University of Cambridge
Centre for Family Research

Annual Report 2015-2016
Celebrating 50 Years
Centre for Family Research

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**Emeritus Professor**
Professor Martin Richards

**Administrator and PA to the Director**
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**Part-Time Administrator**
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**Distinguished Associates**
Professor Judy Dunn
Professor Sir Michael Rutter
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Professor Trevor Robbins (Department of Psychology, University of Cambridge)
The highlight of our year was the 50th anniversary of the Centre for Family Research, founded by Martin Richards in 1966. We look back today on the 1960s as a time of liberation. However, the reality was quite different for families at that time. Most parents were married, with mothers and fathers playing the traditional roles of homemaker and breadwinner. For those in unhappy marriages, divorce was extremely difficult, achievable only on the grounds of adultery, cruelty, desertion, or incurable insanity. For those who did not fit the nuclear family model, life was hard. Mothers who had divorced and were bringing up children alone were stigmatised; it was not unusual for their children to be the only child from a single-parent family in their class at school. In 1966, cohabitation was severely frowned upon. Those doing so were described as “living in sin” and their children branded as “illegitimate”. Unmarried women who became pregnant were put under enormous pressure to give up their babies for adoption so as not to bring shame upon their families, and illegal, back-street abortions were rife. Men who had sex with men were at risk of imprisonment. In 1966, homosexuality was a criminal act.

So who would have dreamed that just 50 years later, same-sex marriage would be legal in more than 20 countries, women would give birth to babies conceived in test-tubes, women would give birth to babies to whom they lacked a genetic link, twins would be born years apart, and donor-conceived half-siblings would be searching for each other over the internet. We didn’t even have computers! These changes were beyond our wildest imagination when Martin Richards founded the Centre for Family Research in 1966.
The Centre has studied these changes to family life as they have happened, focusing on the social and psychological consequences for parents and children. Our research includes studies of divorce, single-parenthood, genetic testing, same-sex parenting and assisted reproductive technologies. Another important dimension comes from Gail Ewing’s research on the end of life. The Centre has also investigated the processes within families that are associated with positive and negative outcomes for children, ranging from Martin Richards’ early work with Judy Dunn on mother-infant interaction to Claire Hughes’ current research on the interaction between mothers - and fathers - and their children, and the consequences for children’s social, emotional and cognitive development.

The Centre’s early days were in the Department of Experimental Psychology, with a move to the Faculty of Social Sciences in the 1970s. In 2012, we returned to the School Biological of Sciences when the Department of Experimental Psychology, the Department of Social & Developmental Psychology and the Centre for Family Research merged to form the new Department of Psychology. Although we are a multidisciplinary Centre, our work has always drawn from the biological sciences, from Martin’s early work on genetic testing, to our research on assisted reproduction, to Claire’s current research on hormonal influences on parent-child relationships. So we are delighted to have come full circle to be back in the School of Biological Sciences as we embark upon our next 50 years.

Martin’s idea was visionary at the time – he could see that the family had the potential to be a fruitful and important area of research. The Centre became a formal Institution of the University in 1999 taking its place in the Statutes and Ordinances. Several members
of the General Board were against the Centre on the grounds that it wouldn’t last. I am pleased to say that we have proved them wrong!

I would like to thank the funders who have made our research possible. The Nuffield Foundation enabled me to conduct the first UK study of lesbian mother families in 1977, through a grant to Michael Rutter, and has supported several other studies over the years. The ESRC has consistently funded Claire and myself over the years. We are very proud that Jane Elliott, the Director, is an ex-member of the Centre for Family Research. The Wellcome Trust, which gave me my first Wellcome grant in 1989, has funded our work on new family forms almost continuously since that time. I have no doubt that this field of research would not have flourished without the support of the Wellcome Trust. Claire and I would also like to express our sincere thanks to our College, Newnham, for so generously sponsoring our 50th anniversary celebratory event. Last but not least, I would like to thank our terrific Management Committee: Roger Mosey, our extremely supportive and hospitable Chair, Judy Dunn, Mavis Maclean, Jude Browne, Michael Lamb and Trevor Robbins. I would also like to extend our gratitude to Abby Fowden, Head of the School of Biological Sciences, who has always made time for the Centre for Family Research and accepted this cuckoo in the Biological Sciences nest.

To mark our 50th birthday we held a celebratory event on October 6th at which we presented the work of the Centre through film, speech and drama. The event, which was held at Peterhouse College, was attended by 120 guests from within and beyond Cambridge. Following welcome speeches by Roger Mosey and myself, Claire presented three films about her team’s research. The first focused on new findings from a two-generational cross-cultural study of theory of mind in preschool children and their parents in the UK and in Hong Kong. The film highlighted the East-West contrast in both parents’
and children’s mentalizing skills as well as the association in both countries between parental ‘mind-mindedness’, the ability to tune into children’s thoughts and feelings, and pre-schoolers’ understanding of false beliefs. The second film showcased the New Fathers and Mothers Study (NewFAMS) which focuses on the early origins of individual differences in executive function, another socially relevant cognitive skill that underpins the ability to be flexible and engage in goal-directed behaviour. This film showed some of the tasks and games that the team use to assess these skills at different ages, from 4-months to 4-years, and highlighted ways in which parents can help children learn how to regulate their behaviour. In the third film, the study families took centre stage, presenting their own views of how life had changed for them since becoming parents.

