

Emotions Project

Newsletter December 2006

Thank You

The Monash University Emotions Project has been running since 2003. During that time nearly 1,400 children and approximately 125 schools around Victoria have taken part. As we draw towards the end of the first phase of the study we would like to take this opportunity to thank the children, families, and schools who have helped to make this project a success.

Over the past three years we have learned a great deal about children and adolescents and how their emotions impact on their lives. This information is being presented at scientific conferences and published in scientific journals, so that professionals working with children and adolescents can better understand their emotions and how to help them develop in the best possible way. In this newsletter we outline some of the things we have learned from the project so far.

Key findings from the Emotions Project

- Children's ability to regulate how their feelings was found to be very important for their general psychological wellbeing. For example, when bad things happen for which we feel responsible, we can end up feeling pretty bad. Some children tend to blame themselves rather than see that it was their behaviour in that particular situation was inappropriate. It is these children who are more likely to have lower levels of wellbeing.
- Children who try to stop their feelings or suppress them, are more likely to have lower levels of wellbeing. This is in contrast to children who change the way they think about an event that could have made them feel bad. By changing their thinking about it, children are less likely to experience lowered wellbeing.
- Another main finding was that the beliefs children have about their parenting experiences relate to their wellbeing. Children who believed their parents to be

warm and caring reported higher psychological well-being compared to those who believed their parents to be too controlling.

Good News for Next Year!

The Emotions Project Team was recently awarded a grant from the Australian Research Council to continue the project for another three years. This means we can continue to learn more about children's emotions, especially how they change and develop as they get older.

We will need as many children as possible from the original project to participate in this new phase. A letter will be sent to parents and children in the new year inviting them to take part. This time in appreciation of the time and effort families put into the project we will be offering families a **payment of \$15** for each year (pending Ethics Committee approval).

We are looking forward to working with the children, adolescents, families and schools again during this new and exciting phase of the study.



Contact Us

If your details have changed or you no longer wish to be contacted by the Emotions Project team please let us know by phone on (03) 9905-3149 or by email at: emotions.project.psychology@med.monash.edu.au and quote the code number on the top right corner of your envelope label.



Seasons Greetings



We wish you and your family a happy and safe holiday season and best wishes for the new year.

The Emotions Project Team
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