



Lauren Bernier

Major: Psychology, Boston College, BA '22
Host Site: Beth Israel Deaconess Medical Center (BIDMC)

"Prior to my placement at BIDMC, I had never fully considered the contributions or the role of Mind-Body research to the field of positive health. As I continue to read about the theoretical framework and purpose of mindfulness-based interventions specifically, I am curious about the potential application of such programs in treating and mitigating the psychological impacts associated with chronic illness. As an intern to Dr. Gloria Yeh of the Division of General Medicine and Primary Care at BIDMC this summer, I will also be able to explore the impact of mind-body exercise on levels of physical activity and self-efficacy in individuals with chronic disease characterized by a weakened exercise capacity...I find most intriguing the roles that mind-body research and mindfulness-based interventions can play with regards to serving accessible, cost-effective health practice."



Nathaniel Birne

Concentration: Psychology or Human Evolutionary Biology, Harvard College, AB '23
Host Site: Harvard T.H. Chan School of Public Health

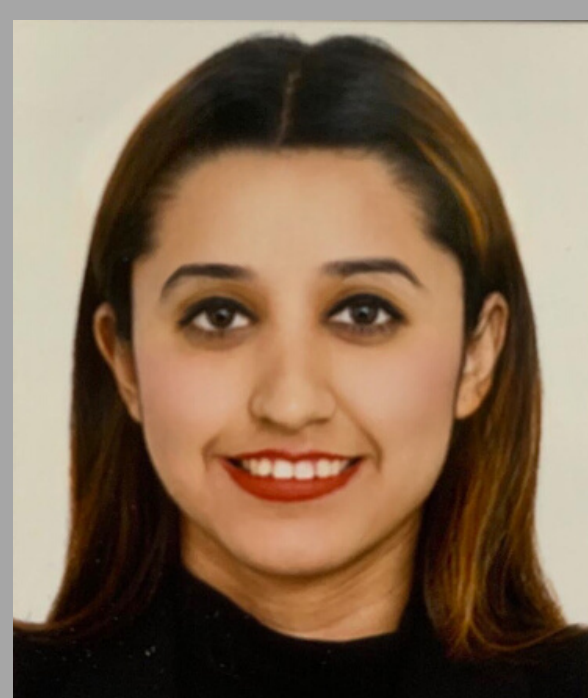
"This summer, I am thrilled to be assisting Dr. Farah Qureshi on a systematic review project focusing on positive psychosocial factors in youth and cardiometabolic health outcomes throughout the lifespan. I will support Dr. Qureshi in screening abstracts and papers, as well as extracting data, in preparation for a report that will bring together the existing evidence on this topic. I am very excited to contribute to this project, which could inform policy to promote positive cardiometabolic health and to prevent heart disease, diabetes, and other negative outcomes. I am so grateful to Dr. Qureshi and the Lee Kum Sheung Center for Health and Happiness for this opportunity."



Cayley Bliss

Major: Psychology, Boston College, BA '21
Host Site: Massachusetts General Hospital, Harvard Medical School

"I am extremely excited to work with Elyse Park, PhD, in assisting both Joanna Streck, PhD, with the Partners Frontline Clinician Resiliency Project and Daniel Hall, PhD, with the Cancer Survivorship Resiliency Project. Partners Healthcare Group is providing Resiliency Groups to all frontline workers who treat patients with coronavirus at Mass General Hospital and Brigham Women's Hospital. These groups provide stress management, self-care, and resilience skills for the doctors, nurses, patient care service clinicians, advanced practice providers, mental health clinicians, technical staff, and more who are uniquely challenged by the COVID-19 outbreak. In a similar vein, the Cancer Survivorship Project teaches coping skills to cancer survivors, also using the Stress Management and Resiliency Training: Relaxation Response Resiliency Program (SMART-3RP). Now more than ever, we need to care for the professionals who care for Americans every day, and I am honored to know that my work will contribute to a body of literature that will direct resources to our tireless frontline clinicians."



Ashima Dogra

MPH '21 Candidate at Boston University
Host Site: Harvard T.H. Chan School of Public Health

"I believe psychological wellbeing and physical health are highly interdependent on each other. My interest lies in developing a standardized construct around the word *stress*. I am passionate about exploring the causative impact of stress on somatic symptoms and the role of positive psychological wellbeing in coping with chronic diseases. I also want to further understand the factors that contribute to creating varying levels of resilience in different individuals against everyday stressors, their linkage to chronic disease progression and whether such factors can be modified/enhanced through holistic interventions."



Abhinaya Gunasekar

MPH '21 Candidate at Boston University
Host Site: Harvard T.H. Chan School of Public Health

"Physical health and psychological wellbeing are extremely intertwined. My specific interests are in understanding how psychological well-being can affect chronic physical conditions.

I am very excited to be conducting a review of the evidence-based community delivered treatments for mental illnesses that can be implemented in minority populations in the U.S. The need for mental health care in the U.S. is vital and unfortunately, it is lacking, especially within marginalized populations. This project hopes to identify community-delivered mental health care programs that can help reduce this gap in access to care and decrease stigma."



Natalia Maliborski

Major: Psychology, Boston University, BA '21
Host Site: Harvard T.H. Chan School of Public Health

"I am incredibly excited to be working with the Harvard T.H. Chan School of Public Health to find associations between positive psychology and 34 different health outcomes. As an undergraduate student with majors in Psychology and Biology, I am always interested in finding ways to connect the two, and this research will help me do so!"



Isha Mayor

Major: Psychology, Tufts University, BS '22
Host Site: Massachusetts General Hospital, Harvard Medical School

"I am most interested in researching the psychosocial factors in childhood through young adulthood that are connected to better physical health outcomes in later life. A multitude of research shows us that strong social relationships are the most important factor in a healthy and happy life, and I want to study what factors in early life make it more likely for people to develop and prioritize these relationships throughout their lives."



Dora Nathans

Major: Economics and Psychology, Brown University, BA '22
Host Site: Harvard Business School

"There are a few projects I'm excited to begin working on. I'll be doing some coding for a study done about what information people rely on when they negotiate. I have also started a preliminary literature review on why and how humans and animals play, which I have really enjoyed. Broadly, I am excited to get a better sense of how to formally study human behavior and decision making, and what beneficial insights we can glean from doing so!"



Taisuke Sato

Major: Undecided, Tufts University, '23
Host Site: Harvard T.H. Chan School of Public Health

"At Viswanath Lab, my mentors and I are investigating how social media use affects people's mental well-being. Social media is fundamentally changing how we communicate with our friends, customers, and audiences. It is a place for entertainment, marketing, activism, and politics, all at the same time..."

Social media usage and mental well-being are both difficult to quantify. Using computer commands and human inspections, we will be going through journals and papers to find patterns, while assessing their study methods. It excites me to be part of the project that will set the guidelines for future studies of social media. Fully taking advantage of the resources, I am hoping to gain experience in handling mass data and to also foster my critical thinking skills."