



THE CENTER FOR YOUTH DEVELOPMENT & INTERVENTION (CYDI)



Fall 2020 Newsletter

Update on COVID-19:

Given the ever-changing circumstances from COVID-19 please check our website for updates on current research, clinic visits, and all CYDI related activities.

CURRENT RESEARCH:



Principal investigator:
Dr. Caitlin M. Hudac



Dr. Caitlin Hudac (PI)



Dr. Mengya Xia (Co-I)

The B-RAD Lab will be starting a new grant!

Our undergraduate intern trainees will be studying how adolescents process social information using eye tracking and electroencephalography (EEG).

Dr. Caitlin Hudac and Dr. Mengya Xia received a National Institute of Mental Health grant to study brain processes and eye movement patterns when adolescents look at faces. Their goal is to understand how different aspects of face processing are related to real-world social skills and other parts of biology (including puberty).

Calling all teachers! Do you teach children preschool aged-3rd grade? We need you! The K.I.D. Lab at the University of Alabama is looking for teachers to fill out a quick 5-10-minute questionnaire on how teachers view pretend play in the classroom. If you are interested in participating, please use this link! <https://atullos.people.ua.edu/kidlab.html>



EASE: Emotional Awareness and Skills Enhancement Study for ASD

EASE is a randomized, controlled trial research study designed to evaluate a new treatment for teens and young adults with autism spectrum disorder who struggle with handling difficult emotions like anger, sadness, and anxiety.

<https://cydi.ua.edu/ease.html>

Teens and Social Anxiety Study

The Center for Development and Youth Intervention (CYDI) is conducting a study, the purpose of which is to see how teens with social anxiety respond to social stimuli. For this study, we are seeking adolescents between the ages of 12 and 16.

<https://cydi.ua.edu/teens-and-social-anxiety.html>

Building the Bridge

Building the Bridge is CYDI's initiative to identify barriers to access for children and families in need and resources that are available, as well as determine ways to work together with key community stakeholders to strengthen the youth mental health care infrastructure in Central Alabama. <https://cydi.ua.edu/building-the-bridge.html>

The CYDI Research Registry

Sign up for the CYDI research registry to be notified of new research happening at CYDI! If there is a study that you may be eligible for, we will contact you to let you know.

<https://redcap.as.ua.edu/surveys/?s=PFK7MWMA3>

Back to School

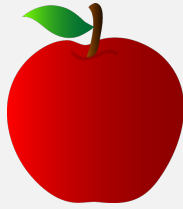
Back to School Tips:

<https://tinyurl.com/y2prlxsy>

Preparing for School Closure:

<https://tinyurl.com/y5jobygs>

For additional resources for families regarding the COVID-19 outbreak, check out our Summer 2020 newsletter.



Watch, *Love on the Spectrum!*



Trailer: <https://tinyurl.com/y48p5rrg>



Contact Us:



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AL 35401



Connect With Us:



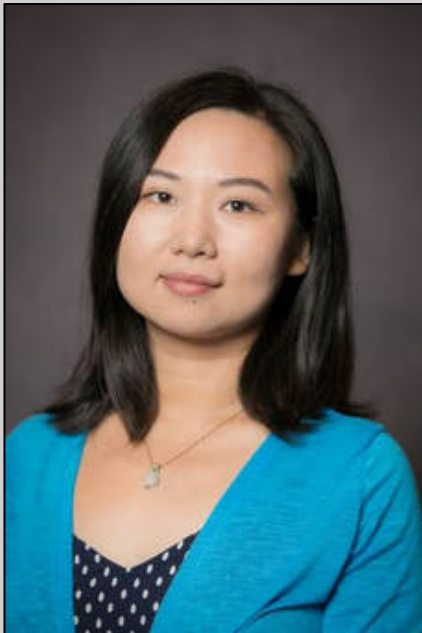
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FACULTY SPOTLIGHT DR. MENGYA XIA

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Q: What is your area of research?

A: My research focuses on individual development within context. Specifically, I am most interested in understanding ways to promote child and adolescent well-being in the family context and other ecological systems from a strength-based approach. With an emphasis on social-emotional processes and interpersonal interactions, my work primarily has been done from a person-centered and transactional dynamic approach.

Q: What current projects do you have going on?

A: There are three ongoing projects in my lab. One is a daily diary nested within longitudinal design project on the associations among holistic family dynamics, individual strengths and competence, and adolescent well-being. The second project is a qualitative study aiming at understanding what is love and what makes people feel loved in different interpersonal contexts. The third project is a cross-cultural comparison study on individual authenticity, strengths, and well-being in US and Chinese samples.

Q: What led you to a career in psychology?

A: I am interested in human development and would like to know more about how to make people's life better. That's why I choose developmental psychology as my career.

Q: What are some things you like to do when you're not working?

A: In the limited time that I am not working, I mostly spend time to play and take care of my kid (and a little kitten). We like to go outside and enjoy nature. If I have the luxury of time for myself, I like painting, making crafts, playing badminton, and dancing.