

GREETINGS FROM THE TRLAB AT UNCW!

Thank you!

The Trauma and Resilience Lab, led by Dr. Kate Nooner, wants to extend a sincere thank you for your participation in our study! We wouldn't be able to do it without you. This newsletter has been sent to update you on the findings of the study, supported by the NIAAA, and to give you some updates on our lab.



Findings

Findings of this study were published in the *Child Abuse & Neglect* journal in a paper titled "Alpha EEG asymmetry, childhood maltreatment, and problem behaviors: A pilot home-based study." Our study has found that EEG is linked to future behaviors in teens. We could not have done this without you and your child. Thank you!

Fun Fact!

As seen in "The Teen Brain: 7 Things to Know" published by the NIMH, most teens are not getting enough sleep. On average, teens should be getting around 9 to 10 hours of sleep every night. Unfortunately, this is often not the case! Benefits of getting enough sleep include improved attention, better mood, and more!



Updates

We are going to start recruiting more youth to participate in this study. Feel free to share this information with others who might be interested in participating! We also plan to start recruiting adult participants for an investigation in the near future. Keep your eye out for upcoming information on this! Contact Dr. Nooner at noonerk@uncw.edu or (910) 962-2140.

See Some Photos of us in Action!

