

The Raine Study – physical activity levels, respiratory disease, and stress responsiveness in early adolescence

Adolescent information sheet

Dear

It is time for the 13 year follow-up of Raine Study kids and we want to see YOU! We want to check out how much physical activity you do, see if you have asthma, and see if you are allergic to anything. We've got a lot of different tests and things for you to do, and your OWN questionnaire. There are three parts to the assessment. Here's how it goes.

For your 13 year assessment we'd like you to visit us here at the Institute. We won't be doing anything without your Mum's or Dad's permission. This part of the assessment should be really fun ... we're going to do a stress test and check out your breathing. With the stress test we get you to suck in some gas that takes your breath away for a moment and we measure cortisol that's in your saliva. All we have to do is put a cotton bud in your mouth a few times. After that, we do some special breathing tests and some skin allergy tests. Most of you guys had these tests when you were just 5 years old. It shouldn't take too long.

After you have some lunch and a stretch we'd like you to do a questionnaire on a laptop computer – this should take about an hour with some help from us. Then, after checking your blood pressure we're going to give you a fitness test – things like sit-ups, basketball throws and a ride on an exercycle. If you're still able to move after that we're going to test your coordination! Do you remember the finger tapping test, broad jump, and the grip strength stuff when you were 10? Well, we're going to do those ones again ... we've even got a physical education expert to help us! Last but not least we want to take your photo to assess your sitting posture.

Before you leave, we're going to fit you out with a pedometer (a little device that measures every step you take) and a laptop computer (if you don't have a computer at home) with a built in activity diary program. Some lucky kids will even get to wear a special little blood pressure monitor for 24 hours! Finally, we're going to give you a diary to take home and some measuring cups and spoons for you to record everything you eat and drink for the next three days. When you have finished it's just a matter of popping the diary in the envelope we give you and posting it back to us.

We want you to wear the pedometer and do the physical activity diary on the computer for 7 days. You'll be able to contact us at the Raine office if our technology gets too hard to handle and you need some help. After a few days we'll visit you early in the morning to see how things are going. We also want to do a blood test and collect some urine. We can put that special cream on that numbs your skin if you want it. We want to get some blood from your Mum and Dad too. If you don't want to, we'll just leave it out ... you don't have to do anything you don't want to.

1 – Full day assessment

After 8 days, we'd like to collect the equipment and forms back from you. You will be provided with envelopes and padding for postage or we can arrange to have someone visit you and collect your stuff. It's very important that we get all the equipment back, because it costs a lot of money and we can't afford to lose it!

All in all, there's a lot to it. The information we get is going to be really useful to help us to know more about things like asthma and allergies and physical fitness and that sort of thing. You can be sure that all the information we have about you and your family is confidential. That means that we won't tell anyone about your results. When we do our analysis we focus on results for large groups, NOT individuals!

By the way, if you tell us about something you don't want your Mum and Dad to know, it's not a problem. The things you tell us are confidential. And, we're here to HELP! Whether you decide you want to talk with your Mum and Dad about it or not, we'll make sure you get things sorted out.

We look forward to seeing you again soon.

Best wishes

The Raine Study Team

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