EMOTION PROJEC

NEWSLETTER

OCTOBER 2025



A Letter from our Principal Investigator

Dear Emotion Project Families,

Happy Fall! I hope the school year is off to a great start for you and your families. On behalf of the whole Emotion Project team, we want to thank you for being a part of the Emotion Project! The time and effort that you have put into our study over the years means so much to us. You make this research possible!

Thank you to all our families who have already come in for our 11- and 13-year follow-ups! Whether you participated in person or remotely, it has been a pleasure to work with you and your kids. We feel so lucky to have gotten to watch your kids grow from infants into kids and now teenagers! We know that bigger kids can mean busy schedules, so we really value your continued dedication to mental health research.

We hope to see you in the lab again soon!



Dr. Michelle Bosquet Enlow



Boston Children's Hospital





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11/13-Year Participation Information

Our team is very grateful to our Emotion Project families for your continued participation in our study. The teenage years are crucial periods of development, so we are especially excited for your child to come into the lab! Your participation helps expand our understanding of how adolescents' brain functioning, physiology, and environment all interact to influence their emotions and behaviors.



We are conducting 11-year and 13-year visits, so be on the lookout for emails from us around your child's 11th or 13th birthday!

Thank you to all our families that have already participated in our 11- and 13-year visits!

Your child can earn \$100 and you can earn \$25 each time you complete a visit!



No longer in the area? No problem! Remote participation involves you and your child completing questionnaires at home. You can earn a \$25 gift card, and your child can earn a \$50 gift card!

What does participation look like?

Participation includes two parts:

You and your child each completing some questionnaires at home.



2 An in-person visit for the neuroimaging and physiology portion.



This visit takes about 2.5 hours. Your child will play some screen games and watch videos.



The in-person visit includes your child playing games and looking at pictures while wearing an EEG cap, as well as watching some videos while we collect physiology data with bands your child wears around their torso.





Recent Study Findings

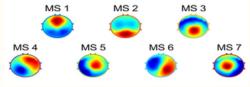
What have we learned from the Emotion Project?

Thanks to your contributions to the project, we have found new information regarding child development and mental health! Here are some of our recent findings:

- With our EEG measurements, we can measure an aspect of brain activity called "aperiodic slope." This measure is related to infant temperament (another word for young children's personality) and may influence how responsive a child is to their environment.
- Some children wore a black hat at their earlier visits that collected functional nearinfrared spectroscopy (fNIRS) data. Using fNIRS data, we found a connection between
 early childhood executive functioning (responsible for skills like being able to control
 your behavior and attention) and the synchronization of different brain regions.
- One domain of child temperament is behavioral inhibition, which reflects a child's tendency to be wary of novel situations. We've found that young children with higher levels of behavioral inhibition may have higher levels of anxiety symptoms, but that these anxiety symptoms may resolve with age.
- Microstates from EEGs show us patterns and changes in neural activity. We have found
 that as kids in our study get older, most microstates decrease in their duration--meaning kids are switching between brain states more quickly!

Why are these findings important?

- Taking a developmental perspective when studying mechanisms involved in emotions is critical. Studying these processes into adolescence builds this body of research!
- Neuroimaging data can have major implications for clinical intervention and prevention strategies. For example, it can allow for more precise diagnostic measures, early identification of children and families who could use more support, and prevention efforts to reduce the number of youth suffering with mental health challenges.
- The combination of neuroimaging measures, physiology data, and questionnaires provided by our participants gives us the ability to ask unique questions about how brain development and emotional processing are related.



These are some examples of EEG Microstates!

If you're interested in reading any of the fulllength papers that have used Emotion Project data, reach out to us at <u>emotion.project@childrens.harvard.edu</u>.



Meet the Team!



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



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



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



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



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



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



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



Maddy Hammell (she/her) Research Assistant Hometown: Kennett Square, PA



Garrett Greaves (he/they) Data Manager Hometown: North Andover, MA



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







Maddy joined the Emotion Project team in August 2025 as a Clinical Research
Assistant. She graduated from Northeastern University with a B.S. in Behavioral Neuroscience and minor in Art. As an undergraduate, Maddy worked as a research assistant studying the development of decision making and learning processes across adolescence.
Outside of the lab, Maddy loves to paint and travel. She is very excited to meet all the Emotion Project families!

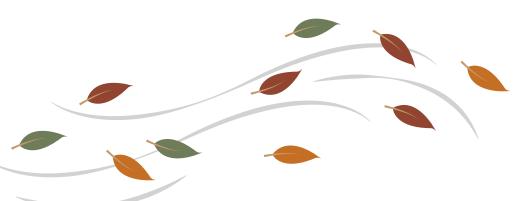


Oh, the Places They'll Go!

This year we said goodbye to some team members as they embarked on their next journey after the Emotion Project!

Our Clinical Research Assistant Savannah started medical school at the University of South Carolina!

Our Study Coordinator Katie started a position as a consultant at Hayden Consulting Group!



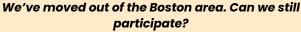
Contact Us

If you are interested in participating, you can email us at emotion.project@childrens.harvard.edu or give us a call on our office phone at (857) 218-3660 at any time. You can also text us on our study cell phone at (857) 378-0357.

We love to keep in contact with our families! If your contact information (primary email address, home address, and/or phone number) has changed, **scan the QR code** so that we can continue to reach you. The QR code will send us a non-encrypted email with your updated information.



Frequently Asked Questions



Yes! We have a remote participation option that includes questionnaires for you and your child to complete.

Children can earn \$50 and parents can earn \$25 for completing these questionnaires!

How long does participation take?

The in-person lab visit takes about 2.5 hours.

Remote participation takes a few hours, but can be completed at your own pace. You can save your progress at any time and return later.

Why can't I find an email from you?

Boston Children's Hospital uses an encrypted email platform that requires users to create a username and password. You can choose to opt into receiving nonsecure emails via the study consent form. Contact us if you would like to receive study communication via nonencrypted emails. We may also have an older email address on file, so please reach out if you would like to update your contact information!

Our family is super busy! How will we find a 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!



