

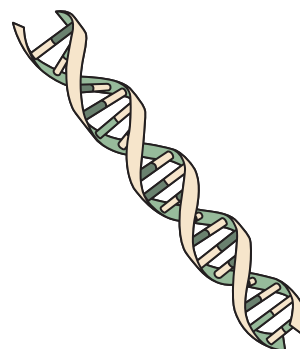
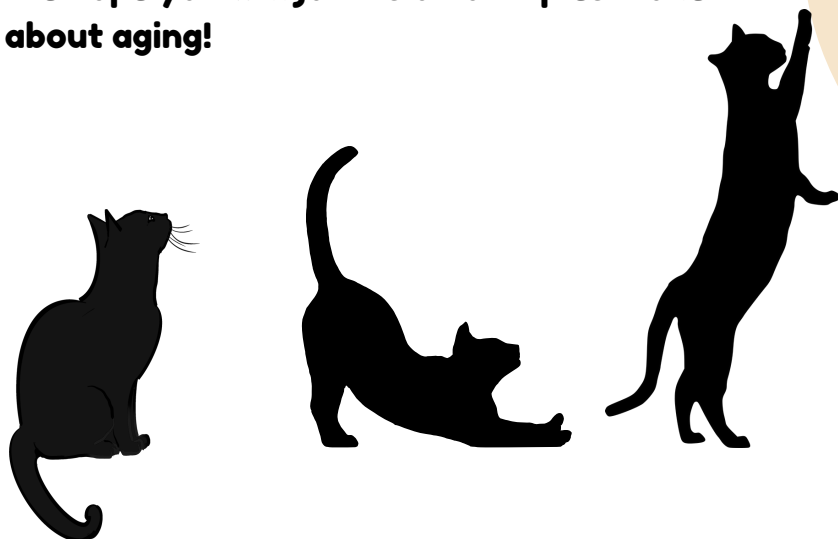


CATSLife2 Newsletter

A Study of CAP and LTS
Institute for Behavioral Genetics Spring 2025

Help us fill this gap!

Over 880 people have participated in the CATSLife2 phase of the study so far. Our goal is to reach 1400 before the end of 2025. We hope you will join us on our quest to learn about aging!



Since CATSLife was launched, we have already learned things like:



Standing is great, but it's not enough to undo the effects of lots of sitting. You need to get that blood pumping every day, too!



People who report more screen time also reported being more impulsive. However, this did not appear to be related to video games.



Playing video games is keeping our middle-aged participants sharp! And those who told us they prefer action-type games rather than puzzle-type games tended to have outperformed others on the spatial thinking tests even after considering how well they did on spatial tests as teenagers.

Scan to visit the CATSLife Study homepage and read more :



The second phase of the CATSLife study is nearing its end. Even if you didn't participate in phase 1, we hope that you will consider joining forces with us at phase 2 so we continue to learn as much as we can about aging.

In a perfect scientific study, all of our participants would come see us here at the lab. This is why we are more than happy to provide travel and accommodations for those of you who live too far away for a day trip to Boulder.

But working with humans means that life happens and some folks just can't travel! If this is you, there are other ways you can still participate. We can meet with you over zoom, or even send one of our team members to visit you.



We think your time is worth a million bucks, but our budget only lets us pay you \$420 (and give you a t-shirt!) for complete participation in the CATSLife2 study. Joining in even includes some things that can be done from home like:

- Online questionnaires
- Wearing a Fitbit for 2 weeks to help us study sleep and fitness habits
- Doing short daily surveys and tasks on your phone

To learn more about how you can join the study, call Corinne at 303-492-4473 or email catslife@colorado.edu

Why is it called the CATSLife Study?

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.



Dr. Chandra Reynolds



Dr. Sally Wadsworth

