

# URS Presentation

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# My Research Story

- Psychology & Sociology Majors
- Participation in Research
- Child Adaptation and Neurodevelopment Lab (CAN Lab)
- UROP
- Mentor - Elisabeth Conradt, PhD.



# UROF Project

- Desire to incorporate my dual majors.
- Societal impact on newborn development.
- Potential to help shape interventions and public policy.
- Based upon data collected from the CAN Lab.



# UROF Project

- Associations between Race/Ethnicity, Socioeconomic Status, and Emotion Dysregulation on Newborn Attention and Arousal.



# Topic

- Financial stressors can be a heavy burden for most people.
- Importance in understanding the effects of financial stressors on mental health and well-being.
- This relationship might be different for those that already have difficulty in emotion regulation.
- The potential interplay between these variables might also have an impact on the development of future generations.
- By understanding this relationship, public policies can be created to help address these concerns.



# Research Aims

- Aim 1: Examine whether socioeconomic status moderates the effect of prenatal emotion dysregulation on newborn attention and arousal.
- Aim 2: Examine whether maternal race and ethnicity moderates the effect of prenatal emotion dysregulation on newborn attention and arousal.
- Aim 3: Examine whether maternal financial stress moderates the effect of prenatal emotion dysregulation on newborn attention and arousal.



# Background

- Mother's emotional dysregulation can impact neurobehavior of infant, including poor responses to external stimuli and lowered motor activity (Baker & Kuhn, 2017).
- Expecting mothers with high levels of emotion dysregulation birthed infants with lower levels of attention and arousal (Ostlund et al., in press).
- Mothers that had lived in a low socioeconomic setting as a child, experienced higher levels of stress hormones during their future pregnancy (Enlow et al., 2019).
- Racial/ethnic minority women experience more stressors over a lifetime, which then has been linked to an increase in poorer pregnancy and birth outcomes (Alhusen et al., 2017).



# Data/Data Collection

- Data was collected from the 162 pregnant women.
- Difficulties in Emotion Dysregulation (DERS)
- NICU Network Neurobehavioral Scale (NNS)
  - Attention
  - Arousal
- Family Resource Scale (FRS)
- UCLA Life Stress Inventory (LSI)
- Education Level
- Household Annual Income
- Race/Ethnicity





# The Next Steps

- Plan of Analysis
- Pre-Registration
- Run our tests!



# Lessons Learned

- Research by its' very nature is a collaborative process and not done in isolation.
- Research requires patience and flexibility.
- Open-mindedness and critiquing makes for better research.
- Creativity and imagination in hypothesis formation.
- Hands-on experience with research methods.
- What makes for sound, scientific research.



