# Emotion Project Fall 2024 Newsletter

Back to School Edition



#### A LETTER FROM OUR PRINCIPAL INVESTIGATOR

Dear Emotion Project Families,

Happy start of the school year! I hope you are all excited to take on this new year!



We are so happy to have seen so many of you already back in the lab for your 11-year follow-up. This fall, our first Emotion Project participants are turning 13, and we are delighted to invite all of you back for your first visit as a teenager! It is wonderful to see our participants grow alongside our project, and our team greatly appreciates your contribution to mental health research over time.

We wish you a fantastic start to the school year and are so excited to see you return to our lab soon!

Dr. Michelle Bosquet Enlow Principal Investigator, Emotion Project

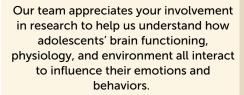


### What's Inside:

- Participation updates for 11 & 13 years
- Questionnaire tips
- Mental health resources
- Meet the team
- staff spotlights Crossword puzzle

### Participation Updates





As our participants turn 11, we ask families to look out for an email or voicemail from us inviting you to come to the lab or participate remotely. You can also contact us to schedule a visit at a time that works best for you.

We will now also be reaching out to our participants turning 13, so we hope to see you back at the lab!

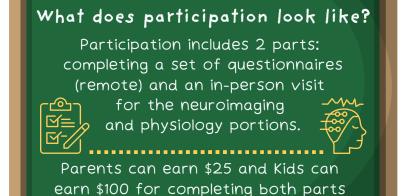
If your contact information
(email address, home address, and/or
phone number) has changed,
send us an email at
emotion.project@childrens.harvard.edu
so that we can continue to reach you.

Our team with their EEG caps on!







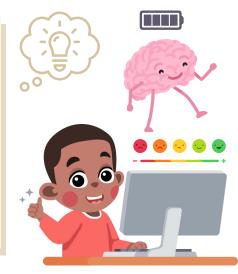


of each follow-up!

When completing our online questionnaires, we ask that you answer each question as honestly as you can.

Some of the surveys may feel long, so it is important to take breaks when necessary.

We hope you provide our team with accurate information so that we can generate accurate science for the world!





#### Emotion Project Participation! Inbox x



emotion.project <emotion.project@childrens.harvard.edu>



You have received a secure message from Boston Children's Hospital. Please open the attachment "SecureMessageAtt.html" in this email.

Please note: If you have trouble opening the message, please try the following:

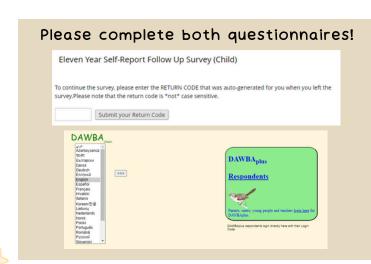
- 1. In your web browser, delete the temporary internet files and cookies.
- 2. Close the web browser.
- 3.Open the SecureMessageAtt.html file in your secure email message.

Mobile users only, click here.

#### Can't find an email from us?

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

You can opt into receiving non-secure emails via the study consent form. Contact us if you would like to receive study communication via nonencrypted emails.





# Mental Health



### Resources



Why is this a critical time to prioritize your mental health?

Going back to school can be an exciting and stressful time, and it is important to seek guidance to understand your emotions.

Building coping strategies can help you thrive during this transition and throughout the academic year.

The National Institute of Mental Health (NIMH) prepared a digital toolkit with resources that can help you better understand and manage your mental and physical health.

Here is an example of identifying and addressing mental health symptoms!

### Do I have <u>severe</u> symptoms that have lasted for 2 weeks or more?

- ☐ Difficulty sleeping
- Appetite changes resulting in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- ☐ Thoughts of death or self-harm

#### If yes, seek professional help:

Psychotherapy (talk therapy) Medications Brain stimulation therapies

### Do I have <u>mild</u> symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do schoolwork
- ☐ Some trouble sleeping
- ☐ Feeling down, but still able to take care of yourself or others

### If yes, here are some self-care activities that may help:

Exercising Engaging in social contact Getting adequate sleep on a regular schedule Eating healthy

Talking to a trusted friend or family member
Practicing meditation, relaxation, and
mindfulness



Scan here for more helpful resources from the NIMH!