The work of my own team on new family forms was illustrated though Half of Me, a play focusing on the experiences of children born through assisted reproductive technologies. This became possible through a collaboration between the Centre for Family Research, Tamasha Theatre Company, and the youth theatre, Generation Arts, funded by the Wellcome Trust. This has been a new and rather wonderful experience for us. We are enormously grateful to Fin Kennedy, Artistic Director of Tamasha, Ali Godfrey, Director of Generation Arts, and the award-winning playwright, Satinder Chohan, who wrote Half of Me while writer-in-residence at the Centre earlier in the year.
The films and play were followed by an inspiring Keynote Lecture by Sir Michael Rutter on how scientific findings have changed our thinking about families and children over the past 50 years, chaired by the Vice-Chancellor who very kindly made time to participate in our anniversary event. We were thrilled and honoured that Mike and Marjorie were able to join our 50th celebrations as Mike has been an important figure in the research of both Claire and myself, and the generations who have followed us. The lecture demonstrated just how much has been achieved in the field of family research over the past 50 years.

Following the more formal part of the day, we proceeded to a drinks reception and dinner in Hall at Peterhouse College where Martin gave a touching and humorous presentation on the early days of the Centre, and Jane Elliott treated us to some reminiscences from her time at the Centre as a post-doctoral researcher. The evening ended on a high note (literally!) with the amazing “Three Waiters” who surprised us all by transforming before our astonished eyes from waiters in Peterhouse uniform to opera singers who serenaded us with Nessun Dorma, Toreador, La donna è mobile, That’s Amoré, Tonight and O sole mio. It was a glorious end to a glorious day.
The Centre for Family Research would not have flourished for 50 years without the outstanding researchers and PhD students who have helped make it an innovative, exciting and fun place to work. The administrators have been just as important in contributing to the Centre’s success. Our heartfelt thanks go to Abby Scott, the Administrator of the Centre, who works magic behind the scenes. And a very special thank you is due to Kathy Oswald for organising a wonderful 50th anniversary celebration. This has been a huge undertaking and Kathy’s commitment, creativity and attention to detail throughout, while managing not to lose her wicked sense of humour, has been well beyond the call of duty and hugely appreciated by us all.

Professor Susan Golombok

20th November, 2016
The New Families Team

Professor Susan Golombok

Our attention this year has been focused on writing up the findings of the studies included in Susan’s Wellcome Trust Senior Investigator Award. With all of the major studies completed, we had a lot of writing up to do! The over-arching aim of the Investigator Award was to study the impact of new developments in assisted reproductive technologies (ARTs) on the family. Specifically, we focused on the quality of parent-child relationships and children’s psychological wellbeing in family types in which ARTs have been used for social rather than medical reasons; gay father families formed through surrogacy, lesbian mother families formed through donor insemination, and families headed by single mothers by choice. We also conducted the first in-depth study of donor siblings (half-siblings born from the same sperm donor but growing up in different families) and the first study of children born through egg donation following the removal of donor anonymity in the UK. In addition, we carried out the 6th phase of a longitudinal study of children born at the millennium through egg donation, donor insemination and surrogacy. During the course of the Award, novel applications of ARTs emerged such as individuals who were previously unknown to each other meeting over the internet with the purpose of having children together and a rise in the number of transgender parents. Due to the flexibility of the funding scheme, we were able to conduct pilot studies of these new phenomena as they arose.

Gay fathers through surrogacy

Our study of gay father families formed through surrogacy is the first controlled study worldwide of this emerging family form. As the number of such families in the UK is small, Lucy Blake carried out this investigation in the US in collaboration with Professor Anke Ehrhardt, Jenna Slutsky and Liz Raffanello at Columbia University. We are also
thankful to Susan Imrie and Sophie Zadeh who helped with data collection at Family Week in Provincetown. The study compared gay father families formed through surrogacy with lesbian mother families formed through donor insemination, all with children aged around 6 years. Contrary to popular assumption, the study found that children of both gay fathers and lesbian mothers showed high levels of psychological adjustment and positive relationships with their parents. However, stigmatization of the family was associated with higher levels of children’s behavioral problems in both family types. The findings suggest that men can be just as competent at parenting as women, and that the absence of a female parent does not necessarily have adverse consequences for children’s psychological adjustment. In addition, the finding that stigmatization was associated with higher levels of adjustment problems in children, irrespective of family type, indicates that social processes are more influential in child adjustment than are structural variables, such as the gender and sexual orientation of parents.

Single mothers by choice

Our study of single mothers by choice (solo mothers), conducted by Sophie Zadeh and Tabitha Freeman, is similarly the first controlled study of its kind. Single heterosexual mother families created through donor insemination were compared with heterosexual two-parent families also created through donor insemination, all with children aged 4-8 years. There were no differences in quality of parenting or child adjustment between these family types. However, financial difficulties and parental stress predicted psychological difficulties in both single mother and two-parent families. Research on solo mother families is of theoretical interest as it provides an opportunity to examine the impact of single motherhood on children’s wellbeing in the absence of risk factors such as parental conflict, economic hardship and maternal mental health problems that are associated with psychological problems in the children of divorced single mothers and
unmarried single mothers whose pregnancies were unplanned. The finding that the children of solo mothers did not differ from their counterparts in two-parent families suggests that single motherhood, in itself, does not have negative psychological consequences for children. The association between financial difficulties, parenting stress and increased levels of psychological problems in children again illustrates the relative importance of family processes over family structure for children’s psychological adjustment.

Longitudinal study of assisted reproduction families

Elena Ilioi, Vasanti Jadva and Lucy Blake completed the 6th phase of our longitudinal study of egg donation families, donor insemination families and surrogacy families when the children reached adolescence. We are indebted to Elena who not only travelled the length and breadth of the UK to visit the families in their homes but also, through her admirable persistence, managed to track down families whom we had lost at previous phases of the study. We found that the families continued to function well when their children entered adolescence. The mothers in surrogacy families showed less negative parenting and greater acceptance of their adolescent children and fewer problems in family relationships as a whole compared to the donor conception mothers. In addition, less positive relationships were found between mothers and adolescents in egg donation families than in donor insemination families as rated by both mothers and adolescents. There were no differences between family types for the adolescents themselves in terms of adjustment problems, psychological well-being and self-esteem. The findings suggest that biological relatedness is not a prerequisite for positive family functioning in assisted reproduction families even when faced with the challenges of adolescence. An important finding was that the earlier parents had told their children about their biological origins, the more positive were the children’s relationships with their parents at age 14.
Interestingly, we found this association through data collected independently from mothers and adolescents which gives added weight to the finding.

