

# Summer Newsletter

Updates from the Scottish health and wellbeing study | August 2024

generation  
scotland 



Dear Volunteer,  
Thank you for your ongoing support of Generation Scotland. Our mission is to create Scotland's largest family health study reflecting the lives of people living in Scotland.

This is only possible with the valuable and generous contributions made by you and our other wonderful volunteers.

We combine the information you provide with new and creative lab science to help discover important insights about health for everyone in Scotland, now and in the future. We have already driven progress in research across a wide range of conditions, including mental health, dementia, cancer, stroke, diabetes and chronic pain. We are excited to continue working with you to support future discoveries to improve health and wellbeing.

With best wishes,  
Cathie Sudlow, Director Generation Scotland

£20  
compensation  
for 12 - 18 year  
olds!



We understand it can be hard for young people to make the time to volunteer, due to commitments such as school/college or training. As less than 2% of our volunteers are young people, we are keen to support them to be part of our study. Their involvement will help us better understand the unique health challenges faced by young people.

We are therefore offering a **£20 e-gift voucher** as compensation for the time it takes for young people to participate. We want as many young people to join as possible, so please tell your friends and family about Generation Scotland!

If you were aged 12 to 18 when you joined, we will be in touch to offer you a £20 e-gift voucher as well.



Watch your messages

## Upcoming Events

**Orkney Science Festival, Health from Data panel session at the Orkney Theatre, Kirkwall  
Saturday 7th September 2024**

Hear our director, Professor Cathie Sudlow, speak about the importance of NHS data for research at the Orkney Science Festival <https://oisf.org/fest-event/health-from-data/>

**Doors Open at the Edinburgh BioQuarter in the new Usher Institute Building  
University of Edinburgh**

Saturday 28 September 2024 | 10am - 4pm

Come and meet some of the Generation Scotland team at the brand new Usher Institute  
We will have family drop-in activities about brains, DNA and data

5-7 Little France Road | Edinburgh BioQuarter – Gate 3 | EH16 4UX

Do you have a few minutes to help us spread the word?

Tell us why you joined Generation Scotland - there are 3 ways you can help



Tell a friend or family member about Generation Scotland!

Share this [video advert](#) with them so they can find out more.



Share a few sentences and a photo with us! You don't have to share a photo of yourself, you can share something else such as a place in Scotland that is meaningful to you, or even a photo of your pet.

Click this [Google Form](#) to share your reason for joining and a photo



Record a short video (1 minute or less) sharing why you joined Generation Scotland. [Click here for an example](#). It doesn't have to look perfect - in fact, informal is better! Please record in portrait (vertical) mode, e.g. using your smartphone, if possible.

Click this [Google Form](#) to share your video

If you spend 30 mins (or close to 30 mins) on the video, please let us know. We can offer a **£15 e-voucher** as compensation for your time.

We really appreciate your time and support!

£15 e-voucher



## Loneliness in the Digital World

In April 2024, Generation Scotland launched the 'Loneliness in the Digital World' study, designed and produced with young people. Anyone aged 12 to 15 who is a volunteer with Generation Scotland can join the loneliness study.

Eva, a member of our Loneliness Young Person's Advisory Group, describes what it has been like to help design this study

“I have loved working on this project, and I appreciate greatly the many opportunities it has given me and can drastically see the impact this project has had on my self-confidence.”

[Read more here](#)

You can find out more and join here: <https://www.gslonelinessteens.com/>

## New Research Highlights

Generation Scotland Health Data Scientist, Hannah Milbourn, led a summary of the **Generation Scotland data resource** and many of our **research achievements to date**.

[Watch our video](#)

[Read the full paper](#)

Generation Scotland Research Fellow, Dr Zhuoni Xiao, worked with our youth researchers to produce a paper about our **new research study** looking into loneliness in adolescence - '**Loneliness in the Digital World**'.

[Read a summary](#)

[Read the full paper](#)

PhD student Kevin Carr used data from Generation Scotland to examine different measures of stress and how they relate to biological ageing.

[More details here](#)

All new publications are listed on our website

<https://www.ed.ac.uk/generation-scotland>



Follow us



@genscot



@generation scotland



@generation scotland

Find out more

<https://edin.ac/3vnQ4pn>