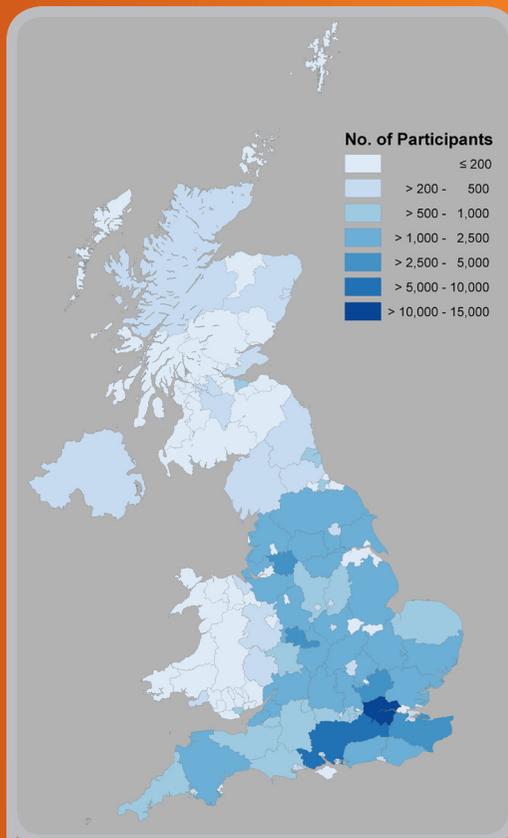


100,000 Participants Recruited

UK COSMOS successfully reached its goal of recruiting 100,000 adult UK mobile phone users on Tuesday 4th September 2012.

In fact, at the close of recruitment as of December 2012, the total number of participants recruited reached 104,856! This means that UK COSMOS is currently the largest research study of its kind in the world. The study team wish to thank every single person for the time they have invested in participating thus far and for their individual commitment to the study. Every person's contributions will play a part in our investigations into possible health effects from

long term use of mobile phones and other wireless technologies, by characterising your mobile phone use and following your health for the next 20 to 30 years. Recruitment has been ongoing for nearly two years, with two individual mass mailing campaigns; the first was run in April 2010, followed by another in August 2012. A total of 3,045,000 invitation packs were mailed to members of the UK public over the two years, using innovative recruitment solutions.



The map above shows how UK COSMOS participants are distributed across the UK. We are pleased to announce that participants have registered from all corners of the UK, and so people from every county are represented. For more detailed information about the UK cohort and the data collected thus far please turn to page 2 of this newsletter.



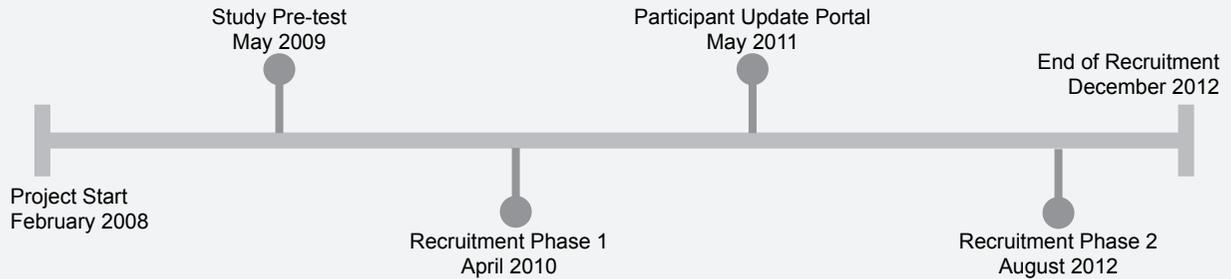
UK COSMOS Principal Scientific Investigators Professor Paul Elliott and Dr Mireille Toledano, said,

"Reaching our recruitment target on the UK COSMOS study is a landmark achievement. Thank you to everyone who has chosen to take part, helping us build such a large and diverse study.

As this important milestone is now completed we can focus on the scientific research we have set out to conduct using the data we have collected."