Egg donation families
Susan Imrie and Vasanti Jadva completed a study of the first cohort of families formed through egg donation in the UK since the removal of donor anonymity. The study focused on parent-infant interaction using attachment-based interviews and standardised observational assessments. Following training in the administration and coding of these assessments, Susan Imrie and Vasanti Jadva spent many months rating the video-recordings of mothers and fathers interacting with their children. This study formed the basis for Susan Imrie’s PhD which she will submit by the end of the year.

Donor conceived adolescents
Following on from our earlier survey of donor-conceived children contacting each other through the internet, Vasanti Jadva and Tabitha Freeman, in collaboration with Professors Miriam and Howard Steele, Jenna Slutsky and Sherina Persaud from the New School for Social Research in New York, conducted an in-depth study of the feelings and experiences of donor-conceived teenagers. We found that those who were insecurely attached to their parents felt more negatively about being donor conceived whereas those who were securely attached felt more accepting of their origins and were more interested in finding their donor and donor siblings.

Adoptive gay father families
Anja McConachie and Chris Lloyd made good progress with the second phase of our longitudinal study of adoptive gay father, lesbian mother and heterosexual parent families when the children were aged 10-14 years. Not only did they pilot the measures but also they made a good start to data collection by visiting more than 30 families in
their homes. It is pleasing that the families seem very happy to participate in this follow up. So far, around 95% of the families contacted have agreed to take part. Anja has also been working on a PhD based on this study.

**Co-Parenting**

Connection websites for individuals pursuing assisted reproduction have become increasingly popular in the UK since the removal of donor anonymity in 2005. These websites have initiated new forms of elective co-parenting arrangements such that individuals meet with the explicit purpose of using assisted reproduction to create and raise children together without being, or intending to become, partners. Tabitha Freeman and Vasanti Jadva conducted an innovative online survey of over 1000 members of a leading UK connection website in order to understand the motivations and characteristics of those who pursue parenthood in this way.

**Transgender parents**

Thanks to an Enhancement Award from the Wellcome Trust, we initiated a study of the family relationships, feelings and experiences of children with transgender parents. In spite of the growing number of children with transgender mothers and fathers, the only existing investigation was based on nine children and published in 1978. We are currently conducting a preliminary, exploratory and wide-ranging study, obtaining quantitative and qualitative data on the quality of relationships within families, family members’ psychological wellbeing, parents’ experiences of parenting as a transgender person, and children’s experiences of having a transgender parent. Different types of transgender parent families are participating in the study, including families with transgender mothers, families with transgender fathers, families with children born before and after the parent transitioned, and families with children born through natural conception and assisted reproduction. We are working very closely with organisations.
such as Gendered Intelligence and Stonewall, whose remit is to support transgender persons and promote understanding of transgender issues.

_Sperm donors_

Following her return from maternity leave, Susanna Graham began her Wellcome Trust Fellowship by initiating a comparative study of the motivations and characteristics of sperm donors who donate through a licensed sperm bank and those who use a connection website. She has also been writing up the findings of her earlier research.

_International studies_

Pamela Jimenez Etchverria travelled to Chile in the summer to complete data collection for her study of adopted and institutionalised children. Nishtha Lamba completed data collection in India for her study of Indian surrogate mothers, conducted in collaboration with Vasanti Jadva. Vasanti and Nishtha also wrote up their study of Indian egg donors.

_Conferences and other activities_

In addition to writing and initiating new studies, members of the team attended a number of conferences this year. Seven of us participated in the Annual Conference of the European Society for Human Reproduction and Embryology in Helsinki. Oral presentations were given by Nishtha Lamba on maternal-foetal attachment and psychological wellbeing in Indian surrogates, and by Elena Ilioi on the UK Longitudinal Study of Reproductive Donation Families. Posters were presented by Susan Imrie on identity-release egg donation in the UK, by Sophie Zadeh on children’s adjustment and perspectives in solo mother families, and by Susanna Graham on egg donors’ perceptions and future expectations of being an identity-release donor.
Vasanti Jadva gave invited presentations on surrogacy at the Canadian Fertility and Andrology Society’s annual conference in Toronto and at a conference on surrogacy law reform in London. Susanna Graham spoke on single women negotiating relatedness through sperm donation at the ESHRE Campus Symposium on donor sperm banking in Leuven, on egg donors at the Deconstructing Donation Conference in Lancaster, and on methodological influences on eliciting narratives of solo mothers at the International Conference on Social Science Methodology. Lucy Blake spoke on the significance of genetic relatedness for family relationships at the Human Behaviour and Evolution Society Conference in Vancouver, on family estrangement at the Centre for Research of Family Relationships International Conference in Edinburgh, and on disclosure of donor conception as part of the British Psychological Society seminar series. Sophie Zadeh gave presentations at the Annual Meeting of the American Society for Reproductive Medicine in Baltimore, the Brocher Foundation in Geneva, and the British Fertility Society Annual meeting. She was also the organizer and speaker at the British Psychological Society Social Psychology Section Annual Conference, and the 13th International
Conference on Social Representations in Marseille. Nishtha Lamba gave a presentation on the motivations, experiences and psychological wellbeing of Indian surrogates at Nanyang Technological University in Singapore. Martin Richards has continued to work on the history of assisted reproduction in Britain. He has also been concerned with the history of the Centre for Family Research. This has included oral history conversations with some past members of the Centre. The first of these, with Joanna Ryan, will be posted on a new archive section of the CFR website.

