

# Spring 2022 Flourish Newsletter

Dear Flourish Research Families,

Spring is almost in the air and as novelist Barbara Kingslover said, “Spring is made of solid, fourteen-karat gratitude, the reward for the long wait.” We would like to echo her point about gratitude and begin this newsletter by **thanking you** for your invaluable dedication and support of our research.

Our gratitude to you extends to our announcement about the Mood Disorder Risk Calculator. Based on the data collected from this study spanning 25+ years, we have developed an individualized calculator that estimates the risk of developing mood disorders. This innovative advancement would not have been possible without your continued participation in and support of this research, so we thank you wholeheartedly. If you are interested in accessing the risk calculator and reading more about it, we are providing the link to it here: <https://www.queensu.ca/u-flourish/bipolar-disorder-risk-calculator>.

In addition, we are continuing our collaboration with the University of Oxford. A sleep study of adolescents and young adult participants from our research families was launched last Spring (2021). This study is led by Lampros Bisdounis, as part of his PhD in partnership with the Department of Psychiatry at Oxford. The aim of the study is to identify sleep problems and disruptions in the sleep-wake cycle during the most critical age for mood disorder onset.

The study was initially recruiting participants between the ages of 16-25, however, we have now extended the recruitment age range to include those ages 15-30 to try to include more participants. We have a very tight timeline for enrolment to help Lampros complete his research in a timely fashion.

In the study you will be asked for two weeks to complete a sleep diary and wear a watch that records activity during wakefulness and sleep (called an actigraph). In appreciation, we are able to compensate participants in this sleep substudy with a \$50.00 Amazon gift card.

If you or your children are interested in taking part in this study, **please contact our research coordinator, Elizabeth Tetzlaff, at [researchmdco@gmail.com](mailto:researchmdco@gmail.com).**



In other news, the Flourish family study is still active, and we are trying to connect with all participants one last during the coming year for an updated research visit. Given the ongoing situation with the pandemic, we are conducting research visits remotely either by phone or zoom.

Finally, we recognize that the pandemic has taken a toll on everyone and encourage everyone to try and remember to take good care of themselves and others. Should you find that you need some additional support, we do have our research counsellor, Jenny Wolff, available to those who are actively participating in the research. Should you wish to book a remote counselling appointment with Jenny, please write to Elizabeth and she will be very happy to assist you.

We wish you all the best for the upcoming Season and thank you as always for your continued support! Remember to check our website for research updates and recent publications!



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