

MLSAAF UPDATE

Parent Survey Coming Soon!

We're thrilled to announce that the parent survey will be available **in late June!** As always, you can choose to receive a paper survey by mail.

We've already started the Time 5 survey with your young adult child. This year, we've also introduced **biodata collection***, making our study the only one with data since adolescence and now biodata!

Biodata helps to understand their health and stress levels better. Sometimes we may not realize how stressed we are.

Please remind your child to participate—it's incredibly valuable for our research!

-Sincerely MLSAAF Team



*Three Biodata

- **Cortisol level (stress hormone):** through nail samples that grow for two weeks
- **Inflammation levels:** through Dried Blood Spot card
- **Sleep quality:** through wearing a sleep watch for one week



THE UNIVERSITY OF CHICAGO

**CROWN FAMILY SCHOOL OF
SOCIAL WORK, POLICY, AND PRACTICE**

Midwest Longitudinal Study of Asian American Families

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***Thank you for your ongoing
support!***

***We could not do this
without you!***