



The School of Human and Community Development Research Committee invites you to the

# 2024 | UMTHOMBO LECTURE SERIES

**TOPIC: THE AFRICA LONG LIFE STUDY: EARLY RESULTS FROM A LONGITUDINAL STUDY OF PERSONALITY AND MENTAL HEALTH AMONG YOUNG ADULTS IN NAMIBIA, KENYA, AND SOUTH AFRICA**

## PRESENTER:

**Professor Amber Gayle Thalmayer, PhD (University of Zurich)**  
Assistant Professor for Personality, Mental Health, and Culture



Longitudinal studies have been key to psychological science but are absent from low-and-middle-income countries. The Africa Long Life Study (ALLS) brings a new perspective to lifespan research with large samples of young adults from Namibia, Kenya, and South Africa, representing 50 ethno-linguistic groups (N = 2,950). Participants complete two surveys a year on personality, mental health, and life experiences, with qualitative interviews in subsamples. I will describe the goals and teamwork of the ALLS and explore who our participants are and what we have learned about them and about coming of age in Africa in the first three years of ALLS (2022-2024).



### DATE:

Thursday, 3 October 2024



### TIME:

13:00 – 14:00



**PLATFORM:** Teams



### VENUE:

Seminar Room 2, Emthonjeni Centre,  
Braamfontein Campus East, Wits University

[JOIN THE MEETING HERE](#)

RSVP by 19 September 2024



### In-person Attendance RSVP/Enquiries:

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## SPEAKER BIO:

After a PhD (Psychology, University of Oregon, 2013) on personality traits across cultures and in clinical treatment, and a postdoc at UCLA, Prof. Thalmayer undertook a lectureship at the University of Lausanne and led a study of personality and mental health in Namibia. In 2021 as Assistant Professor at the University of Zurich, she established the Africa Long Life Study.