



NEWS RELEASE

FOR IMMEDIATE RELEASE

July 1, 2026

Contact: Dawn Keller, Executive Director

info@multiplesofamerica.org

Research Study Focuses on Relationships of Adult Multiples

Franklin, TN – Growing up as a twin is often portrayed as the total joy of always having a built-in best friend. Images of twins and triplets happily playing with each other abound. But what happens to the multiple bond once twins or triplets move into adulthood? How often do they spend time with each other? Does dating and marriage impact the multiple relationship?

Multiples of America’s newest organizational study aims to take a deeper look at those continuing joys and challenges of growing up as a multiple. The study titled “Dynamics of Adult Multiples,” released in April 2026, examines the issue from two angles, with separate surveys for parents and multiples. Respondents answer 15 questions centered around topics such as closeness, communication, and careers. The answers will broaden understanding about how the multiple bond ebbs and flows over time, according to Diane Graves, Research Coordinator for Multiples of America.

“Our Dynamics of Adult Multiples study focuses on how the multiple relationship changes once twins and triplets move into adulthood,” she said. “We understand that every set of multiples have their own unique challenges and joys. But our study is looking to see if there are any common threads among those sets. Uncovering those commonalities can help in identifying new ways to support families with multiples all ages and stages.”

Any parent or guardian of multiples age 18 or over may complete the parent study, https://multiplesofamerica.org/survey_dynamicsadultmultiples/. And any multiple over the age of 18 may complete the multiple survey, <https://multiplesofamerica.org/dynamicsadultmultiples-multiplessurvey/>. Membership in the organization is not required.

This study, once completed, will become part of the collection of organizational research conducted by Multiples of America over six decades. Other studies have focused on topics such as birth weight of multiples, post-partum depression, early intervention services, competitiveness among multiples, single parenting multiples, and more. Multiples of America also assists researchers, physicians, education professionals, and other multiple-birth organizations worldwide in completing research. Some of the organization’s latest research partnerships seek to gather information concerning children with twin parents, parent perspectives on classroom separation of twins, and hearing loss in twins with TAPS (Twin Anemia Polycythemia Sequence).

Multiples of America maintains an archive of the results uncovered through research surveys conducted by the organization and a few outside researchers. Members can access a listing of those reports, and the results of any of those 134 studies by request from the organization’s website, www.multiplesofamerica.org.

Multiples of America (also known as the National Organization of Mothers of Twins Clubs, Inc.) is a 501(c)(3), non-profit organization dedicated to supporting families of multiple birth children (twins, triplets and higher-order multiples) through support, education, and research. Founded in 1960, the organization serves nearly 3,500 members in 110 clubs across the country.