In terms of policy-related work, Susan gave evidence on surrogacy, solo motherhood and same-sex parenting to the Dutch State Commission on Family Law; the Council of Europe Parliamentary Assembly Committee on Social Affairs; the Swedish Government Inquiry on Surrogate Motherhood and Involuntary Childlessness; the German Ethics Council; and the President of the Family Division of the High Court of Justice. She sat on the Wellcome Trust Research Resources Committee and was co-opted onto the Wellcome Trust Humanities and Social Sciences Selection Panel. Susan also gave 17 invited and keynote lectures this year in Madrid, Rome, Philadelphia and New York as well as in the UK.

We had a number of causes for celebration this year in addition to the 50th anniversary. Congratulations are due to Tabitha Freeman for being promoted to Senior Research Associate. Tabitha returned from maternity leave in July following the birth of her third child, Jude. We are very proud, in such a small Centre, to have four mothers who have remained with us after having three children, with one more on the way. Kitty Jones came top of her MPhil cohort for her dissertation on solo mothers and has now begun an ESRC-funded PhD on homemaker fathers. Susan Golombok won prizes for her book, “Modern Families: Parents and children in new family forms” in the UK (British
Psychological Society Book Award 2016) and the US (runner-up in psychology in prestigious PROSE awards). Sophie Zadeh won a Special Commendation at the British Fertility Society Annual Meeting for her research on single mothers by choice. Elena Ilioi also passed her PhD. Sadly for us she then moved to Munich to embark on a new phase in her life with her partner Jacob. We wish her every success and look forward to finding out what Elena does next

![Elena Ilioi with PhD viva cake](image)

A new direction for us this year has been our involvement in public engagement activities through theatre, spearheaded by Vasanti Jadva. Vasanti obtained a Wellcome Trust Small Arts Award with Tamasha Theatre Company. In addition, Vasanti Jadva and Sophie Zadeh received a Public Engagement Seed Award from the University of Cambridge to examine the role of theatre in secondary school pupils' knowledge and beliefs about diversity in family life. Members of the team have also taken part in training programmes this year. Susan Imrie trained in the Friends and Family Interview, an assessment of attachment in school-age children, with Professor Howard Steele in New
York. In addition, Susan Imrie and Sophie Zadeh took a course in Trans Awareness in preparation for the study of children with transgender parents.

Visitors this year included Dr Bjorn Bay from Aarhus University in Denmark who spent 3 months at the Centre working on studies of the development of ART children. Tine Raven, also from Aarhus, visited for 1 month to work with Susanna Graham on solo mothers. Professor Enrique Arranz from Basque Country University visited for 6 weeks while on sabbatical and Nicola Carone, a PhD student from Sapienza University in Rome, spent 5 months at the Centre working with Lucy Blake.

![Varsity rooftop, July 2016](image)

We were sad to say farewell to Lucy Blake this summer. Lucy has been at the Centre for 10 years, first as an MPhil student, then as a research assistant, during which time she completed a PhD, and latterly as a postdoctoral research associate. She has made an enormous contribution to the work of the Centre and will be sorely missed. We congratulate her on obtaining a Lectureship at Edge Hill University. We had a lovely rooftop party at the Varsity hotel to send her off in style!
Once more, the annual report provides an opportunity both to welcome new arrivals and to say a fond farewell to people spreading their wings and leaving the Centre for Family Research. Of particular note this year is Naomi White, who completed her PhD last year, but stayed on for a year to help with our work on school readiness before returning to her native New Zealand to complete her clinical training. Thankfully, Skype has enabled us to continue to work together and our book *Sibling Relationships: Why Brothers and Sisters Matter* will be ready for publication very soon.

Two other team leavers are Amanda Aldercotte and Nik Darshane. Amanda sailed through her PhD viva earlier this summer and then, just a few days later, sailed equally swiftly through a job interview to become a quantitative researcher at the government’s Equality and Diversity Unit, with a special interest in ethnic minority group participation in higher education. Our thanks go to Amanda’s examiners, Professor Robin Banerjee and
Dr Duncan Astle. Amanda’s thesis was entitled ‘Clarifying the nature and strength of the association between executive function and social competence: coactions, transactions and interactions’ and includes an impressive combination of sophisticated longitudinal modelling and detailed coding of video-footage of peer interactions with children from the Toddlers Up study.

Amanda’s thesis will not be the last to be based on the Toddlers Up study as this September Nik Darshane also submitted his thesis – just a few weeks into a new job as an assistant psychologist – so another from the team embarking on a clinical psychology route. One impressive fact is that Amanda and Nik’s theses will be the sixth and seventh PhD thesis to draw on the Toddlers Up study (in chronological order, the other five were Rosie Ensor, Martha Hart, Alex Marks, Rory Devine and Naomi White). In fact, Nik’s thesis (on the topic of family influences on children’s transitions to primary and secondary school) straddles two complementary longitudinal studies: Toddlers Up and the Wirral Child Health and Development Study (where Dr Helen Sharp was Nik’s second supervisor).
This year we also said both hello and goodbye to several interns. In particular, this was our first year in hosting a one-year research placement for students from Bath University. Emily Pechey and Philip Kinsky assisted on the New Fathers and Mothers Study from October to June and made a very positive addition to the team, helping with home visits, transcription and video-based coding and so picking up lots of different research skills in their time with us.

