

2026 TEDS NEWSLETTER

Read the full papers here!



KEY FINDINGS FROM THE PAST 30 YEARS!

INFANCY (0-2)

- Children living in less wealthy neighbourhoods, generally had more emotional and behavioural problems, regardless of their genetics
- Parents who encourage imitation may have helped support the development of language, pretend play and social understanding



EARLY ADULTHOOD (21-30)

- Social and emotional development wasn't impacted much by the type of school attended
- Childhood peer problems and prosocial behaviours were associated with anxiety and depression in adulthood
- Adolescents with higher body dissatisfaction at age 16 had more eating disorder symptoms, depressive symptoms, and higher BMI in early adulthood



AGE

EARLY CHILDHOOD (3-8)

- Twins' food preferences were influenced by both genes and the shared environment
- Whether or not someone continues to experience ADHD over time was largely due to genetics
- Genes played a role in emotional and behavioural problems, hyperactivity, social behaviour, and peer difficulties
- Identical twins were almost twice as similar as non-identical twins in their teachers' ratings of Maths and English performance
- Autistic-like traits were strongly influenced by genetics



ADOLESCENCE (12-18)

- The shared environment explained more variation in intelligence in those from less wealthy neighbourhoods
- As attachment changed during the course of development, genes played an increasingly important role
- Genetics accounted for much more of the differences between people on GCSE scores than school or family environment
- Genetic factors influenced academic choice, not just achievement



MIDDLE CHILDHOOD (9-11)

- Attachment problems were largely influenced by genes, particularly in boys, and were distinct from everyday emotional or behavioural issues
- Students' cognitive ability was the main predictor of school achievement, especially in Science. In Maths and English, how capable students felt and how much they liked the subjects also mattered
- Differences in children's reading skills from ages 7 to 10 were mostly shaped by genes, with family environment playing a smaller role



Even if we haven't heard from you in a while, we still consider you as a TEDS participant. We still hold your data and hope you will join us for our next wave of data collection!

If you think we may not have the correct contact details, please get in touch here!

Or via email: teds-project@kcl.ac.uk



0800317029



www.teds.ac.uk



teds-project@kcl.ac.uk



@Twins Early Development Study



@tedsproject

A MESSAGE FROM THE DIRECTOR, PROFESSOR THALIA ELEY

Dear **TEDS twins**,

We have some very exciting news – we have just been funded for another 5 years by the UK Medical Research Council. This is a fantastic acknowledgement of the huge contribution you have all made to understanding mental health and related life factors in your generation, as shown on the front page. Following our conversations with some of you, a core focus will be to improve our understanding of what features of today's world and your lives you feel are particularly important for your mental health and wellbeing. To do a really good job, we are keen to hear from as many of you as possible, so do let us know if there are things we can do that would make you more likely to take part. We are particularly keen to hear from more men, and from those with children. **Many thanks again for being part of TEDS, we could not do it without you.**



A MESSAGE FROM THE FOUNDER, PROFESSOR ROBERT PLOMIN

As one of many signs of its prestige, TEDS is the longest continuously funded research programme by the UK Medical Research Council.

I am tremendously grateful for your participation over these 30 years. If you ever want to get in touch, please feel free to contact me at **robert.plomin@kcl.ac.uk**.



TEDS TWINS FUN FACTS!

Data from
TEDS30!



91.2% have often volunteered to help others



32.9% spend time playing video games



17.1% have had an outstanding personal achievement



71.2% have had positive experiences on social media

TEDS30 STUDY – PLEASE TAKE PART

It's not too late to take part in this important ongoing study!

The questionnaire is available online and typically takes 20 – 30 minutes to complete.

You will be sent a £10 Love2Shop reward code to thank you for taking the time to help with our research.



If you need your log in details, please contact us!

tinyurl.com/ybszca6d

NEW TO TEDS & COTEDS

Hannah joined the TEDS team in September 2025 as a Research Assistant, supporting day-to-day research activities and administrative aspects of the study. On days that she is not in the TEDS office, she provides operational support to the academics and researchers in the Department of Women & Children's Health. Prior to joining King's, Hannah worked for The School & Family Works - a small social enterprise that supports children facing adversity to succeed in school by building collaborative communities between schools and families.



Hannah

Vicky joined the CoTEDS team as a Research Assistant in May 2025. Prior to this, she completed her BSc in Psychology at the University of Bath, including a placement year at Boston University where she supported research investigating the influence of early experiences in child development. After graduating, she went on to work in roles within the NHS, including at a Talking Therapies service. Vicky has been helping the team to develop a new questionnaire for CoTEDS parents to complete when their child is aged 4-5 years old, during the transition to starting school.



Vicky

THE CHILDREN OF TEDS TWINS



CoTEDS is our study of the children of TEDS twins. We aim to understand the role that parents play during child development. Your child's other parent can take part too, if applicable to your family. Details to register below.

JOIN COTEDS! – TEDS TWINS & CO-PARENTS

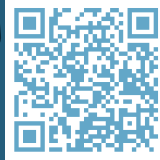


We are always looking for TEDS twins with children to join the next generation of TEDS. If you would like to get involved, scan the **QR code** or fill out an online form at <https://goo.gl/Cr7Kxy> to register your pregnancy or child!

Over 1,700 children registered so far!