THE PAST & THE PRESENT

Below is a timeline showing the recruitment progress the UK COSMOS study has made in the short time it has been operating. Recruitment closes this month after two major recruitment phases over the past 2 years, having successfully reached the target cohort originally set out in the study Protocol in 2008.

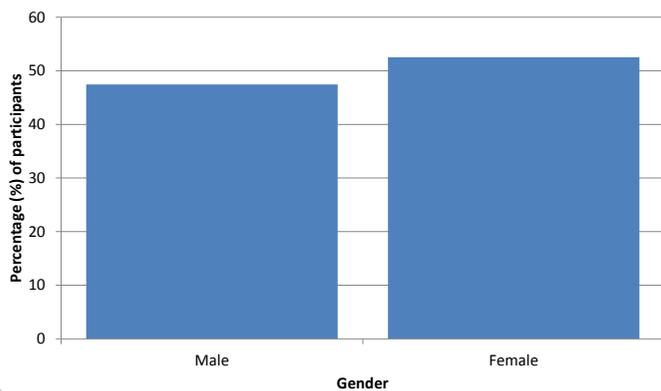


ABOUT THE UK COHORT

The UK COSMOS cohort is the group of ~105,000 participants who are taking part in mobile phone research being conducted over the next 20 - 30 years, i.e. you!

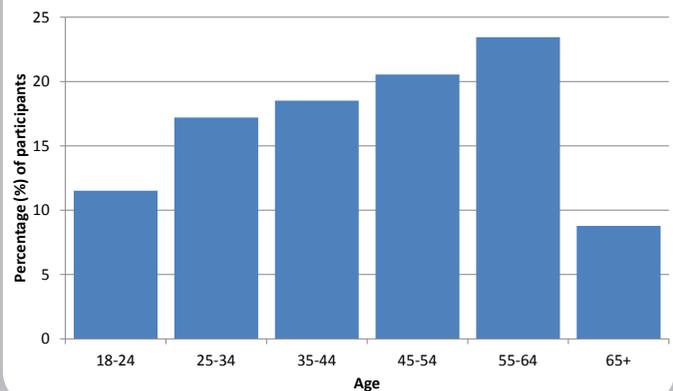
Although we are still in the early stages of the study, we thought you might like to know a little about the UK COSMOS cohort and your fellow participants:

Gender of study participants



The chart above shows the ratio of male to female participants in the UK COSMOS study

Age of study participants



The chart above shows the percentage of UK COSMOS study participants by age group

CURRENT DATA COLLECTION

Over 2010 and 2011 we have collected information on a whopping 117 million mobile phone calls made by you from your network operators (only for those participants who gave their consent for us to do so). We have compared your questionnaire responses about how much you use your mobile phone, with data accessed from your network operator. We found that approximately 60% of you did not estimate accurately the time per week you spend talking on your mobile phone. This means that the data we access from your network operator is very important as it allows us to calculate your phone usage more accurately than if we relied only on a questionnaire, and this in turn will help us to identify if there are any possible health issues linked to using mobile phones.

THE FUTURE

2013 will be an important year for the study as we move in to the next phase of research. As recruitment has been completed we will be focussing on working with the data we have collected in order to carry out extensive scientific research as planned.

Further ahead in the future we will be asking all participants to complete follow up questionnaires. These will help us ascertain any changes that may have occurred over time in your phone use or your health. As the study is operating over the next 20-30 years we will be in contact with you on an annual basis to request updates in your contact details, as well as with other study developments.

WHY IS THIS RESEARCH IMPORTANT?

The current position on mobile phones and health is that in the short term (less than ten years) mobile phone use is not associated with an increase in health effects. However, mobile phones have only been in widespread use for a relatively short time and it is possible that health effects might appear only after prolonged use. The COSMOS study is carrying out long term health monitoring of a large group of people to assess any such potential risks from these and other diseases. as outlined by UK's independent Mobile Telecommunications and Health Research (MTHR) programme is that:

"...short term (less than ten years) exposure to mobile phone emissions is not associated with an increase in brain and nervous system cancers. However, there are still significant uncertainties that can only be resolved by monitoring the health of a large cohort of phone users over a long period of time."

http://www.mthr.org.uk/documents/MTHR_report_2007.pdf

This research has been accorded highest priority by World Health Organisation, EMF-Net, the Scientific Committee on Emerging and Newly Identified Health Risks (EU), the Advisory Group on Non-Ionising Radiation, and the UK Mobile Telecommunications and Health Research (MTHR) programme.



