

## Achele Agada

Concentration: History and Science: Medicine and Society (Secondary: Global Health and Health Policy)  
Harvard College, AB '23

Host Site: Harvard T.H Chan School of Public Health

“This summer I am excited to be working with Dr. Christy Denckla on a longitudinal, multi-wave study using data from the COVID-19 supplement of the Nurses' Health Study second cohort. Our research is exploring written bereavement narratives and the associations between linguistic predictors and health outcomes. During this time of loss, it has been very revealing to learn about normative grieving and to conduct a study that may highlight factors associated with a complicated grief diagnosis. Having access to the Nurses' Health Study is significant, as it being one of the largest and longest running investigations into women's health means I have a great opportunity to offer an intersectional perspective into the field of research surrounding bereavement. I am particularly looking forward to learning more about the role resilience plays in grief remission, as I believe this points to the importance of wellbeing in maintaining and repairing mental and physical health.”

## Olivia Baldi

Neuroscience and Health Studies Double Major  
College of the Holy Cross, '22

Host Site: Massachusetts General Hospital, Harvard T.H. Chan School of Public Health

“I am passionate about studying and learning more about resiliency and its impact on physical health and mental well-being. While resiliency has traditionally been considered an individual personality trait, it is far more complex and encompasses social, economic, genetic, psychological, and physiological factors. I am very interested in learning more about how these factors influence an individual's overall health. Particularly amidst a stressful period in world history due to Covid-19, understanding resiliency will be instrumental in promoting well-being and healing on a global level. I am very excited to begin working on a literature review on this topic and contributing to the field of resiliency research!”

## Justin Farmer

Master of Epidemiology Candidate (Concentration: Neuro-Psychiatric Epidemiology)  
Harvard T.H. Chan School of Public Health, '22

Host Site: Harvard T.H. Chan School of Public Health

“I just finished my first year in the Masters of Epidemiology at the Harvard T.H. Chan School of Public Health. I will graduate from this program in 2022. Through this program and my summer internship at the Center for Health and Happiness, I hope to better understand the links between mental and physical health in the part of the body that most closely bridges these two, the brain. In particular, I am curious to learn how one's physical health and opportunities for physical health in early life shapes psychological health in adulthood and in turn how positive psychological assets can mitigate an individual's risk of developing dementia.”

## Jaeyoung Ha

Environmental Design and Planning PhD candidate (Concentration: Landscape Architecture and Urban Design)  
Kansas State University, '22

Host Site: Harvard T.H. Chan School of Public Health

“I'm thrilled to work with Mr. Patrick Whitney and Dr. André Nogueira in assessing how city environments can promote the wellbeing of urban residents by improving the lives of people, organizations, and nature. In this summer research assistantship, my mentor and I will make a proposal to regenerate post-industrial sites for the wellbeing of urban residents. We'll plan to investigate the social, cultural, and ecological potential in rustbelt regions including climate change issues.”

## Cade Herrera

Concentration: Neuroscience  
Harvard College, AB '23

Host Site: Massachusetts General Hospital

“For the last year, I have been working in Dr. Sara Lazar's lab doing functional analysis. Currently, I am working on a project studying interventions to offset normal age-related declines in episodic memory. Specifically, we are concerned whether mindfulness meditation can promote healthy aging. I am excited to begin writing the paper.”

## Caitlyn Leonard

MPH Candidate  
Boston University, '23

Host Site: Harvard T.H. Chan School of Public Health

“I am excited to join Dr. Meg Lovejoy on evaluating low-wage and moderate-wage workers' resilience during the COVID-19 pandemic. Work is an influential social determinant of health, which impacts the well-being of both the individual and their family. I am interested in the interplay between work and family life, and specifically how parental work demands may shape children's well-being. Broadly, I am interested in how we can promote safe and supportive home environments for children, as well as the linkages between psychological well-being in childhood and physical health outcomes in adulthood. During this summer, I am looking forward to exploring innovative methods of work redesign during crisis that may inform future changes in workplace policy. I am grateful to Dr. Lovejoy and the Lee Kum Sheung Center for Health and Happiness for this opportunity!”

## Owen Manahan

MPH/MPA Candidate  
Brown University, '23

Host Site: Harvard T.H. Chan School of Public Health

“I am excited to be working with Ms. Melia Dunbar this summer to develop outreach material that communicates the many wonderful projects and programs at the Center for Health and Happiness. Specifically, we are developing an easily accessible digital booklet that provides an introduction and overview of the Center. We also plan to explore ways to better utilize social media to reach a larger audience online. I look forward to improving my analytic and design skills during the internship.”

## Amanda E. Ng

Epidemiology PhD Candidate  
University of Maryland, College Park, '23

Host Site: Harvard T.H. Chan School of Public Health

“I am excited to work with Dr. Claudia Trudel-Fitzgerald on investigating the relationship between coping and physical health this summer. I think this work will be important for developing programs and policies to alleviate health risks among vulnerable populations.”

## Florence Okoro

Major: Psychology  
University of North Carolina at Chapel Hill, BS '23

Host Site: Massachusetts General Hospital, Harvard Medical School

“The relationship between psychological wellbeing and physical health is a topic that sparks my interest. Specifically, I want to expand my knowledge on mind-body interactions and apply this knowledge to disease treatment. This summer, I am excited for the opportunity to work with Dr. Christopher Celano where I will be primarily involved in studies that focus on patient-centered collaborative care interventions for people with mental health illness and heart disease. Additionally, I will assist in a project that seeks to create a text message intervention to promote wellbeing and health behavior adherence in people with cardiac disease. I am most excited about learning the processes involved in this kind of research and acquiring knowledge from other professionals.”

## Diane Story

Concentration: Medical Anthropology  
Brown University, AB '23

Host Site: The Human Flourishing Program at Harvard University

“I am excited to work on a scoping review of social support provided in online and offline contexts and its effect on mental well-being. Social support includes emotional support, like encouragement and empathy, as well as more tangible forms of support like sharing information or helping with tasks. It improves one's ability to respond to stressful events in a positive way, and it can also directly lessen stress. I have found social support to be extremely necessary during the COVID-19 pandemic, but social distancing measures disrupted many sources of in-person social support. Learning whether mediated or in-person social support is more beneficial for mental health can help decrease loneliness in isolated populations like the elderly, or increase the quality of social support for adolescents and young adults who use social media.”