### Meet the Team!



#### What was your favorite subject in middle school?



Michelle Bosquet Enlow (she/her)
Principal Investigator
Hometown: Easton, MA
Answer: Creative Writing



Charles Nelson (he/him)
Co-Investigator
Hometown: Long Island, NY
Answer: Math



April Levin (she/her) Co-Investigator Hometown: Newton, MA Answer: Science



Dash Sacks (he/him) Postdoctoral Research Fellow Hometown: Melbourne, AU Answer: English



Caroline Kelsey (she/her)
Postdoctoral Research Fellow
Hometown: Greenwich, CT
Answer: Science



Katie Mulligan (she/her) Project Coordinator Hometown: Westchester, NY Answer: English



Asja Abron (she/her) Research Assistant Hometown: Philadelphia, PA Answer: Algebra



Savannah Rogers (she/her) Research Assistant Hometown: Columbia, SC Answer: Math



Garrett Greaves (he/they)

Data Manager

Hometown: North Andover, MA

Answer: Science & Band





Pauline Vartany (she/her) Research Assistant Hometown: Los Angeles, CA Answer: Orchestra



Liam O'Connor (he/him) Research Assistant Hometown: Needham, MA Answer: English







# 🥦 Staff Spotlights 🐬



#### Meet our newest team members!



Garrett joined the Emotion Project in March 2024 as a Data Manager. They previously worked as a Clinical Research Assistant on a different project within the lab after graduating from Boston University with a B.S. in Biomedical Engineering. Garrett is passionate about using their technical skillset to improve data workflows within the lab. Outside of work, Garrett likes to work on their ollies and front shuvs as well as play guitar.



Pauline joined the Emotion Project in August 2024 as a Clinical Research Assistant. She graduated from the University of California, Los Angeles with a B.A. in Psychology and minors in Cognitive Science and Musicology. Pauline is interested in using neuroimaging to research childhood psychopathology and anxiety disorders. Outside of the lab, she likes to play tennis and try new coffee shops. She is excited to be joining this awesome team!



Liam joined the Emotion Project in August 2024. He graduated from Brown University with an Sc.B. in Neuroscience and Computer Science. He is interested in learning more about using signal processing in EEG in cognitive research. Outside of the lab, he likes to hike, run, bike and read!

### Oh, the places they'll go!

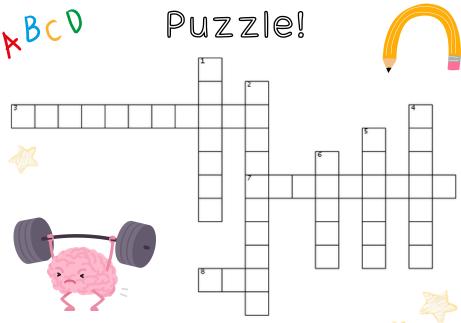
Our project coordinator, Ada Kamenetskiy, began her Clinical Psychology Ph.D. at Florida International University!

Our research assistant, Robert Law, began a position in computational psychiatry at Mount Sinai Hospital in New York!





# Try Our Crossword



#### **ACROSS**

- 3. The practice of paying attention to the present moment.
- 7. The term for the number of times your heart beats in a minute.
- 8. The acronym for "electroencephalogram."

#### DOWN

- 1. A conversational treatment for mental health disorders.
- 2. The study of the human mind and behavior.
- 4. Types may include happy, sad, angry, or fearful.
- 5. A natural response to situations that cause worry.
- 6. The organ in your body that controls your thoughts and feelings.

## Thank You!



Our research would not be possible without families that continue to come back to our lab or participate remotely. The Emotion Project team wishes you a happy and successful new school year!

### Contact Us

If you are interested in participating, you can email us at <a href="mailto:emotion.project@childrens.harvard.edu">emotion.project@childrens.harvard.edu</a> or give us a call on our office phone at (857) 218-3660. You can also text us on our study cell phone at (857) 378-0357.

### Frequently Asked Questions

#### Why am I a part of this study?

You may be eligible to participate in this study if you participated in this study as an infant. We will contact your parent around your 11th and 13th birthdays to participate.



#### How long does participation take?

The in-person visit takes approximately 2.5 hours.

# **Do I have to participate in-person?**No! We have a remote participation option that includes both parent and child completing a set of questionnaires.



### I am super busy! I'm worried I may not have time to participate.

Our team is extremely flexible! We are available for evening and weekend study visits and are around during most school vacations. Reach out and we can work out a time!



#### Crossword puzzle answers!

4. Emotion 8. EEG

Z. Psychology 6. BrainJ. Mindfulness 7. Heartrate

L. Therapy 5. Stress