## EMOTION PROJE

## **NEWSLETTER**

**OCTOBER** 2025



#### A Letter from our Principal Investigator

Dear Emotion Project Participants,

Happy Fall! I hope the new school year is off to a wonderful start! On behalf of the whole Emotion Project team, we want to thank you for being a part of our study! Whether you've participated in-person or remotely, your role in our research is super important.

We've had so much fun seeing lots of you at your 11- and 13-year visits; we hope you had fun too! Your participation helps us to learn about how the brain grows and changes as you get older. We could not do this research without you!

We're looking forward to seeing even more of you who are turning 11 and 13 in the next year!

We wish you an amazing school year, and we hope to see lots of you in the lab soon!

Michell Bosquet Enlow

Michelle Bosquet Enlow



**Boston Children's Hospital** 





- What do we learn from your Information Meet the Emotion Project
- Staff Spotlights
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### 11/13-Year Participation Information

Thank you for being a part of the Emotion Project! The teenage years are crucial periods of development, so we are especially excited to have you come into the lab! Your participation contributes to science in super cool ways! You help us to better understand how teenage brains process different emotions.



We are conducting 11-year and 13-year visits. We hope to see you in the lab soon after your 11<sup>th</sup> and 13<sup>th</sup> birthdays!

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

You can earn \$100 by completing all parts of this study!



No longer in the area? No problem! Remote participation involves you completing questionnaires at home. You can earn a \$50 gift card by completing these questionnaires!

# What does participation look like?

#### Participation includes two parts:

Completing some questionnaires at home on the computer.



Coming to the lab for an inperson visit.



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



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

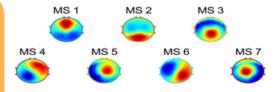


# What do we learn from the data we collect?

Thanks to your contributions to the project, we have found new information regarding child development and mental health! Here is what the different types of data we collect can tell us:

**EEG Cap:** The data that we collect while you wear the EEG cap shows us how your brain responds to different games. This helps us learn how adolescents respond to different emotions and see how your brain changes from being a kid to being an adult!

We look at different types of brain activity, so we can see when your brain switches from one state to another. We have found that as kids in our study get older, they are switching between brain states more quickly!



This is what some of those different brain states look like!

**Physiology Bands:** Did you know that both your body and your brain react to your environment? These bands help us to see how your heart rate and breathing change in response to watching some emotional videos. This helps us learn how your body reacts to different feelings!

Questionnaires: The information that you provide in the questionnaires helps us learn more about things that you experience while you are out in the world, not in the lab with us.

## **Meet the Team!**

Question: What's your favorite fall activity?



Michelle Bosquet Enlow (she/her) Principal Investigator Favorite fall activity: Walks in the woods when trees are changing colors



Charles Nelson (he/him)
Co-Investigator
Favorite fall activity:
Playing squash and
watching the days get
shorter



April Levin (she/her) Co-Investigator Favorite fall activity: Jumping in leaf piles



Dash Sacks (he/him)
Postdoctoral Research Fellow
Favorite fall activity: Squirrel
watching



Caroline Kelsey (she/her)
Postdoctoral Research
Fellow
Favorite fall activity:
Watching Formula 1 racing
and college football



Asja Abron (she/her) Research Assistant Favorite fall activity: Watching Eagles football games



Pauline Vartany
(she/her)
Research Assistant
Favorite fall activity:
Voting for her favorites
on Dancing with the
Stars



Maddy Hammell (she/her) Research Assistant Favorite fall activity: Pumpkin carving



Garrett Greaves (he/they) Data Manager Favorite fall activity: Skateboarding



Liam O'Connor (he/him) Research Assistant Favorite fall activity: Apple picking



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!

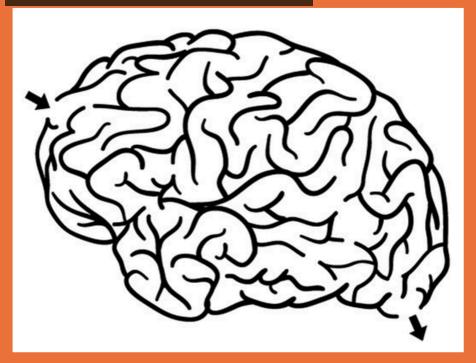
Our Clinical Research Assistant Savannah started medical school at the University of South Carolina!

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



## Try this brain maze!







Thank you for being a part of the Emotion Project! This science could not happen without you. Have a great fall!