

Child and Adolescent Laboratory

Jenny L. Vaydich, Ph.D.

The Child and Adolescent Lab, directed by [Jenny Vaydich](#) and located within the School of Psychology, Family, and Community at Seattle Pacific University, explores the influence of parent-child relationships and interactions on child and adolescent emotion regulation development. We are particularly interested in parent-child relationships and parental emotion socialization during childhood and adolescence. Previous projects have focused on aggression; however, more recent projects have examined the influence of parent-child relationships on symptoms of depression and anxiety.

The following are the broad research areas that Dr. Vaydich and her research team study:

- Child and adolescent emotion regulation
- Parental emotion socialization
- Attachment
- Parent-adolescent conflict
- Neuroendocrine responses to stress within parent-child relationships

Current projects are exploring the following areas:

- The influence of parent-adolescent conflict on adolescent mental and physical health
- The relationship between parental criticism and adolescent depressive symptoms
- Parental attachment relationships and disordered eating during late adolescence
- The impact of early parenting experiences on adolescent emotional functioning

Research assistantships

If you are a current SPU student interested in joining the Child and Adolescent Lab research team, you must:

- **Complete a [research contract](#)** with Dr. Vaydich.
- **Commit to a minimum** of two quarters participation as a research assistant.

If you have questions about the Child and Adolescent Lab, contact Dr. Vaydich at vaydichj@spu.edu.