The success of a project of this sort depends on you, the participants. We would like to stay in touch with you and to collect further data in due course. Therefore, please do help us to keep our data base up to date.

Please let us know if you have changed address by emailing us as: g1219@kcl.ac.uk
Else, you could complete the slip below and return it to: Alice Gregory, Department of Psychology, Whitehead Building, New Cross, London, SE14 6NW.

If you gave us your new address previously or have not changed address – it is not necessary to update the address information again. Of course participation is voluntary, if you do not want to be contacted again, please do let us know.

Thank you very much for your participation in the G1219 study. We have now collected 5 waves of data! At the end of 2012 we completed our 5th wave of data collection and we are now writing up reports based on your answers. Thank you for keeping in touch and answering our questions. We appreciate this greatly.

The project has been running for almost 15 years! It has been a huge success, thanks to help from you and your family. As a team we have published over 40 scientific papers based on your responses. A small selection of our recent interesting findings are summarized for you overleaf.
We have examined how pre-driving attitudes predict later driving behaviour. G1219 is uniquely placed for this purpose as many of you could not drive, when we first measured driving attitudes in 2003, but learnt to drive at waves 4 (in 2007) or 5 (in 2012). The results showed that attitudes to speeding become riskier with driving experience and that attitudes during learning predicted later driving style. Therefore, the learning phase provides an ideal opportunity to intervene to improve driving attitudes. These results are being used to develop training packages for young drivers to reduce their crash risk.

Our research on sleep has been particularly fruitful, and thanks to the data that you have provided, we have been able to investigate several interesting and novel questions. In one strand of research, we assessed whether participants’ sleep quality was related to chronotype - whether one is a morning type (an early morning ‘lark’) or an evening type (a night ‘owl’). We found that good sleepers were more likely to be morning types, and that this relationship was accounted for by genetic factors. Related to this, we investigated whether particular genes, those related to serotonin functioning and also those related to our internal body clocks were partly responsible for our sleep quality and chronotype. We have plans to investigate whether these relationships remain stable or change over time, and whether the same or different genes contribute to sleep and chronotype across young adulthood.

One of the new hot topics at wave five is mindfulness. The concept of mindfulness relates to the idea of being present in the moment and aware of our ‘inner’ (feelings and thoughts) and ‘outer’ (what is happening around us) experience, in an accepting and non-judgemental way. The team is currently analysing the G1219 data to explore how mindfulness is related to sleep and well-being. We will also investigate if mindfulness can best be understood as a state we can be in, a skill that we can learn or if it is part of our personality. These findings could eventually help improve treatment methods for sleep problems and may also provide ideas for simple exercises to increase everyone’s sleep and well-being.

Sleep: Owl vs Lark

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Mindfulness

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Driving behaviour

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Acknowledgement

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