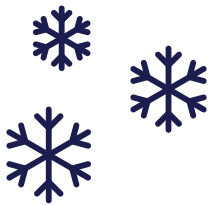


Emotion Project

2023 Newsletter



A LETTER FROM DR. MICHELLE BOSQUET ENLOW



Dear Emotion Project Study Participants,

WHAT'S INSIDE

- 11-Year Updates & Highlights
- Recent Study Findings
- Staff Spotlights
- Meet the Team
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- Putting the Emotion Project on the Map
- Mini Crossword Puzzle

Happy New Year! I hope you all had a wonderful year! On behalf of our team, I want to thank you for your help with our research study! As we finish up seeing the last of our 7-year-olds, we look forward to seeing you again when you are 11 and 13!

We have enjoyed seeing all of the 11-year-olds who have participated in the study so far! Whether you have only participated as a baby or every time point (or somewhere in between), we look forward to having you participate in-person or remotely!

Thank you for making the Emotion Project a fun study to work on. Your participation is important for understanding how children grow and develop. We look forward to seeing you in the lab soon!

Michelle Bosquet Enlow

Dr. Michelle Bosquet Enlow



11-Year Participation Information

1



Are you 11 years old and interested in participating in our study? Learn more about what participation looks like!

1. Surveys

You can complete a set of surveys that asks questions about your emotions, behaviors, relationships, experiences, health, and development at home (remote).

You can earn **\$50** for participating in this section!

2. In-Person Visit

- Wear an EEG net while you watch videos, look at pictures of faces, and play games. The EEG net has soft, damp sponges that touch the surface of your head. Each sponge is an electrode that can tell us how hard your brain is working!
- Wear sensors that measure your heart rate and breathing while you watch movie clips.

2



You can earn an **EXTRA \$50** for participating in this visit!

Study Findings

Your participation in this project has helped us discover new information about child development and mental health! Here are some of the cool findings that we have learned so far:



We have new methods for analyzing EEG data. We are using these methods to find brain characteristics that tell us what kinds of emotions kids might experience in the future, like anxiety or attention challenges.



For those of you who have participated in the fNIRS neuroimaging portion (you might remember it as a black hat), your contribution allowed scientists to find patterns of change in brain activation that occur in kids across development!



Your heart rate and breathing data have shown us differences in the way your body reacts to stress and how this influences your mental health, including feelings of anxiety.

Staff Spotlights



Hi, my name is Dash! I recently moved to Boston from Australia to work on the Emotion Project. Back home, I worked on a research project investigating brain development and mental health during adolescence. I am excited to join the Emotion Project team and continue researching youth mental health and development here in Boston! In my spare time, I enjoy exploring the city (especially the food), learning about Boston sports, and keeping fit in the gym!

Hi, I am Asja! You may find me around the lab, helping with visits and finding an EEG net that fits your head perfectly. Outside of the lab, I like to play rugby, read, and watch a wide variety of sports. I am excited to see everyone around the lab!



Meet the Emotion Project Team

Question: If you could be any Mario character, which one would you be?



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



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



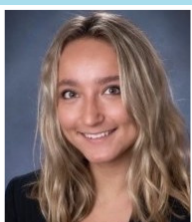
- April Levin (she/her)
- Co-Investigator
- Hometown: Newton, MA
- Answer: Yoshi



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



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



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



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



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



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



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



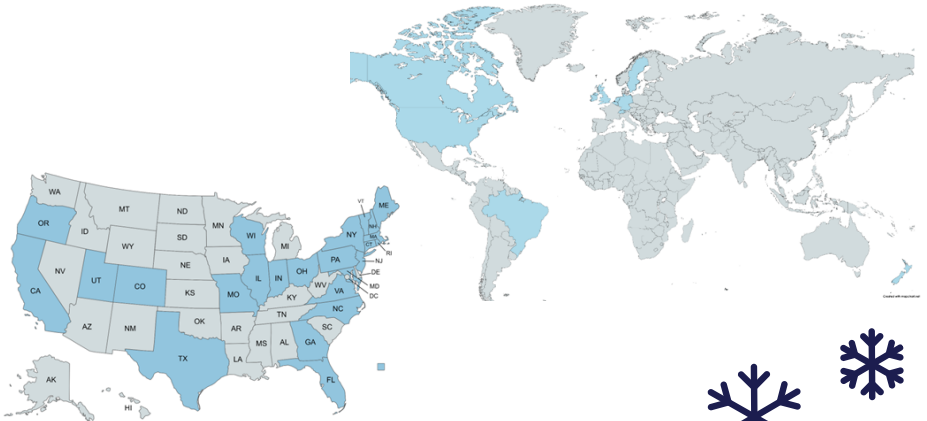
Oh, the Places They'll Go!

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

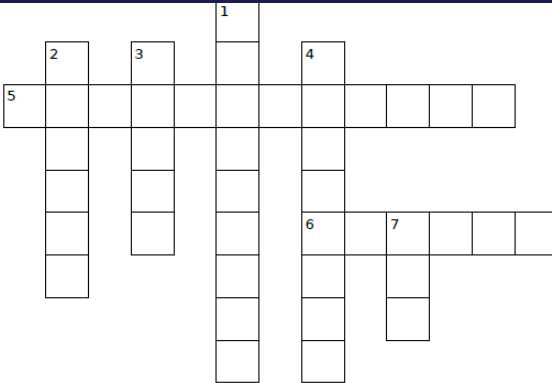
Our project coordinator Maggie Modico began her Clinical Psychology Ph.D. at Florida International University.

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

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



Mini Crossword Puzzle

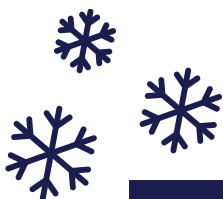


Down:

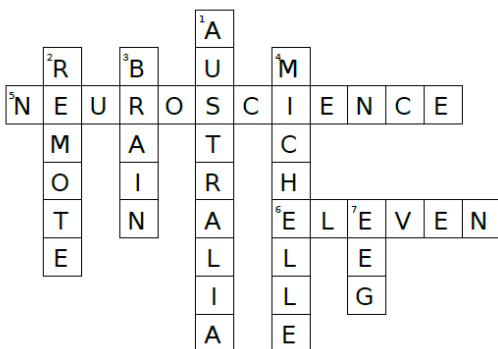
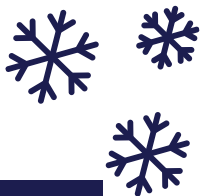
1. What country is our new post-doctoral fellow, Dash, from?
2. This type of participation does not involve coming to 2 Brookline Place
3. This very important organ generates enough electricity to power a lightbulb
4. First name of the Principal Investigator for the Emotion Project
7. Neuroimaging technique that measures electrical activity in your brain

Across:

5. The study of how the nervous system develops, its structure, and what it does
6. Our families participate from all over the world! How many countries do they represent?



Answer Key



Down:

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*Happy
New Year*