A Twin-Sibling Study of Adolescent Wellness
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Adolescence is a developmental period marked by rapid changes in behavior, cognition, health, and risk taking behavior. Despite the perception that the majority of adolescents suffer from one or more emotional behavioral problems during the years between childhood and adulthood, most adolescents live healthy and happy lives. On this poster we will present the first results of our Twin-Sibling study of Adolescent Wellness. In order to study adolescent wellness (comprising psychological and physiological well-being) self-report data using the Dutch Health Behavior Questionnaire (DHBQ) are collected in a pilot sample. This self-report instrument contains direct measures of wellness, such as life satisfaction and happiness. Twin-sibling comparisons of wellness in Dutch adolescents will be presented. In this pilot study it has been found that twins are not more or less happy or satisfied with their life as their non-twin siblings. On a scale from 0 to 10, twin rate their lives as being 7.66, while their non-twin siblings value their lives as being 7.26.

Presentation preference: \textit{poster}

Conference Strand: Twin Registers and methodology / Comparability of twins and singletons