

This poster presentation, entitled *Unpredictable Childhood, Predictable Stress Outcomes: the Influence that Emotional Regulation and Perceived Emotional Support have on Perceived Stress and Treatment Efficacy* acted as both an expression and confirmation of my commitment to research; especially that which relates to differential health outcomes associated with sex and sex-related variation.

This presentation included data from the ACEs Study, a large scale precision medicine clinical trial conducted by the UCLA Laboratory for Stress Assessment and Research. Chiefly, this project elucidated the efficacy of a precision medicine intervention on reducing perceived stress. For this poster presentation in particular, I was interested in considering the role of emotional regulation and perceived social support on treatment efficacy—two characteristics which may have differential impacts on treatment outcomes between the sexes.

Although participant sex did not end up significantly predicting treatment responses, emotional responses and social support represent two factors with notable dissimilarities between the sexes. Appreciating the varied implications of these characteristics, especially in relation to psychological treatment, has the enormous potential to better equip healthcare professionals and mental health specialists to develop increasingly personalized and effective treatment approaches. Analyses revealed that both emotional regulation and perceived social support mediated the relationship between childhood unpredictability and perceived stress pre-intervention, and that emotional regulation, but not perceived emotional support, was related to significant reductions in perceived stress post-intervention. This association suggests that emotional regulation skills may influence treatment outcomes of stress-reducing interventions – and thus, interventions which also bolster emotional regulation skills may be particularly effective.

Under the guidance of Dr. Summer Mengelkoch, I've had the fortune to research a topic which is both of distinct relevance and importance to me. After the consumption of hormonal contraceptive pills eventually left me with a tumor which paralyzed my leg for over a year, I have made it a priority to use my privilege and passion to pursue the historically understudied field of women's health, with a special focus on the unintended consequences of using exogenous hormones, contained in hormonal contraceptives. Most notably, I contributed to a review paper published in the *Open Access Journal of Contraception*, titled "Hormonal Contraceptive Use and Affective Disorders: An Updated Review." In which, we elucidated the ways that individual propensities can influence affective symptoms resulting from the exogenous hormone consumption. Equipped with the science-related communication and synthesis skills I reaped from assisting with the paper, creating and presenting this poster felt like a natural and necessary progression in my journey as an aspiring women's health scientist and researcher.

The experience of SPSP was vital to my journey as a curious and deeply excited individual hoping to further integrate myself into the scientific community. Presenting the poster allowed me to engage in exciting conversations with professors, post-doctorates, and other undergraduate students. I conferred with academics about their impressions of the implications of the findings, I learned about similar research being conducted, and I rejoiced in the excitement that meaningful, applicable psychological research naturally commands. With every experience akin to this one, I'm increasingly certain of my plan to continue using my time, effort, and support to further a necessary and historically neglected pool of clinical research participants. Research into women's health is both a personal, and deeply urgent undertaking—one which I plan to continue pursuing throughout my career.