

PRISM & ECHO STUDIES



COVID-19 Update

Dear Participants,

We hope this newsletter finds you well! We wanted to give you brief update to let you know how we are handling the pandemic.

We are currently recruiting participants and collecting data for our ECHO PEDS and ECHO WIDE studies, both virtually and in person. As a reminder, ECHO stands for Environmental Influences on Child Health Outcomes and is a nationwide study that includes about 50,000 participants. The study aims to create a better understanding of how children grow and develop by collecting a wide range of data across development.

If you aren't already enrolled in these studies, we hope you will consider participating! If you are already part of the studies, we hope you will consider staying involved by participating in remote data collection and/or coming in for a study visit. We've already had many successful visits at our lab at 21 Autumn Street this fall, during which we take many safety precautions!

One way our study team is doing our part to help families and contribute to science during the pandemic is by collecting information on stress related to COVID. This data helps us document the effects of the pandemic on children and families' mental health. Thank you for contributing!



RESEARCH UPDATES FROM THE LAB

NEWEST DISCOVERIES!



The data you give us at study visits help us learn more about children and families' mental and physical health. Here are some of the cool findings from the past year!



It may be possible to determine risk for future cardiovascular disease by analyzing infant heart and breathing reactivity to brief challenges.

Interventions designed to help moms reduce stress and better handle anger may help lower risk for pre-term birth



Reducing child anxiety and depressive symptoms in the first years of life may help support the development of learning and cognitive skills in later childhood

Mothers' stress hormones (cortisol) in pregnancy may influence the development of infants' autonomic nervous systems, with different effects for girls versus boys.



A mother's history of stressful experiences may relate to her immune system functioning during pregnancy.

Frequently Asked Questions

Q: I know ECHO is a nationwide study. What are the other study sites interested in?

A: There are 5 broad areas that ECHO sites study: neurodevelopment (brain development); pre-, peri-, and postnatal outcomes (pregnancy and birth); upper and lower airway (breathing); obesity (body weight); and positive health (well-being). Our site focuses on neurodevelopment, but we collect data for all of these areas. By allowing us to share your data with the national study, you are contributing to research across all of these domains!

Q: How do you do remote biosample collection?

A: We will mail you a kit with everything you need to collect samples. Then, we will set up a time to video chat or call and walk you through the collection step-by-step, e.g., cut a small piece of hair, clip toenails. Finally, we will organize a UPS pickup of the kit from your home!

MEET THE PRISM & ECHO TEAM

Michelle Bosquet Enlow, PhD

Career: Dr. Bosquet Enlow is clinical and developmental psychologist with specialized training in infant mental health (birth to age 5), the assessment and treatment of traumatic stress in children and adults, the development of child stress regulation, and the origins of anxiety problems.

Education: She has a Ph.D. from the Developmental Psychopathology and Clinical Science program at the University of Minnesota and a B.A. in Psychology from Yale University.

Favorite Quarantine Activity: Playing Farkle over Skype with my kids and parents to keep us all connected from afar

Molly Cunningham, MA

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

Favorite Quarantine Activity: Listening to audiobooks!

Abbie Bosse, BA

Education: Abbie received her BA in Psychology with a minor in Sociology from Stonehill College.

Favorite Quarantine Activity: Cooking dinner and trying new recipes with my roommates!

Caroline Howell, BS

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

Favorite Quarantine Activity: Going on hikes with my dog, Leo!

Juliana Mendonca, BS

Education: Juliana received her BS in Biology from the University of Massachusetts Amherst.

Favorite Quarantine Activity: Instagram workouts!

Anne Elizabeth Sidamon-Eristoff, BA

Education: Anne Elizabeth received her BA in Spanish and Portuguese with a minor in Neuroscience from Princeton University.

Favorite Quarantine Activity: Playing Catan with my roommates!



STRESS-REDUCING TIPS FOR QUARANTINE FROM THE TEAM

Give yourself grace and be kind to yourself!

Set aside at least 30 minutes every day to be active: complete a quick workout, play outside, or take a walk around your neighborhood!

FaceTime family and friends to stay connected!

Create new habits and routines to better fit this period of time.

Make a list of 3-5 things you are grateful for each day.

Watch stand-up comedy on Netflix or YouTube!

Take a break from work/school for family mealtimes!

WANT TO SCHEDULE A STUDY VISIT OR LEARN MORE?

Call us: 617-919-4626

Email us:

prism.study@childrens.harvard.edu

Learn more at:

www.childrenshospital.org/research/labs/biobehavioral-research-laboratory



What parts of the study can I do remotely?

1. QUESTIONNAIRES (ONLINE OR BY PHONE)
2. SOME BIOSAMPLE COLLECTIONS
3. ACTIVITY WATCH
4. LUNG FUNCTION TEST

What parts of the study can I do in person?

1. IPAD GAMES
2. BODY MEASUREMENTS
3. ADDITIONAL BIOSAMPLE COLLECTIONS

Compensation is provided for each part!

Boston Children’s Hospital Secure Communication System - A Message from the PRISM and ECHO Studies

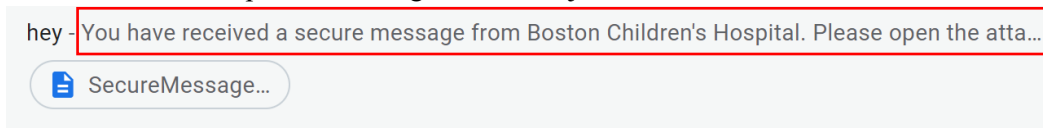
On behalf of the PRISM and ECHO Study team at Boston Children’s Hospital, we are reaching out to participants to remind you all that we are committed to ensuring the safety and confidentiality of your private information. As such, we are enforcing the use of a new secure portal to protect communication between our study team and participants to the best of our ability.