Emily Pechey and Philip Kinsky

Over the summer, we also hosted the first Centre for Family Research Summer Internship, which was awarded to Katherine Parkin, who found many different ways of helping the team, most especially in organizing our annual study party (see below). In July and August, Katherine was joined by Zhaotian Chi from Beijing Normal University, who was also very helpful and added to the cultural richness of our team.
Warm thanks to everyone in the team who helped to make the interns feel so welcome – and a special thanks to Katherine for all her hard work in setting up this year’s New Fathers and Mothers Study Garden party. This year (unlike last year!) the day of the garden party was a day of amazing sunshine and the jazz musicians added the final touch to ensure that all the families had a wonderful time. Sarah had bought lots of outdoor play materials and the study children really made great use of them, turning the lawns in front of Mrs Darwin’s home into a delightful kindergarten.
On a research front, one of my achievements this year was to edit a special issue of *Journal of Experimental Child Psychology*, on the topic of theory of mind in middle childhood and adolescence. Alongside authors from several different continents, this special issue included two publications from our team. The first of these was a paper on the psychometric properties of our Silent Film task, which is currently being used by several different groups of international researchers in a variety of interesting studies.

Our second paper in the JECP special issue was an ESRC-funded cross-cultural study demonstrating a striking double dissociation between the performance of school-aged children from the UK and from Hong Kong on tests of executive function and theory of mind (with the Silent Film task included as one of the measures). Children in Hong Kong outperformed their UK counterparts on tests of executive function but performed significantly less well on tests of theory of mind. This double dissociation was all the more remarkable in that performance in these two domains was robustly associated within both samples. Our tentative conclusion is that whereas general cultural contrasts contribute to the Asian advantage in executive function, pedagogical differences favour theory of mind development in the West. Supporting this view, the contrast in theory of mind was restricted to children attending local schools – Hong Kong children attending international schools performed as well as their UK counterparts. Overall, the papers in the special issue are a testament to the growing interest in later stages of children’s acquisition of a theory of mind, and of the salience of mind-reading skills beyond the preschool years.

Related to this theme are findings from the latest two papers to emerge from the very successful (ESRC-funded) Toddlers Up study. The first of these, published in *Developmental Psychology*, is the first longitudinal study of individual differences in
theory of mind and executive function in middle childhood. This paper reports on children’s performances in each domain at around age 6 and age 10 and demonstrates (i) good stability over this four year period for both measures; (ii) concurrent associations between domains at each time-point, but (iii) no developmental cross-domain associations once the stability of individual differences were controlled. Together, these findings suggest that there may be a developmental shift in the nature of the association between these two key cognitive constructs – from facilitating effects in preschool years to performance effects in middle childhood (Devine, White, Ensor & Hughes, 2016). The second published in the Journal of Abnormal Child Psychology, reports compelling longitudinal evidence that maternal mind-mindedness provides a buffer for pre-adolescents at risk for disruptive behaviour (Hughes, Aldercotte & Foley, 2016).

Another publication success this year was a second meta-analysis in Child Development. In this paper (Devine and Hughes, 2016), four separate measures of social influence on theory of mind are compared: two quantitative measures (socio-economic status and number of siblings) and two qualitative measures (maternal mind-mindedness and mental state talk). All four measures show modest but significant and generally universal associations with pre-schoolers’ performance on tests of theory of mind (though, importantly, the effect of siblings was restricted to the number of child-aged siblings). Building on this work and perhaps establishing a tradition in which PhD students complete a systematic review as part of their thesis, Amanda Aldercotte has also recently submitted a meta-analysis from her PhD – this time on the links between early executive function and social competence.

Also complementing the work reported in the Devine and Hughes (2016) meta-analysis, in January we submitted a paper that presented findings from a unique two-generational
cross-cultural comparison of pre-schoolers’ understanding of false belief and mothers’ mind-mindedness (again funded by the ESRC). The review process for this paper has been longer than expected but the reviewers’ comments give us hope that the paper will be accepted and will make a substantial contribution to the field. In comparison, my collaborative work with Dr Michelle Ellefson on another two-generational cross-cultural study (of executive function – and also funded by the ESRC) has been much less uphill and that paper has recently been accepted for publication in *Psychological Science*. Likewise, publishing the results from the In Mind study of parental support for preschoolers’ executive function skills has proved relatively straightforward and we look forward to seeing that work appearing in *Child Development* and *Frontiers of Psychology*.

Of course, alongside dissemination, we have also been working hard to make progress in data-collection. In particular, we are delighted that so far we have completed almost three quarters of the third (14-month) wave of the New Fathers and Mothers Study with an extremely impressive 96%. Retention rate between 4 and 14-months for the UK arm of this study (and similarly high retention rates for the Netherlands and the USA (although busy work lives mean that many of the New York fathers are only completing some of the study measures). A current challenge is to secure the future of this very successful study. To this end, I have recently submitted an application to the Wellcome Trust to follow up all the children at age 4 and to conduct a ‘sequel’ study that will involve all the study families who go on to have a second child. In the hope that this bid will be successful, my team have conducted visits for a handful of families who have already had a second child. In the current climate in which nothing is for certain, we can only keep our fingers crossed for a positive response to this application.
**Evaluating school readiness via the BESSI - the Brief Early Skills and Support Index**

In the spring, I attended several meetings with the Department of Education because several policymakers appeared interested in adopting the *BESSI* as part of their ‘Improving Life Chances’ programme. But as the saying goes, a week is a long time in politics – and the Brexit result from the referendum earlier this year meant that there was an unexpected change in Prime Minister. Moreover, the May government promptly declared itself in favour of grammar schools; all the work that preceding governments had done to improve social mobility through a focus on the early years appeared to be put on a very high shelf. So as yet, this is a story waiting for a happy ending. The *BESSI* is currently being used by Oxford University to evaluate preschool interventions and the Foundation Years Trust remain optimistic that there will be progress in ensuring that the *BESSI* will become a widely used tool. I look forward to working with Nik Darshane to ensure that his PhD findings with the *BESSI* get published in the near future as a means of raising the profile of the *BESSI* questionnaire.

