October , 1996

Dear

In *1958 or 1960* you participated in the beginnings of the Mills Longitudinal Study, conducted by our Institute. This unique study spans more than 35 years of your adult life. Our findings appear in many textbooks, journals, and magazines. They have made an important contribution to the understanding of women's lives and of personality development in adulthood.

We would like to ask you now for some basic information about your life as you reach or approach 60. This information is central to completing current research and to writing a grant proposal to conduct a follow-up study in 1998. At the end of the tan questionnaire, we welcome your ideas for this follow-up.

In addition to the tan questionnaire that we hope to receive from all of you who have ever participated at all in the Mills Study, we are including some white pages that we hope most of you will complete as well. The data are needed for current research projects, and, if you participate in the next follow-up, your answering them now will reduce the amount of material that we send next time! Some of you have suggested this procedure, and we are glad to try it.

Because work on our new grant proposal will have to start in December, it would be a big help to the Mills Study to have these materials returned within two or three weeks. The questions are fairly simple and should not take much time. As soon as you complete the tan section, please mail it in one of the enclosed envelopes, and as soon as you complete the white section, please mail it in the other.

You may feel that you have given us some of the information we are requesting before, and probably you have, but there are gaps and inconsistencies in our records that we would like to eliminate.

I was persuaded not to retire a few years ago, but now I've begun to make plans. Professor Oliver John, who has been a valuable collaborator on the Mills Project for several years, is taking an increasing role in planning the next follow-up. My contacts with you have contributed much pleasure and broader understanding to my life (along with some sorrow), and I am proud of what we have accomplished together. So it is a great satisfaction to know that the Mills Study will continue into the future. If you have any questions please feel free to call either one of us at (510)-642-5050.

All best wishes,

Ravenna Helson, Ph.D.
Director of the Mills Study

Oliver John, Ph.D.
Director, IPSR

(see other side of page)

Code Number_____

October 17, 1996

Dear Mills Study Participant:

Please sign and return the following paragraph with the materials you return.

I understand that I am free to omit answering any questions I so choose. I understand that when my material is received, a code number will be assigned to it, the data will be seen only by the research staff, and will be used in the analyses of groups of individuals. If any material that might identify me is to be published, I would be given a copy of it in advance and my permission would be obtained.

_____ _____

Signature Date

(see other side of page)