What this means for you?

Going forward, each time you receive an e-mail on behalf of our PRISM and ECHO Study team at Boston Children’s Hospital, you will be prompted to use our secure portal. You will have to create a password for the portal the first time you receive a message from the Boston Children’s Hospital secure system. From then on, you will enter the password you created each time you view a message from our study team.

What you will see when you receive a secure e-mail and instructions on secure portal set-up

When you receive an e-mail from our team, the subject line will always include the phrase: “You have received a secure message from Boston Children's Hospital” to the right of the subject name as shown below.



1. Open the e-mail and scroll down until you see a file labeled “SecureMessageAtt...” **If you are opening from a mobile device (e.g. cell phone), click on “Mobile users only, click here” and continue.**

Please note: If you have trouble opening the message, please try the following:

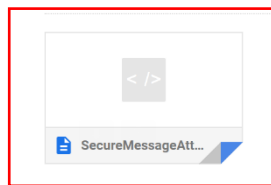
1. In your web browser, delete the temporary internet files and cookies.
2. Close the web browser.
3. Open the SecureMessageAtt.html file in your secure email message.

[Mobile users only, click here](#)

[More Info](#)

Disclaimer: This email and its content are confidential and intended solely for the use of the addressee. If you wish to compose a new message, please visit <https://securemail.childrenshospital.org>.

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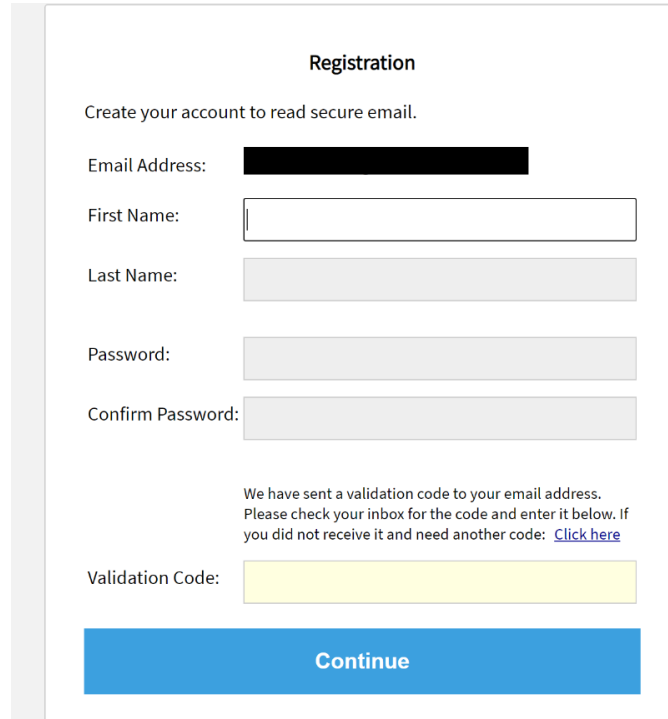
2. Click on the Secure Message attachment. The window shown below will appear. Select “Click to read message.”



Disclaimer: This email and its content are confidential and intended solely for the use of the addressee. Please notify the sender if you have received this email in error or simply delete it. If you wish to compose a new message, please visit <https://securemail.childrenshospital.org>. You must be a registered user to initiate a new message to a Boston Children's Hospital employee.

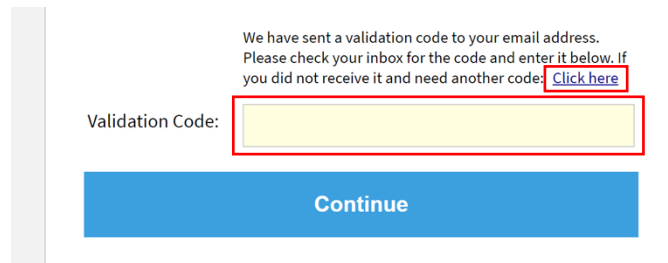
Secured by Proofpoint Encryption, Copyright © 2009-2020 Proofpoint, Inc. All rights reserved.

3. The following window will appear. You will see your e-mail address at the top of the window. Proceed by entering your First Name, Last Name, new Boston Children’s Hospital Secure System Password, and then confirm your password.



The screenshot shows a registration window titled "Registration". At the top, it says "Create your account to read secure email." Below this are several input fields: "Email Address:" (with a blacked-out address), "First Name:" (empty), "Last Name:" (empty), "Password:" (empty), and "Confirm Password:" (empty). Below the password fields is a message: "We have sent a validation code to your email address. Please check your inbox for the code and enter it below. If you did not receive it and need another code: [Click here](#)". Below this message is a yellow-highlighted "Validation Code:" input field. At the bottom is a blue "Continue" button.

4. Once you confirm your password, a validation code will be sent to your e-mail address. Please enter the validation code into the box highlighted in yellow in the picture below. If you do not receive the code, select the blue, underlined “Click here” link for another code.



This screenshot is similar to the previous one, but the yellow-highlighted "Validation Code:" input field is now outlined with a red border. The "Click here" link in the message above is also underlined.

5. Once you enter the validation code, please click on the “Continue button.” You will then be able to view the message.

Please remember your password - you will only be asked to go through the set-up process above once. Each time we send you an e-mail going forward, you will be prompted to enter the password you created.

If you forget your password, you can select “Forget Password” the next time you are prompted to log in. You will be sent a link in a separate email to reset your password. The link will take you to a page with two fields: “New password” and “Confirm password.” Here, you can choose a new password (enter into both fields) to use going forward.

We appreciate your commitment to the PRISM and ECHO Study and hope to be in contact with you soon via our new secure portal system at Boston Children’s Hospital!