

BIOBEHAVIORAL RESEARCH LAB



PRISM & ECHO STUDY



October 2025

HELLO PRISM & ECHO FAMILIES!

We would like to thank all of the families in the PRISM/ECHO study for your continued participation during ECHO Cycle 2! We are also excited to show you all our new lab space at 1 Brookline Place.

In this newsletter we will share with you some recent findings from our studies, as well as the ways you and your family can participate in our research in person or remotely.

As a refresher, ECHO, which stands for "Environmental Influences on Child Health Outcomes," is a nationwide study that includes approximately 80 study sites and 50,000 participants. The purpose of ECHO is to better understand how different environmental and life factors, such as eating habits and chemical exposures, can affect child development.

We hope you will continue to participate by coming into our office for a lab visit! A lab visit consists of playing iPad games, taking body measurements, collecting biospecimens (blood, urine, and shed teeth), and answering questionnaires.

We have enjoyed working with many wonderful families and are eager to see more of you this year and in 2026! You play a pivotal role in helping us learn how childhood experiences influence children's development.

If we have not seen you yet in 2025, we hope to see you soon!

As always, each activity is voluntary, and you will be compensated for your time. Thank you for all of your contributions!

Love,
The Prism & ECHO Team

OUR MISSION

ECHO's mission is to enhance the health of children for generations to come. We do this by operating under these principles:

Impact

Measurable enhancements in child health that help inform changes in programs, policies, and practices.

Value

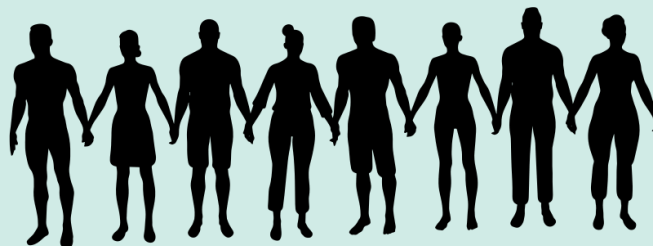
Return on public investment in terms of enhancements in child health or intermediate outcomes, such as changes in programs, policies, and practices.

Teamwork

A group of individuals working well together, promoting inclusivity, and incorporating the expertise and viewpoints of all involved.

Responsibility

Ensuring that we conduct transparent and unbiased scientific research.



YOUR PARTICIPATION MATTERS!

By participating in the study, either in person or remotely, you help create a big-picture view of what influences child development in the United States. Thanks to you, researchers are able to find answers to important health questions. Their work could help us learn more about overall well-being, which could benefit your children and future generations, including your grandchildren and great-grandchildren.

For this reason, you and your child are crucial to helping improve children's health in the US through the ECHO Study.



ECHO RESEARCH FINDINGS

Below are some recent findings from the ECHO Study:



The health of children's mothers before and during pregnancy is linked to their children's health. For example, maternal weight and blood pressure before pregnancy and diabetes during pregnancy is associated with changes in their children's blood pressure from ages 2 to 18 years.



The likelihood that a child develops asthma with recurrent episodes may be related to the resources that are available to them in their neighborhoods and communities.



Children may be at increased risk for developing obesity if their BMI increases between ages 3.5 and 9 after being stable in early childhood. This pattern of weight change is associated with having a high birthweight and maternal smoking and weight gain in pregnancy.



Time spent in childcare was not found to have a positive or negative impact on young children's mental health. This was true regardless of family socioeconomic status or whether the child was exposed to high or low levels of stress.



High-quality peer relationships strongly predict teens' well-being, regardless of social media use. At similar levels of social media use, teens with high-quality relationships experience better mental health.

HOW TO PARTICIPATE

In-Person

Come check out our new lab space at 1 Brookline Place! Visits typically last from 1.5 to 2 hours. A visit consists of iPad games, biospecimen collections, height & weight measurements, and questionnaires. **Earn up to \$200 for completing all study tasks!**



Remote

Moved or can't come into the lab?

No worries! We offer remote participation, which consists of filling out online questionnaires. **You and your child can earn up to \$100 for completing all questionnaires!**



Interested?

Call us at:
617-919-3368



Email us at:
prism.study@childrens.harvard.edu

CAN'T FIND AN EMAIL FROM US?



Boston Children's Hospital uses an encrypted email platform that users create a username and password for.

If you choose to enroll in the study, there is an option on our consent form to opt into non-secure emails! This means you would not have to log into the portal.

Remember to always check the email you signed up with because we send you important info!

Forgot your password or can't log in?

Call us at 617-919-3368!



MEET THE TEAM



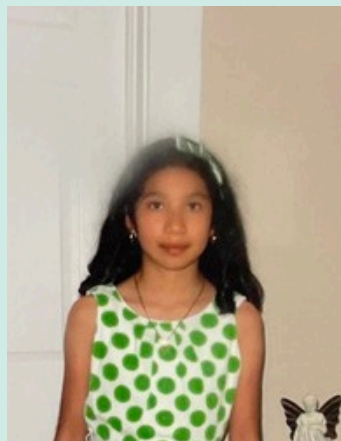
Dr. Bosquet Enlow is the Director of the Biobehavioral Research Laboratory at Boston Children's Hospital and the Site Principal Investigator for ECHO. She received a B.A. in Psychology from Yale University and a Ph.D. from the Developmental Psychopathology and Clinical Science Program at the University of Minnesota.

Michelle Bosquet Enlow, Ph.D.

Anna is a Clinical Research Assistant on the ECHO team. She graduated in 2025 from the University of Notre Dame, where she received her Bachelors of Science in Neuroscience with a minor in Scientific Computing.



Anna Kierski, B.S.



Mariana is a bilingual Clinical Research Assistant on the ECHO team. She received her Bachelors of Art in Psychology, with a minor in Neuroscience, from the University of South Carolina in 2024.

Mariana Orihuela, B.A.

RESOURCES



Scan the following QR Codes for the following resources!

The ECHO website:



Children's mental health:



Our website:



Well-being concepts:



Additional Resources:

National Suicide Prevention Lifeline: 800-985-5990

Massachusetts 211: Call 211 for general referral service if you're in need for housing, food, emergency child care, etc.

William James College Project Interface (mental health resources): 888-244-6843

Please reach out with any specific resource needs via email at prism.study@childrens.harvard.edu or by calling us at (617) 919-3368