

# PRISM & ECHO STUDIES

## NEWSLETTER

### FEATURED THIS ISSUE:

New Visit Alert: ECHO-Wide

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Newest Discoveries

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Dear BRL Q+A

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Meet the Staff

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Child Activity



## NEW STUDY VISIT ALERT: *ECHO-WIDE* IS HERE!

If you participated in PRISM's extension study, ECHO, you may have already heard us mention the upcoming "ECHO-Wide" visit.

ECHO (which stands for Environmental influences on Child Health Outcomes) is a nationwide study that hopes to include approximately 80 study sites and 50,000 participants.

The purpose of the study is to better understand how children develop and how different life factors, from eating habits to chemical exposure to social experiences, affects development.

Project PRISM, the study you were initially involved in, is one of the 80 study sites included in ECHO.

This is because we have already been investigating the kinds of life factors and child development patterns ECHO hopes to better understand.

The purpose of the "ECHO-Wide" visit is for all 80 sites to begin collecting the exact same data, so researchers have a giant pool of people to learn from. The more people involved in a study, the more power the study has to answer big questions!

ECHO-Wide Visits will be pretty similar to another ECHO visit: a 2-3-hour visit consisting of surveys, an iPad task, body measurements, and biosamples from your child (like hair and urine).

As always, each activity is voluntary and you will be compensated for your participation. If you have not taken part in a previous ECHO visit, you can still participate!

**Ready to schedule a visit?**

*We're ready when you are!* We can even accommodate night and weekend visits. To schedule a visit, ask a question, or update your contact info, please:

**call us** at 617-919-4626  
**email us** at

[prism.study@childrens.harvard.edu](mailto:prism.study@childrens.harvard.edu)

**text us** at 857-360-1992

## RESEARCH UPDATES FROM THE LAB



# NEWEST DISCOVERIES

With every study visit you complete, we are able to add more and more to our knowledge base. Even since our newsletter last year, we have come up with some pretty cool research findings. Here are some of the newest discoveries.

### FAST FACTS:



- Preschoolers' feelings of anxiety may make it more difficult for them to inhibit their behavior appropriately (that is, stop themselves from acting when they should not act).

- Girls and boys appear to develop different ways of responding to stress based on their mothers' histories of stress exposures and mental health.
- A history of positive family support in mothers' own childhoods offers "protections" for their own mental health in pregnancy and for their children's later mental health.
- Treatment to reduce anxiety in pregnancy for mothers who have experienced trauma may protect their children's mental health
- Women who have immigrated to the United States do not report greater levels of mental health difficulties in pregnancy than U.S.-born women.

Dear Biobehavioral  
Research Lab,

Your questions answered.

Dear BRL,

After a visit, where do my data go? I love being a part of this study and care about helping with science, but want to make sure my information is protected.

Sincerely,

A Wondering Mama

Dear Wondering Mama,

We are glad you are wondering! It is important to ask these kinds of questions (and some of this stuff can get confusing). The best place to start is by looking at the consent form for that particular study. Each consent form has gone through rigorous review to make sure it gives important details. Data "sharing" can vary from study to study, and it is important to be informed. However, it is also important to note that, in all of our current studies, your data will *always* be "deidentified" (meaning, identifiable information such as names and addresses will be securely separated from the data we collect), and it is *only* shared with people who are certified to have access. If you are still confused after reading the consent form, let us know! We are happy to explain things more thoroughly.

Sincerely, BRL



# MEET THE STAFF

## Michelle Bosquet Enlow, PhD



**Dr. Bosquet Enlow** is the head of our lab. She has been involved with PRISM and ECHO since the very beginning - back when the studies' moms were pregnant! Dr. Bosquet Enlow is a Clinical Psychologist, with a BA in Psychology from Yale University, and a PhD in Clinical and Developmental Psychology from the University of Minnesota.

**Hometown:** Sharon, MA

**Fun Fact:** I am supposedly related to Warren G. Harding - one of the worst presidents in the history of the United States!

## Research Assistants

### Molly Cunningham, MA



Molly received her BS in Psychology, with a minor in Public Health, from Tulane University, and her MA in Developmental and Educational Psychology from Boston College.