Alongside data-collection and dissemination, a third and important strand of our work this year has been in public engagement. In particular, as part of the CFR anniversary celebrations, my team was invited to use film to showcase our work. Rather than attempt one full-length film, we decided to set ourselves the goal of three short videos, each about five-minutes apiece. The first of these focused on new findings from our two-generational cross-cultural study of theory of mind in preschool children and their parents living in the UK and in Hong Kong. In this film, we discussed our recent finding of an East-West contrast in mind-reading skills for both parents and children. That is, on average and for both generations, the UK group showed more mind reading than their HK counterparts. Interestingly, despite this contrast, there was an association in both countries between parental ‘mind-mindedness’ (i.e., the ability to tune into a child’s
thoughts and feelings) and pre-schoolers’ performance on tests of mind reading. Thus while mind-reading skills may be less salient and therefore less encouraged in Asia than in the West, individual differences in these skills show similar intergenerational stability in each site, suggesting a culturally universal effect of parental mind-mindedness on children’s ability to tune into others’ thoughts and feelings. The second film focused on the early origins of individual differences in self-control or “executive function”, another socially relevant cognitive skill that underpins our ability to be flexible and to engage in goal-directed behaviour. This film showed some of the tasks and games that we use to assess these skills at different ages, from 4-months to 4-years and highlighted the ways in which parents can help children to learn how to regulate their behaviour (e.g., by providing just the right level of support when children are engaged in a goal-directed activity). In many ways, this second film showcased our work in the New Fathers and Mothers Study (NewFAMS). In our third film, we wanted to let some of the families from this study take centre stage and present their own views of how life had changed for them since becoming parents. Much of this footage was taken at a study garden party and in this relaxed setting we were really able to get parents to open up about the highs and lows of becoming a parent. We plan to show this third film at the forthcoming University of Cambridge Festival of Ideas, with families at hand to join in an interactive session about whether and how becoming a parent changes who we are as people.

Amanda Aldercotte and Nik Darshane with their spectacular viva cakes!
This year Gail has been PI on a Hospice Case Study in Scotland which is aimed at developing an implementation toolkit for practitioners using the Carer Support Needs Assessment Tool (CSNAT). The co-applicants are Prof Gunn Grande, Dr Lynn Austin and Prof Ruth McDonald, from the University of Manchester. The study started in October 2016 and data collection will be completed at the end of this year.

In addition, Gail is collaborating with Prof Gunn Grande on the translation of a face-to-face training programme on the Carer Support Needs Assessment Tool to an online implementation toolkit. The online translation draws on understandings of implementation from the Hospice Case Study, the recently completed Implementation Study and the set of five CSNAT training workshops she has undertaken in the last year, which have been funded by Hospice UK. The online package will be completed by the end of 2016 with plans in place to pilot it in January 2017.

Gail is also co-PI on a study funded by Hospice UK and NIHR Collaboration for Leadership in Applied Health Research and Care (CLAHRC) Greater Manchester for a study to develop benchmark standards for organisational structures and procedures that should be in places to assess and support carers during end of life care. This is a 14 month study which began in August 2016, with funding being sought for a further 6 month period for an additional work package to develop a national strategy for carer assessment and support.

Gail is also a collaborator with the Stroke Programme team from the NIHR Collaboration for Leadership in Applied Health Research and Care (CLAHRC) Greater Manchester to
conduct a study on using the CSNAT for assessment and support of carers of stroke survivors. This study rolls on to 2017.

National level
A new collaboration has resulted with the Living with Breathlessness (LWB) Team, with Dr Morag Farquhar and Carole Gardiner on the development of a support needs assessment tool for patients (SNAP). Initial work on a prototype tool, modelled on the CSNAT, was undertaken as part of the LWB study. Since then further work has been accomplished with a small grant to Carole Gardiner to take this work forward with a rapid literature review and focus groups to evidence the tool domains in the literature and the experiences of patients and carers.

International level
Gail is currently working on a number of studies with colleagues abroad

- As co-applicant on the team led by Professor Kelli Stajduhar, University of British Columbia and Professor Richard Sawatzky, Trinity Western University. The Carer Support Needs Assessment (CSNAT) Intervention: Supporting Family Caregivers of Palliative Patients at Home, funded by the Canadian Cancer Society Research Institute and Technology Evaluation in the Elderly Network.
- As co-applicant on a study on Integrating a quality of life assessment and practice support system in home care services for older adults with life-limiting illness and their families led Professor Richard Sawatzky, Trinity Western University. This study involves translation of the CSNAT into a tablet based tool for used in healthcare practice.
- On the advisory reference group of a study led by Professor Chris Toye of Curtin University, Western Australia implementing an outreach support program for
family carers of older people discharged from an acute medical assessment unit: Cost consequences for the Western Australian health care system, funded by Government of Western Australia State Health Research Advisory Council.

- As a collaborator with Professor Mogens Grønvold’s team from the Department of Public Health, University of Copenhagen on for a trial of the CSNAT in Denmark: Testing a caregiver-led intervention to improve support to caregivers of cancer patients in palliative care at home: a stepped-wedge cluster randomized trial. In June 2016, I travelled to Copenhagen with Professor Gunn Grande to advise the Danish team on the CSNAT trial.

- As a collaborator with Professor Sabine Pleschberger and Dr Christiane Kreyer from Austria on a study to translate the CSNAT into the German language, implement it as a practice tool in palliative care organisations and evaluate its effectiveness. In June 2016, I also travelled to Vienna to train the Austrian team on the CSNAT and advise on the research study.

