

Name	<b>Tracking Adolescents' Individual Lives Survey (TRAILS)</b>
Description	TRAILS aims to understand the development of adolescents. TRAILS provides data on the psychological, social and physical development of adolescents and young adults over a period of more than 15 years.
Location	Three northern provinces of the Netherlands
Lead Institute	University Medical Centre Groningen
Cohort size	2230 adolescents (at baseline) 543 adolescents (clinical cohort, started in 2004)
Start Cohort	2000
Follow-up	Every 2 to 3 years 2001 2004 2006 2009 2012 2015
Variables and Measurement methods	<p>Measurements: through questionnaires, interviews, tests and/or physical measurements. From participants, parents, teachers, classmates and siblings</p> <p>Variables:</p> <p><u>Sociodemographic variables</u></p> <ul style="list-style-type: none"> <li>- Sociodemographic data</li> </ul> <p><u>Mental health</u></p> <ul style="list-style-type: none"> <li>- Internalizing and externalizing problems</li> <li>- Psychiatric diagnoses(DSM-IV)</li> <li>- Anxiety and depression</li> <li>- Anti-social behaviour</li> <li>- Relational aggression</li> <li>- Substance use</li> <li>- Eating disorders</li> <li>- Psychotic symptoms</li> <li>- Social-behaviour problems</li> <li>- Happiness</li> </ul> <p><u>Physical health</u></p> <ul style="list-style-type: none"> <li>- Common health problems</li> <li>- Pain</li> </ul> <p><u>Impairment, medication and health service utilization</u></p> <ul style="list-style-type: none"> <li>- Impairment</li> <li>- Health worries</li> <li>- Health services utilization</li> <li>- Need for care</li> <li>- Medication use</li> </ul> <p><u>Physical condition and development</u></p> <ul style="list-style-type: none"> <li>- Morphology</li> <li>- Physical fitness</li> <li>- Pubertal stage</li> </ul>

### Biography

- Developmental history
- Early childhood behaviour
- Life events and difficulties

### Genetic factors

- Genetic risk
- Epigenetic methylation

### Temperament, personality, self-perception

- Temperament
- Personality
- Approach/avoidance
- Self-esteem
- Self-efficacy
- Body perception

### Cognitive functioning and academic performance

- Intelligence
- Information processing capacity and social cognition
- Cognitive style
- School performance

### Social behaviour

- Social skills
- Social behaviour
- Prosocial behaviour
- Relational aggression

### Lifestyle

- Health behaviours
- Sports motivation

### Physiological functioning

- Autonomic nervous function
- Hypothalamic-pituitary-adrenal (HPA)-axis
- Psychophysiological stress-reactivity
- Biological markers

### Family characteristics

- Family composition
- Socioeconomic position
- Home environment
- Familial psychopathology and distress
- Chronic conditions of family members
- Parental happiness
- Familial personality
- Parental health and health behaviours
- Parental health worries
- Parental religiosity

### Family functioning

	<ul style="list-style-type: none"> <li>- General family functioning</li> <li>- Parenting stress</li> <li>- Parental rearing behaviours</li> <li>- Parental monitoring</li> <li>- Conflicts</li> </ul> <p><u>Peer and romantic relationships</u></p> <ul style="list-style-type: none"> <li>- Peer status</li> <li>- Friends</li> <li>- Romantic relationships</li> <li>- Relationship satisfaction</li> <li>- Intrasexual competition</li> <li>- Sexuality</li> <li>- Partner characteristics</li> <li>- Partner support</li> <li>- Intra-partner aggression</li> <li>- Work-related factors</li> <li>- Jobs</li> <li>- Job characteristics</li> <li>- Work engagement</li> <li>- Absence</li> <li>- Ambitions</li> </ul> <p><u>Miscellaneous</u></p> <ul style="list-style-type: none"> <li>- Sleep</li> <li>- Time spending</li> <li>- Sources of well-being</li> <li>- Motives for behaviour</li> <li>- Religion and religiosity</li> <li>- Discrimination</li> <li>- Noise</li> <li>- Debts</li> </ul>
Availability and Type of -omic data	None
Design paper	<u>Huisman et al. 2008</u>
website	<a href="http://www.trails.nl/en/">www.trails.nl/en/</a>