

# Personality and Total Health (PATH) Through Life Project

## Principal Investigator

### Professor Kaarin J. Anstey PhD, FASSA

Director, Centre for Research on Ageing, Health and Wellbeing  
Director, Dementia Collaborative Research Centre Early Diagnosis and Prevention  
ANU College of Medicine, Biology and Environment  
Bldg 62, Eggleston Rd  
The Australian National University  
Canberra ACT 0200  
Email: [Kaarin.Anstey@anu.edu.au](mailto:Kaarin.Anstey@anu.edu.au)

## Summary

Setting:	Australian Capital Territory and Queanbeyan, New South Wales
Start Date:	2001
End Date:	2021
Participants:	7485 individuals aged 60-64 years
Assessment Schedule:	4-year interviews
Measures:	(1) Genetic risk factors, early life adversity, other personal history (including past mental health problems and substance use, adolescent transitions, marital history and family formation), personality measures, life stress and social support, diet, occupational stress, recent anxiety and depression, recent substance use and cognitive abilities; (2) Cohort-appropriate life-style changes; (3) Subgroups with MRI scans and blood tests, detailed neurocognitive assessments yielding diagnoses of dementia and MCI, comprehensive cardiovascular assessments.

## Further Information

- <http://crahw.anu.edu.au/research/projects/personality-total-health-path-through-life>
- Anstey. et al. Cohort profile: The PATH through life project. *Int Journal Epidemiol* 2011;41:951-60 (153kb, PDF)