CSNAT work: a practice tool and a new CSNAT Implementation Toolkit

Gail’s work on the Carer Support Needs Assessment Tool (CSNAT) continues to have both national and international impact. The CSNAT is a direct measure of the support needs of carers (family members / friends) in palliative and end of life home care that is used in both research and health practice contexts. I am co-developer of the CSNAT with Professor Gunn Grande at the University of Manchester. The CSNAT is a copyright tool held jointly by the Universities of Cambridge and Manchester with Gail Ewing and Gunn Grande named as authors. The authors have put in place a licensing procedure with the two Universities to record its uptake.
Interest in and uptake of the CSNAT is international. We have had enquiries from and issued licences to university and practitioner teams in Australia, Brazil, Canada, China, Denmark, England, Germany, Gibraltar, Greenland, Iceland, India, Ireland, Italy, Netherlands, New Zealand, Norway, Philippines, Rwanda, Scotland, Singapore, Slovenia, Spain, Sweden, Thailand, USA and Wales. The CSNAT is used by many palliative care organisations in Australia because it has been recommended as a clinical tool for use in palliative care services by the Victoria Department of Health. 


The extent of interest nationally and internationally has prompted the work on development of the CSNAT implementation toolkit – described above. It is our intention that the toolkit will form a complete training and support package enabling services to plan, pilot, train and sustain person centred, holistic carer assessment and support using the CSNAT.

As a result of regular presentations at international palliative care conferences (European Association for Palliative Care), the CSNAT has come to the attention of a wide group of palliative care researchers and practitioners. This has resulted in a number of new initiative, collaborations and visits.

- The INSPIRED study, involving patients with chronic obstructive pulmonary disease is based in Halifax, Nova Scotia, Canada, led by Professor Graham Rocker. In November 2015, Professor Rocker and his colleague Denise Nauss travelled to Cambridge to receive training about the CSNAT so they can use the CSNAT with carers on the INSPIRED study.
- Translation and validation of the CSNAT in Swedish with Dr Anette Alvariza and colleagues, Ersta University College

- Visit by Dr Inger Benkel and her colleagues from Gothenburg Sweden who visited CFR to discuss the CSNAT studies and the Sharing Bad News study and then joined Dr Morag Farquhar to discuss her work on breathlessness.

![Dr Gail Ewing (third from left) and Dr Morag Farquhar (fourth from left) with Dr Inger Benkel and colleagues from Sweden](image)

**CSNAT training workshops**

Gail has been very involved in the development and delivery of CSNAT training workshops for healthcare practitioners throughout the UK who are implementing the CSNAT within their healthcare practice. In 2015-16 Hospice UK funded a series of one day CSNAT training workshops for hospice organisations plus two follow-up support conference calls after each workshop.

This work is currently being funded by Hospice UK which is supporting implementation of the CSNAT for carer assessment and support by hospice services in the UK. A total of 31 different organisations took part in the Hospice UK funded workshops and another eight took part in workshops which they funded themselves.
Conference: Supporting Family Carers in Palliative Care: Rhetoric or Reality?

A highlight of this year was our conference in March 2016 which was attended by 80 people from policy, practice and academia to discuss how we can support family carers in palliative care. The following link will take you to the CSNAT website http://csnat.org including presentations from our conference.
PUBLICATIONS & PRESENTATIONS

Dr Lucy Blake

Publications


Presentations


Edinburgh, 2016. Estrangement: Families as they are versus families as they could or should be. CRFR International Conference, Unequal Families & Relationships. University of Edinburgh.


Cambridge, 2016. The disclosure debate: to tell or not to tell. Beyond the nuclear family, BPS Seminar Series.

Dr Rory Devine

Publications


**Book Chapters**


**Presentations**


**Public Engagement Presentations and Events**

June 2016: Host, Organiser and Presenter for the Clare College Psychology Taster Day. This even was attended by over 100 school pupils from across the UK and featured three sample lectures on topics from Developmental Psychology, Comparative Psychology and Social Psychology.

November 2015: Presented a public lecture to over 100 school students attending Clare College entitled “Children’s Understanding of Others’ Minds”. This talk featured findings from our current research on children's theory of mind.
Dr Gail Ewing

Publications


Presentations (published abstracts)


Farquhar M, Gardener AC, Moore C, Holt Butcher H, Ewing G, White P, Booth S, Howson S, Mahadeva R. Patients with advanced COPD have unmet care and support


**Sarah Foley**

**Publications**


**Presentations**


**Dr Tabitha Freeman**

**Publications**


Graham, S., Jadva, V., Freeman, T., Ahuja, K. and Golombok, S. (2016) Being an identity-release donor: a qualitative study exploring the motivations, experiences and


**Presentations**


**Professor Susan Golombok**

**Publications**


Presentations


“Disclosure of donor conception to children: What have we learned from 30 years of research?” Invited presentation to meeting organised by Progress Educational Trust at Institute of Child Health, London, November, 2015.

“Modern Families”. Keynote Lecture to Psychology4Students Conference, Sheffield, November 2015.
“Do you need to be female to ‘mother’”? Invited presentation at event on “The Fallen Woman” at the Foundling Museum, London, December 2015.


“LGBT families: getting up to speed on emerging research”. Invited presentation to conference on 3rd Party Assisted Reproduction, Thomas Jefferson University, Philadelphia, May 2016.

“Parenting and child development in gay father families”. Invited presentation to Division of Gender, Sexuality & Health Columbia University, New York, May, 2016.


Dr Susanna Graham

Publications


Presentations


Poster presentation at ESHRE, Helsinki, Finland, July 4-6 2016: “Just an egg?: egg donors’ perceptions and future expectations of being an identity-release donor’.

Presentation at RC33 International Conference on Social Science Methodology, Leicester, UK, September 15 2016: “Ideals versus realities: exploring methodological influences on eliciting narratives of solo mothers”.

Professor Claire Hughes

Publications


Book Chapters


Presentations

Executive function and School Readiness - talk presented in Birkbeck (February 2016) and Oxford (March 2016) and London (HomeStart; January 2016) and Liverpool (Foundation Years Trust, January 2016).

Public engagement presentations and events

Attended a series of round table and expert panel sessions at the Department of Education: March-May 2016.