**Hometown:** Chicago, IL

**Fun Fact:** I love to bake and cook

### Brian Exequiel Benítez, BA



Brian received his BA in Biology and Art History from Williams College.

**Hometown:** Naples, FL

**Fun Fact:** I once out-spiced an alligator on my bike

### Abbie Bosse, BS



Abbie received her BS in Psychology, with a minor in Sociology, from Stonehill College.

**Hometown:** Walpole, MA

**Fun Fact:** I can do a headstand

### Helen Day, BA



Helen received her BA in Psychology from Skidmore College.

**Hometown:** Woodstock, CT

**Fun Fact:** My dog was featured on a Netflix show

### Caroline Howell, BS



Caroline received her BS in Psychology and Anthropology from Trinity College.

**Hometown:** Lyme, NH

**Fun Fact:** I'm a certified scuba diver

### Brenna Martinez, BA



Brenna received her BA in Psychology from Williams College.

**Hometown:** Arvada, CO

**Fun Fact:** I played softball in college

### Sophia Merelas, BA



Sophia received her BA in Psychology, with minors in Spanish and Educational Studies, from Bates College.

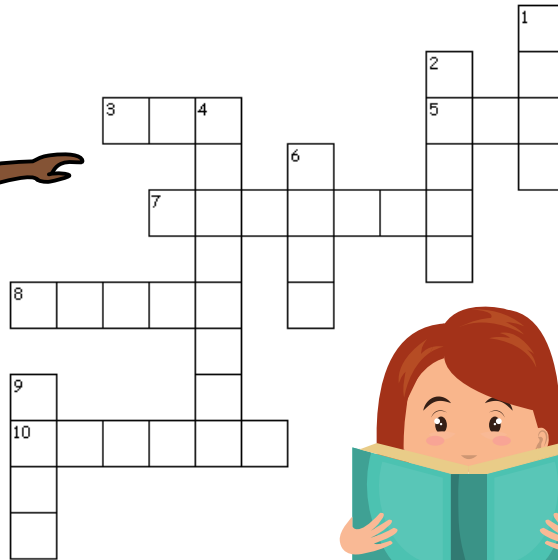
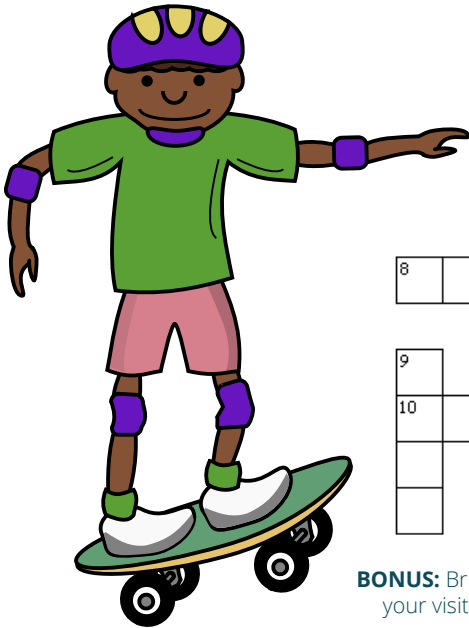
**Hometown:** Pelham, NY

**Fun Fact:** My right leg is longer than my left



# CHILD ACTIVITY:

How Well Do You Know the Study?



## ACROSS

3. Both you and your \_\_\_ are a part of this study.
5. You breath \_\_\_ in and out through your mouth and nose.
7. "Research" is also sometimes called what?
8. You step on this to measure your body's weight.
10. You will get these for helping us with a study visit.

## DOWN

1. You have been a part of this study since before you were \_\_\_.
2. On the iPad, we play these.
4. The head of our research study is named \_\_\_.
6. These are building toys that look like plastic bricks.
9. An \_\_\_ is a touch-screen device that we use to play games.

**BONUS:** Bring this finished activity to your visit and get a special prize!



Learn more about us

at [www.childrenshospital.org/research/labs/biobehavioral-research-laboratory](http://www.childrenshospital.org/research/labs/biobehavioral-research-laboratory)

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Thank you, moms!

Without you, none of this would be possible. Your effort helps us learn how to better help moms and children optimize their health.