JOIN US!

Sign up to CoTEDS here!



CONGRATULATIONS JOANNA ON COMPLETING HER PHD



Joanna, our project coordinator at CoTEDS, just finished a PhD looking at the relationship between parents and children showing challenging behaviours.

For more info about Dr Joanna Bright's research, check out our [CoTEDS Instagram](#) page!



A Milestone for CoTEDS too...



CoTEDS is still in its early stages and very much growing alongside the children of the TEDS twins.

This is the first time data from CoTEDS have been used.

Thank you for contributing to our research over all these years!

Earn a **£10 Love2Shop voucher** for **every questionnaire** and **every DNA** kit completed!



Co_TEDS CoTEDS-project CoTEDS.project

TEDS STATISTICS!

Read about the current study statistics and the scientific impact!

IN TEDS, THERE ARE...

3,220 identical twin pairs
6,164 non-identical twin pairs



12,303 females
11,830 males



7,000+ unrelated individuals
3,500+ non-identical co-twins



TEDS HAS REACHED...

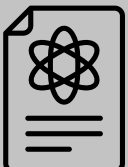
243 researchers
64 institutions



550 scientific papers

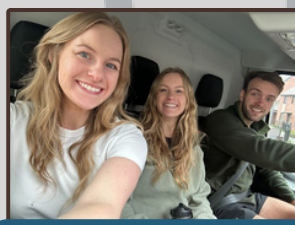


45 spin-off studies





Twins David and Tim, both Air Traffic Controllers at Manchester Airport.



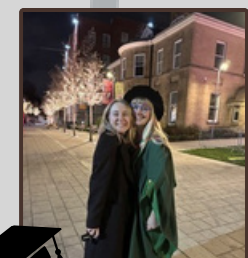
Fiona purchased her first house and twin Siobhan helped her move in.



Abigail got married with twin Emma as maid of honour.



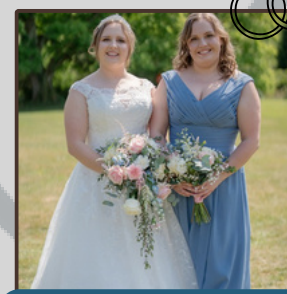
Dharmesh and twin Bhavesh celebrated their birthday together for the first time since they were 18!



Twins Izzie and Roz at Roz's PhD graduation at the University of Leeds.



Serena and twin Tasha at Disney Land Paris!



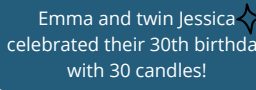
Hannah's Wedding Day, with twin Sophie as her maid of honour.



Twins Patrick and Kristian at Kristian's wedding.



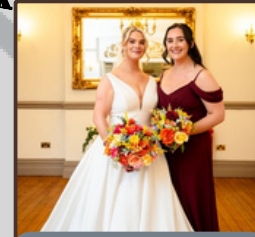
Twins Summer and Jake celebrated turning 30!



Emma and twin Jessica celebrated their 30th birthday with 30 candles!



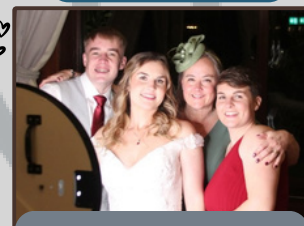
Claire and twin Emma travelled to Tobago last year to celebrate their 30th birthday.



Lizzie got married with twin Alex as maid of honour.



Twins Hannah and Rachael in the pit band for the local charity panto.



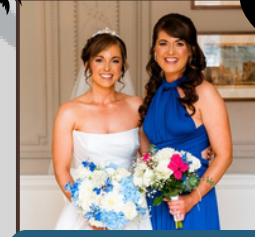
Twins Holly and Alice with their mum and brother James.



Maddie got married with twin Danielle as maid of honour.



Bethany and twin Lauren both had baby boys, just 10 days apart!



Daniela got married with twin Clara as maid of honour.



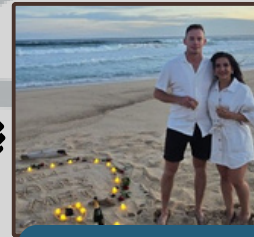
Shona and twin Lorna enjoying their birthday meal out.



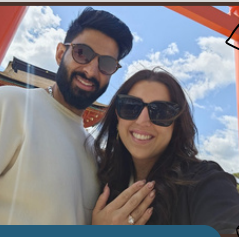
Caroline got married with twin Rosie as both maid of honour and the officiant at the wedding.



Matthew and twin Darren completed a Hyrox together in Warsaw.



Dhanya and twin Fran both got engaged!



Emily and twin Sophie doing their 2nd family road trip in America.



Jonathan and twin Nicholas ran the Venice marathon in under 4 hours!



Hatti received her PhD from Louisiana State University with twin Lizzie.



Kate and twin Lucy turned 30 in February.



Danielle and twin Ayiesha opened a cake shop together



Amy and twin Laura are both pregnant at the same time!



Twins Kirsty and Carly went to see Coldplay in concert together with their mum.



Gabii got married with twin Lauren as maid of honour.



Twin Oliver at a restaurant with mum Jane.



TEDS twins Zoe and Victoria and their whole family including 3 sets of twins!



Fiona celebrated running the Bognor 10k with twin Ellen.