Rachel Bamber is a Business Consultant based in London. She is also a UK COSMOS participant and has been speaking to us about why she decided to take part in the study.

COSMOS: Hello Rachel.

Rachel: Hello COSMOS!

COSMOS: Why did you decide to take part in the study?

Rachel: It will help to understand the effects of heavy mobile telephone use, and knowledge is power! It could lead to innovation and improvements in public health.

COSMOS: What does UK COSMOS mean to you?

Rachel: I also devise my own research, have created studies as part of my career and am currently studying for a Master's Degree so believe in the validity of proper scientific research. The Cosmos study is using a large number of subjects which is exciting in terms of the results and I trust the researchers – very important when you are a subject!

COSMOS: What do you personally expect to get out of the study?

Rachel: Simple satisfaction of helping something worthwhile that will benefit society.

COSMOS: Thank you Rachel!

INTERNATIONAL STUDY UPDATE

UK COSMOS is part of the wider COSMOS International Cohort study, which encompasses 5 European partner countries.



Tampere School of Public Health in **Finland** have recruited ~15,000 participants

Karolinska Institutet in **Sweden** have recruited ~50,000 participants

Institute of Cancer Epidemiology in **Denmark** have recruited ~30,000 participants

University of Utrecht in **The Netherlands** have recruited ~90,000 participants

So you are one of a total of ~290,000 participants from around Europe! COSMOS is the largest study in the world on mobile phone and health and the UK is the biggest contributor to the international cohort.

MEET THE STUDY TEAM

Each member of the team is specialised in their chosen field and committed to ensuring UK COSMOS is an efficient and productive research study. You can contact the study team at any time via email, or by free phone 08000 270 270 (Mon-Fri, 10am-5.30pm). Please see our website for more information. James, UK COSMOS Project Manager, said:

"2012 was an extremely successful and busy year for the UK COSMOS project team. We're now looking forward to the next stage of the study. Please don't hesitate to contact us if you have any questions or queries relating to UK COSMOS."

Rachel, UK COSMOS Research Associate, said:

"After all the hard work, time and effort over the past few years by both the study team and the participants in establishing the study, it is really exciting that we are now looking ahead to future plans. For me as a scientist it is particularly satisfying to be able to start analysing the data that has been collected."



The study team (clockwise from top-left); Margaret Douglass (Database Architect), Joe Gale (Project Administrator), Dr Rachel Smith (Research Associate), James Brook (Project Manager).

HOW CAN I HELP?

Perhaps you've moved address or changed mobile number? We need to know changes like these, so that we can follow your health and mobile usage over the long-term.

Your details are important to us as they will enable us to keep you informed of results and other developments, such as ways you may be able to help further.

It is easy to up-date your contact details by visiting the UK COSMOS website (www.ukcosmos.org) and clicking through to the Participant Section, or calling free phone 08000 270 270.

THANK YOU!

18,147 participants logged in to the Participant Section of our website in 2012 to update or confirm their details. Thank you, as ever, for your continuing support of the UK COSMOS Study.

We are grateful to all of you whose participation makes the study possible, and hope to update you with a newsletter again in early 2014.

With best wishes,

The UK COSMOS Study Team



cohort study of mobile phone use and health

**Imperial College
London**

UK COSMOS
Department of Epidemiology and Biostatistics
School of Public Health, Imperial College London
Norfolk Place
London W2 1PG

free phone
08000 270 270 (Mon – Fri, 10:00am – 5:30pm)

website
www.ukcosmos.org

email
ukcosmos@imperial.ac.uk

facebook
[facebook.com/ukcosmos](https://www.facebook.com/ukcosmos)

twitter
twitter.com/ukcosmos