

Resource Summary Report

Generated by ASWG on Aug 25, 2026

National Survey of Midlife Development in the United States

RRID:SCR_008972

Type: Tool

Proper Citation

National Survey of Midlife Development in the United States (RRID:SCR_008972)

Resource Information

URL: <http://www.midus.wisc.edu/>

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Description: Data set from a collaborative, interdisciplinary investigation of patterns, predictors, and consequences of midlife development in the areas of physical health, psychological well-being, and social responsibility. Respondents were asked to provide extensive information on their physical and mental health throughout their adult lives, and to assess the ways in which their lifestyles, including relationships and work-related demands, contributed to the conditions experienced. An additional series of questions focusing on childhood queried respondents regarding the presence/absence of their parents, religion, rules/punishments, love/affection, physical/verbal abuse, and the quality of their relationships with their parents and siblings. Respondents were drawn from a nationally representative random-digit-dial sample of non-institutionalized, English-speaking adults, aged 25-74, selected from working telephone banks in the coterminous United States. Those queried participated in an initial telephone interview and responded to a mail questionnaire. MIDUS 2 carried forward MIDUS 1 and enlisted a new sample of African Americans. MIDUS2 also expanded the focus by incorporating detailed neurophysiological assessments on a large subsample in three geographic regions. Data collection largely repeats T1 assessments (45 minute phone interview, 100 page self-administered questionnaire) plus additions in select areas (e.g., cognitive functioning, optimism and coping, life events, caregiving). In addition, MIDUS 2 is using diary techniques to assess daily stressors in a subsample of respondents; conducting cognitive testing through telephone interviews; collecting biological data on a subsample of respondents, including baseline biomarkers as well as laboratory challenge studies, with assessments of salivary cortisol, blood pressure, and heart rate variability; and collecting EEG measures to focus on the central circuitry of emotion, related to affect and depression. Siblings and Twins: Similar data were collected from a survey of 951 siblings of a respondent in the main survey. MIDUS also contains twins data, from a separate

national survey unrelated to the main MIDUS survey. From this separate national survey, a total of 1,996 twins agreed to participate. The Twins respondents were given the same assessments as the Main and Siblings samples. Additionally, the Twins sample was asked a series of questions about their birth, shared physical characteristics, childhood and adult relationships with their twin, whether they were dressed alike as children, and whether others experienced difficulty identifying them correctly. Data and comprehensive documentation for MIDUS 1 and 2 are available via ICPSR. * Dates of Study: 1995-2008 * Study Features: Longitudinal, Minority Oversampling, Anthropometric Measures * Sample Size: ** 1995-6: 4,242 (MIDUS 1) ** 2004-6: 7,108 (MIDUS 2) Links: * ICPSR ?????? MIDUS 1: <http://www.icpsr.umich.edu/icpsrweb/ICPSR/studies/02760> * ICPSR ?????? MIDUS 2: <http://www.icpsr.umich.edu/icpsrweb/ICPSR/studies/04652>

Abbreviations: MIDUS

Synonyms: Midlife Development in the U.S.

Resource Type: data or information resource, data set

Keywords: adult, middle adult human, longitudinal, minority, anthropometric measure, midlife development, physical health, psychological well-being, social responsibility, sibling, twin, family relationship, family, health status, life satisfaction, lifestyle, mental health, midlife, social indicator, work attitude, behavior, psychology, social, late adult human, interview, cognitive functioning, optimism, coping, stressful life event, caregiving, questionnaire, african american, relationship, psychological factor, personality trait, positive affect, negative affect, sense of control, goal commitment, neurophysiological assessment

Related Condition: Aging

Funding: MacArthur Foundation ;
NIA

Availability: Public

Resource Name: National Survey of Midlife Development in the United States

Resource ID: SCR_008972

Alternate IDs: nlx_152055

Alternate URLs: <http://midmac.med.harvard.edu/>

Record Creation Time: 20220129T080250+0000

Record Last Update: 20260821T193857+0000

Ratings and Alerts

No rating or validation information has been found for National Survey of Midlife Development in the United States.

