



CATSLife2 Newsletter

A Study of CAP and LTS
Institute for Behavioral Genetics Spring 2024



You are part of the two most unique and longest-running study groups in the scientific community: The Colorado Adoption Project (CAP) and the Longitudinal Twin Study (LTS). In 2014, Dr. Reynolds and Dr. Wadsworth conceptualized a project that would incorporate all of the data you and your family have helped us collect over the past 45+ years. CATS was the perfect name for the fusion of these two groups, and the Tree of Life was a fitting symbol for the study that will help us understand even more about these lifespan periods. And so, the CATSLife study came to be. With your continued help, we will be able to study how genes and the environment shape who we become through adulthood and beyond.

Musical Instruments and Verbal Ability



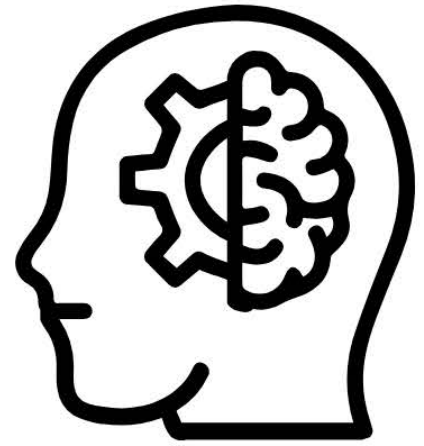
You may remember visiting with us when you were 12 and again when you were 16. We compared the thinking tasks and questionnaires you completed at those ages to the ones your parents completed when you were a child. We learned that not only do people inherit a lot of their thinking abilities from their parents, they also have a similar level of engagement with musical instruments. This could mean that there is some benefit from music engagement reflected in language skills down the road.

Scan to visit the CATSLife Study homepage:



Processing Speed and Frailty

If you participated in any of the CATSLife study visits, you probably filled out a questionnaire that asks about your physical health and illnesses you may have had. These questions help us measure frailty. You might think of frailty as something that only applies to older folks, but it can be measured in younger people, too. We compared these measures of frailty with performance on some of the cognitive tasks participants completed. We learned that people who had higher frailty tended to have lower cognitive scores on those tasks.



Meet the Team

Project Coordinators



Corinne



Amy

Project Directors



Dr. Chandra Reynolds



Dr. Sally Wadsworth

Project Testers



Top Row: Patricia, Elizabeth, Dan
Front Row: Isabelle, Erica

