

Research Assistants: Early Life Stress and Pediatric Anxiety Program

Project Title: The Health and Wellness Curriculum Assessment

Lab Website: <http://med.stanford.edu/elspap.html>

School/Department/Program: Stanford University/Child Psychiatry/Early Life Stress and Pediatric Anxiety Program (ESLPAP)

Supervising Researcher: Victor Carrion

Project Description

The ELSPAP is seeking a highly motivated undergraduate research assistant to work on a multi-method, longitudinal evaluation of a mindfulness-and-yoga-based health and wellness curriculum currently being taught in East Palo Alto's Ravenswood City K-12 School District. The primary goal of this project is to measure the impact of the curriculum on students' social, emotional, and cognitive functioning and academic performance over time by evaluating progress at three time points (baseline, one-year follow-up, and 18-month follow-up). The project incorporates fMRI, salivary cortisol, sleep, cognitive, behavioral and academic assessments to examine how meditation and mindful movement can counteract the effects of traumatic stress on the developing brain.

Duties & Time Commitment

Initial responsibilities will include the attendance of weekly project and professional development meetings, assessment scoring and data entry. As the research assistant progresses, additional duties may be assigned based on ability and interest. A minimum commitment of 6 hours per week for two quarters (six months) is requested.

Qualifications & Skills

Critical thinking and attention to detail are essential. The ideal candidate is well organized, independent and motivated to learn. Previous coursework in research methods and some research experience is preferred, although not necessary.

To Apply

To apply please complete the survey accessible through the following link:

<https://redcap.stanford.edu/surveys/?s=WDEP34NJ4A> . Email any questions to the lab manager (Alex Basile) at: awbasile@stanford.edu