Cambridge Alumni lecture - Journeys to Parenthood - September 2016.
Elena Ilioi

Publications


Presentations


Susan Imrie

Publications


Presentations


Dr Vasanti Jadva

Publications

DOI:10.1080/14647273.2016.1221148


**Book Chapters**


**Presentations**


**Nishtha Lamba**

**Publications**


**Presentations**

“Motivations, experiences and psychological well-being of Indian surrogates” at the Research Symposium on Product, Production & Productivity: Women’s studies at Nanyang Technological University, Singapore, 9th-12th December, 2015.

“Experiences, Maternal fetal attachment and the level of psychological well-being of Indian Surrogates” at ESHRE 2016 in Helsinki, Finland, 4-6 July 2016.

**Dr Anja Lindberg**

**Publications**


**Professor Martin Richards**

**Publications**


**Dr Keri Wong**

**Publications**


**Presentations**


Wong, K.K. “The causes and consequences of a suspicious young mind.” Clare Hall Colloquium, Clare Hall, University of Cambridge, Jun 7 2016 Cambridgeshire, UK.
Wong, K.K. “A puzzle about weakness of the will” (Respondent). Clare Hall Graduate Conference, University of Cambridge, May 28 2016 Cambridgeshire, UK.


Wong, K.K. “Exploring Emotions”. The Cambridge Science Festival Speaker, Spinney Primary School & Park Street Primary School, Mar 2-3 2016 Cambridgeshire, UK.


Wong, K.K. “Suspicious young minds in the UK and Hong Kong”. Centre for Family Research, Jan 26 2016 Cambridgeshire, UK.

Wong, K.K. “Schizotypy and Paranoia in Middle Childhood”. Hong Kong University, Dec 17 2015 Hong Kong.

Wong, K.K. “Schizotypy and Paranoia in Middle Childhood”. Hong Kong Institute of Education, Dec 15 2015 Hong Kong.

Wong, K.K. “Current research in Schizophrenia and Schizotypy”. Hill Road Sixth Form College, Nov 24 2015 Cambridgeshire, UK.


Dr Sophie Zadeh

Publications


**Presentations**


*Thematic analysis (Q&A)*. Qualitative Methods Reading Group, University of Cambridge, March 2016.

*Parenting, wellbeing and mother-child communication in families formed by single women using donor insemination*. British Fertility Society Annual Meeting, Newcastle, Jan 2016 (with T. Freeman and S. Golombok).

*Quality of parenting, mother and child wellbeing and ‘daddy talk’ in single parent families formed through the use of donor insemination*. Annual Meeting of the American Society for Reproductive Medicine, Baltimore, Oct 2015 (with T. Freeman and S. Golombok).

ACTIVE CFR GRANTS 2015/2016

XJAG/078
Grant holder: Dr Gail Ewing
Investigator: Dr Gail Ewing
Title: Development of an implementation toolkit for practitioners using the Carer Support Needs Assessment Tool (CSNAT)
Sponsor: Salford Royal NHS Foundation Trust FB NIHR
Period: 1st October 2015 – 30th November 2017
Amount: £23,556.87

XJAG/055 Enhancement
Grant holder: Professor Susan Golombok
Investigator: Professor Susan Golombok
Title: Future Families: The social and psychological outcomes of emerging assisted reproductive technologies for individuals, families and society.
Sponsor: Wellcome Trust
Period: January 2013 – December 2017
Amount: £150,016

XJAG/076
Grant holder: Dr Elian Fink
Investigator: Dr Elian Fink
Title: Baby talk and baby blues: harnessing technology to investigate mechanisms of influence of parental wellbeing on infants
Sponsor: Wellcome Trust
Period: 1st August 2015 – 30th June 2017
Amount: £100,000

XJAG/075
Grant holder: Professor Susan Golombok(PI), Professor Michael Lamb (CI)
Investigator: Professor Susan Golombok
Title: Parenting and the psychological development of children raised in adoptive gay father families: A follow up at early adolescence
Sponsor: ESRC
Period: 1st October 2015 – 30th September 2018
Amount: £404,895

XJAG/074
Grant holder: Dr Sophie Zadeh
Investigator: Dr Sophie Zadeh
Title: Donor conception: What do the children think?
Sponsor: Wellcome Trust
Amount: £2,000
XJAG/73
Grant holder: Dr Gail Ewing
Investigator: Dr Gail Ewing
Title: Supporting family carers to enable patient discharge from acute care at end of life
Sponsor: University of Manchester (Marie Curie Cancer Care)
Period: 1st September 2014 – 31st August 2017
Amount: £8,755

XJAG/71
Grant holder: Professor Susan Golombok
Investigator: Professor Susan Golombok
Title: Eton entry test
Sponsor: Eton College
Period: 1st September 2014 – 31st August 2017
Amount: £160,000

XJAG/70
Grant holder: Dr Lucy Blake
Investigator: Dr Lucy Blake
Title: Like Father, Like Son: The significance of Genetic Relatedness for Family Relationships and Family Life
Sponsor: Jacobs Foundation
Amount: £22,350

XJAG/69
Grant holder: Dr Susanna Graham
Investigator: Dr Susanna Graham
Title: Motivations, experiences and future expectations of men donating their sperm
Sponsor: Wellcome Trust
Period: 1st October 2014 – 30th September 2017
Amount: £148,640

XJAG/67
Grant holder: Professor Claire Hughes
Investigator: Professor Claire Hughes
Title: ORA Risky Beginnings
Sponsor: ESRC
Period: 1st October 2014 – 30th September 2017
Total amount: £1.5 million
Amount to CFR: £584,669

XJAG/55
Grant holder: Professor Susan Golombok
Investigator: Professor Susan Golombok
Title: Future Families: The social and psychological outcomes of emerging assisted reproductive technologies for individuals, families and society.
Sponsor: Wellcome Trust
Period: January 2013 – December 2017
Amount: £1,037,142