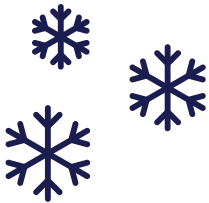


# Emotion Project

## 2023 Newsletter



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### A LETTER FROM OUR PRINCIPAL INVESTIGATOR



Dear Emotion Project Families,

Happy New Year! I hope you all had a wonderful year and are excited about what is to come in 2024. On behalf of the team, I would like to extend our gratitude for your continued participation in the Emotion Project! As we wrap up our 7-year visits, we are amazed by how many families helped us continue our research throughout the pandemic. Your participation in our study, whether coming to the lab or completing visits remotely, is invaluable to the success of this project!

Last year, we had the pleasure of announcing the continuation of the Emotion Project thanks to funding from the National Institute of Mental Health. This year, we have been thrilled to see so many of our project's 11-year-olds come back to the lab. It's incredible to see participants who have been contributing to our science since they were infants!

Thank you so much for allowing this project to grow alongside your kids! We are so excited to see you all return to our lab soon.

*Michelle Bosquet Enlow*

Dr. Michelle Bosquet Enlow  
Principal Investigator, Emotion Project

# 11-Year Participation Information

You can now  
participate with your  
11-year-old!

The preteen years are a crucial period in development. As your child turns 11, be on the lookout for an email or voicemail from us inviting you to come to the lab or participate remotely. We greatly appreciate your involvement in research to help us understand how adolescents' brain functioning, physiology, and environment all interact to influence their emotions and behaviors.

## What does participation look like?

- Participation includes 2 parts: completing a set of questionnaires (remote) and an in-person visit for the neuroimaging and physiology portions
- You can earn \$25 and your child can earn \$100 for completing all parts of this visit

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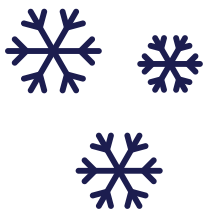


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# THANK YOU!

# New Study Cell Phone Information and Your Updated Contact Information



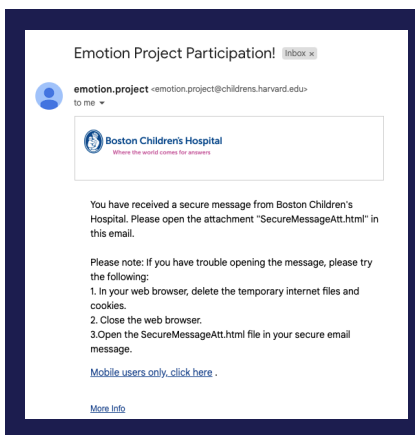
If you are interested in participating with your 11-year-old, you can email us at [emotion.project@childrens.harvard.edu](mailto:emotion.project@childrens.harvard.edu) or give us a call on our office phone at **(857) 218-3660**. You can also text us on our study cell phone at **(857) 378-0357**.



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.

## 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 choose to opt into receiving non-secure emails via the study consent form. Contact us if you would like to receive study communication via non-encrypted emails.



# Study Findings

Thanks to your contributions to the project, we have discovered new information regarding child development and mental health! Here are some findings from the past year:



A child's ability to self-regulate their emotions and behaviors in early life is associated with the length of their telomeres. Telomeres are small caps located at the ends of chromosomes that maintain chromosomal integrity. Longer telomeres have been associated with better health.



The functional Near-Infrared Spectroscopy (fNIRS) neuroimaging data that were collected from infancy through 7 years have helped advance publicly available national neuroimaging databases.



fNIRS responses to emotional facial expressions in infancy give us information about which children are more likely to develop anxiety challenges later. For example, greater activation in the right section of the brain (compared to the left) during the observation of happy faces was associated with an increased likelihood of internalizing (e.g., anxiety) and externalizing (e.g., aggression) difficulties at age 5.

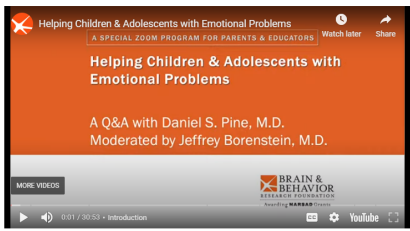


Higher child autonomic nervous system reactivity (heart rate, respiration) while watching a fearful video at age 3 was linked to greater child anxiety symptoms at age 5 years, especially if their parents also had anxiety.

## What does this all mean?

Taking a developmental perspective when researching mechanisms involved in emotions and emotional challenges 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 prevention, and identification of risk factors for youth mental health challenges.



Check out this Zoom recording about how caregivers and educators can identify and best help children and teens with mental health challenges!



# Meet the Emotion Project Team

Question: What is your favorite Olympic Sport?



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



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



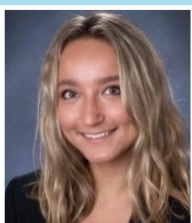
- April Levin (she/her)
- Co-Investigator
- Hometown: Newton, MA
- Answer: Gymnastics



- Caroline Kelsey (she/her)
- Postdoctoral Research Fellow
- Hometown: Greenwich, CT
- Answer: 4x100 Swim & Sprint



- Dash Sacks (he/him)
- Postdoctoral Research Fellow
- Hometown: Melbourne
- Answer: Breakdancing



- Ada Kamenetskiy (she/her)
- Project Coordinator
- Hometown: Avon, CT
- Answer: Freestyle skiing



- Katie Mulligan (she/her)
- Research Assistant
- Hometown: Westchester, NY
- Answer: Figure skating



- Asja Abron (she/her)
- Research Assistant
- Hometown: Philadelphia, PA
- Answer: Women's soccer



- Robert Law (he/him)
- Research Assistant
- Hometown: Los Altos, CA
- Answer: Fencing



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



## 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 project coordinator Maggie Modico began her Clinical Psychology Ph.D. at the Florida International University.

Our data manager Akshar Patel started his Master's in Public Health at Columbia University.

# Staff Spotlights

Dashiell (“Dash”) received his Ph.D. at the Thompson Institute, University of the Sunshine Coast, Australia in 2023. In his doctoral program, Dash worked on a project investigating adolescent brain development using a combination of neuroimaging (EEG & MRI), neurocognitive, and psychological assessments. At Boston Children’s Hospital, Dash is excited to be working in the Laboratories of Cognitive Neuroscience on the Emotion Project, combining EEG and behavioral, cognitive, and clinical measures to investigate emotion processing and early markers of anxiety risk and resilience.



Asja joined the Emotion Project in July 2023 as a Clinical Research Assistant I. She graduated from the University of North Carolina at Chapel Hill with a B.S. in Psychology and a B.A. Ed in Human Development & Family Science. Asja loves working with kids, and she is interested in the development of mental health challenges in adolescence. Outside of the lab, she likes to play rugby, read, and watch a wide variety of sports. She is excited to see everyone around the lab!

**Thank You to everyone who has contributed to the Emotion Project. Your involvement spans 11 countries and 24 states!**