No alerts have been found for National Survey of Midlife Development in the United States.

Data and Source Information

Source: [SciCrunch Registry](#)

Usage and Citation Metrics

We found 30 mentions in open access literature.

Listed below are recent publications. The full list is available at [ASWG](#) .

Sutin AR, et al. (2025) Purpose in life and lung function: an individual-participant meta-analysis of six cohort studies. *Respiratory research*, 26(1), 171.

Markon KE, et al. (2025) Aging dimensions and markers as relative predictors of mortality in a longitudinal epidemiological sample. *PloS one*, 20(6), e0324156.

Taylor MK, et al. (2025) Maintaining cognitive and physical health across the adult lifespan: the contribution of psychosocial factors. *Journal of behavioral medicine*, 48(6), 929.

Huang K, et al. (2024) From the Workroom to the Bedroom: Work-to-Home Spillover as a Mechanism Linking Work Characteristics to Sleep Health. *Research square*.

Pichardo CM, et al. (2024) The Association of Context with Reported Self-Efficacy for Cancer-Preventive Behaviors and Perceived Cancer Risk in U.S. Adults from the Midlife in the United States (MIDUS) Study. *International journal of environmental research and public health*, 21(1).

Yu Q, et al. (2024) Behavioral adjustment moderates the effect of neuroticism on brain volume relative to intracranial volume. *Journal of personality*, 92(4), 948.

Hong J, et al. (2023) Autism through midlife: trajectories of symptoms, behavioral functioning, and health. *Journal of neurodevelopmental disorders*, 15(1), 36.

Ryff CD, et al. (2023) Flotsam, Jetsam, and Forward-Moving Vessels on the Sea of Well-Being: Commentary on "Emotional Well-Being: What Is it and Why it Matters". *Affective science*, 4(1), 49.

Oh VYS, et al. (2022) Torn Between Valences: Mixed Emotions Predict Poorer Psychological Well-Being and Job Burnout. *Journal of happiness studies*, 23(5), 2171.

Chen ML, et al. (2022) The Association of Health-Related Factors with Leisure-Time Physical Activity among Adults with COPD: A Cross-Sectional Analysis. *Healthcare (Basel, Switzerland)*, 10(2).

Ryff CD, et al. (2022) Positive Psychology: Looking Back and Looking Forward. *Frontiers in psychology*, 13, 840062.

Lee J, et al. (2022) Gendered racial disparities in health of parents with children with developmental disabilities. *Frontiers in psychology*, 13, 926655.

Ryff CD, et al. (2021) Spirituality and Well-Being: Theory, Science, and the Nature Connection. *Religions*, 12(11).

Xie Z, et al. (2021) Relationship Between Serum Fibrinogen Level and Depressive Symptoms in an Adult Population with Spinal Cord Injury: A Cross-Sectional Study. *Neuropsychiatric disease and treatment*, 17, 2191.

Alen NV, et al. (2021) Heart Rate Variability and Circulating Inflammatory Markers in Midlife. *Brain, behavior, & immunity - health*, 15.

Yu Q, et al. (2021) Interdependent self-construal predicts increased gray matter volume of scene processing regions in the brain. *Biological psychology*, 161, 108050.

Bar-Tur L, et al. (2021) Fostering Well-Being in the Elderly: Translating Theories on Positive Aging to Practical Approaches. *Frontiers in medicine*, 8, 517226.

Huang Y, et al. (2020) Increased Global PSQI Score Is Associated with Depressive Symptoms in an Adult Population from the United States. *Nature and science of sleep*, 12, 487.

Dzierzewski JM, et al. (2020) Sleep Inconsistency and Markers of Inflammation. *Frontiers in neurology*, 11, 1042.

Zou B, et al. (2020) Depression and Perceived Stress, but Not Anxiety, are Associated with Elevated Inflammation in an Obese Adult Population. *Risk management and healthcare policy*, 13, 1489.