ALSPAC last updated 16th November 2026

Focus on Mothers (FOM) Clinic Summary

Clinic	Number Seen	Clinic Dates	Mean Age (Years)
FOM1	4832	Dec 2008 – Jul 2011	48
FOM2	2894	Jul 2011 – Jun 2013	51
FOM3	3007	Mar 2013 – Mar 2014	52
FOM4	2914	April 2014 – Mar 2015	53
@30	3554	Sept 2021 – Aug 2024	61
FOM5*			

*FOM5 was not directly linked to the preceding 4 Focus on Mother clinics. It repeated the cognitive data collection used but also had the aim of collecting vision and hearing data from those G0m participants who did not have that done as part of their @30 visit.

Summary of data collected

Data	FOM1	FOM2	FOM3	FOM4	@30	FOM5
Anthropometry	*	*	*	*	*	
Full body DXA scan	*	*	*	*		
Hip DXA scan		*	*	*		
pQCT scan		*	*	*		
3D body scan			*			
Fasting blood sample	*	*	*	*		
Blood pressure	*	*	*	*	*	
Carotid intima media thickness	*			*		
Menstrual cycle, reproductive health, hormone use	*	*	*	*		
Medication use	*	*	*	*		
Allergies		*	*	*		
BCG injection and scarring				*		

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Data	FOM1	FOM2	FOM3	FOM4	@30	FOM5
Grip strength		*	*	*		
Chair rise test and static balance		*	*	*		
Accelerometer			*			
Verbal episodic memory		*	*	*		*
Information processing		*	*	*		*
Working memory		*	*	*		*
Executive function		*	*	*		*
Glycocalyx					*	
Vision					*	*
Hearing					*	*
Mental health					*	
Substance use					*	
Medication use					*	
CIS-R*					*	
Covid-19 symptoms					*	

*CIS-R: The Computerised Interview Schedule – Revised