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In recent months, we have had the opportunity to provide a token of thanks to some of our twins. Sometimes, this is a thank-you to those that are registered and for others it's to show our appreciation for updating contact information, sharing a story and/or photo, etc. Our tokens of appreciation might include a ticket to an event or a modestly valued VISA or store gift card. Recipients are chosen by periodic random drawings and are notified by mail, email, and phone (see go.vcu.edu/twinupdate to update your contact information).

Here are some of the things recent recipients had to say about being in the MATR.

- Diane Hart, a MATR participant for more than 20 years, was recently selected to receive a gift card as a token of our appreciation. Ms. Hart said:

- "I am so happy to participate in the MATR studies. The research is so important and it is an honor to be part of it. My sister lives in another country but whenever we see each other it is as if we see each other every day and not once or twice a year. It's a great feeling to be so connected and in tune with each other."

- Clifford Kreiler, a member of MATR since the 1980’s, told us he enjoys:

- "The valuable information about twins that comes in the newsletter that I receive."

- Whitney Carter, another MATR participant since the 1980’s, said:

- "I love the research that comes out of the studies and like to see what makes twins unique and different as separate people."

- Judith Hoye, a MATR member for 30+ years, said:

- "The thing I enjoy the most in the twin study is learning the results and medical implications of the research as applied to my twin and me."

- Margaret Hensley joined the MATR in the 1980’s and says:

- "I believe in contributing to science, and the studies conducted through MATR are one of the ways I can be a part of the valuable science."
New Study

Text 4 Thoughts (T4T) Study

The Text-4-Thoughts (T4T) study is being conducted by Dr. Cristina Bares, a professor with the School of Social Work at the University of Michigan. Similar to the JAS and AYATS research, she is focusing on twins ages 16-21 because adolescence and young adulthood are time periods of rapid physical and emotional development coupled with the pressures of key life changes. Dr. Bares will focus on an important research question; how mood is related to behavior choices in older teens and young adults. This age range is one in which individuals often develop certain behavior patterns (positive and negative) and health outcomes that can go on to affect a person well into adulthood.

If you are a parent of teen twins, you are likely familiar with the sometimes rapid change in your teens’ moods. And young adult twins have the additional stressors related to experiencing key transitional events, like going to college, starting careers, and/or moving out on their own. Dr. Bares is hoping to track changes in moods and behavior choices throughout the day over the course of a little over a week. Using this data, she hopes to identify patterns of moods that may be influencing choices such as who a teen or young adult chooses to spend time with or what activities they might be doing.

We hope that data from this study will further the understanding of factors that are driving decisions made by teens and young adults and could ultimately help to improve how teens make choices that may influence their life. If you’d like to learn more about this please see the study advertisement to the right or visit go.vcu.edu/twinstudy.

FOR JUVENILE TWINS...

Adolescent Brain Cognitive Development (ABCD) Study

National Institutes of Health (NIH) has funded groundbreaking research being carried out by a consortium of 19 academic agencies. Virginia Commonwealth University’s (VCU) Department of Psychiatry, is only ONE of four twin sites recruiting for this study that hopes to provide unique insight into the brain and cognitive development starting in childhood.

Participants the study will need include:

- FULL PAIRS of Same-sex twins
- 9 or 10 years old
- Fraternal or identical

Study participation involves:

- Completing a 20 min (approx.) phone call with the MATR to hear more about the study.
- Coming to VCU to complete the study
- Compensation is provided

If Interested:

Contact the Mid-Atlantic Twin Registry (MATR) and let us know that you want to learn more about the ABCD Study. Please let us know the full names and DOB of the twin pair.

Parents, please provide your full name as well. You can reach us at:

- 1-800-URA-TWIN (1-800-872-8946) toll-free
- matr@vcu.edu
- www.matr.vcu.edu; click "Contact MATR"

FOR ADOLESCENT AND YOUNG ADULT TWINS...

Text 4 Thoughts (T4T) Study

University of Michigan’s Dr. Cristina Bares is working on an innovative study investigating the impact that daily changes in mood have on driving certain behavior choices. This study is funded by the National Institutes of Health.

Participants the study will need include:

- FULL PAIRS of Female-Female MATR twins, 16 through 21 years old
- Can be identical or fraternal

Study participation involves:

- Completing a phone call with the MATR to hear more about the study.
- Providing assent (juvenile twin pairs) and/or consent (adult twin pairs and parent(s) of juvenile twin pairs) to participate.
- Completing online surveys:
  - Definitely completing one baseline data & eligibility survey that takes about 20 min.
  - If eligible, completing multiple short surveys (approx. three min each) online for a little over a week.
  - Receiving text messages, which contain the links to the study surveys. Participants can use their own phones or be loaned one by the study.
- Participants receive compensation for their time.

If Interested:

Contact the Mid-Atlantic Twin Registry (MATR) and let us know that you want to learn more about the Text 4 Thoughts Study. Please let us know the full names and DOB of the twin pair. Parents of juvenile twins, please provide your full name as well. You can reach us at:

- 1-800-URA-TWIN (1-800-872-8946) toll-free
- matr@vcu.edu
- www.matr.vcu.edu; click "Contact MATR"

Adolescent & Young Adult Twin Study (AYATS) Update

Since the beginning of 2014, the MATR has collaborated with the AYATS study on their twin recruitment efforts. We have enjoyed finding MATR twins who are willing to participate in this research and we just finished actively contacting twins about this study at the end of October. The study will continue to contact the twins who have let us know they are interested in participating in order to schedule them for their first study site visit. Starting this past May, the study staff have been reaching out to participants that completed the first study appointment to invite them to complete follow up activities. For the next year or so, the study will continue to invite twin families to complete these follow up tasks. For some, the second phase of the study will involve an invitation to return to VCU to repeat some of the study tasks, while for others the tasks can be completed online from home. We really appreciate everyone’s participation thus far and hope twins that completed the first appointment will take the opportunity to take part in the second phase of the study as well. We will continue to keep you posted in the newsletter and on our website and are excited to see the findings from this study!