

Who We Are

STEADY has several scientific goals that largely focus on the **development and treatment of emotion (dys)regulation.**

We are interested in **environmental factors** that shape the development of emotion regulation **in early childhood and adolescence**, such as **parenting styles, low income disparities**, and other **family risk factors.**

Furthermore, we are interested in learning about ways in which **treatments**, such as Dialectical Behavior Therapy (**DBT**), are designed to **effectively treat** emotion regulation.



Contact Us!

Interested in participating?

Contact our project coordinators at:

STEADY@pitt.edu

412-624-4578

Study will take place at:

STEADY Lab

Sterling Plaza Building, 4th Floor

201 N. Craig St, Pittsburgh PA 15213



**Are you the mother of a
3 year old child?**

Do you often feel like you're on
an emotional roller coaster ride?

Do you have a history of troubled
relationships?

Does life feel too stressful?



What We Study

What is our research about?

Our current research study is designed to investigate **how mother's own mental health symptoms impact** their **preschooler's** ability to **regulate** their own **emotions**.

Moreover, this research study will test **whether** receiving **DBT can improve mental health outcomes in children** of emotionally dysregulated mothers.

How does my client or I benefit from participating in the research study?

All eligible mothers and children come into the lab to be assessed 4 times across 1 year and will receive compensation for their participation in research study assessments.



What does a research study look like?

A total of **300 mothers** and their **preschoolers** will be recruited over the course of 5 years at the University of Pittsburgh and the University of Oregon.

Mothers will complete a **phone screener** and **full clinical intake** to determine eligibility in the research study.

Mothers with elevated BPD symptoms will be **randomized to receive** either **DBT Skills** treatment or family services as usual.

If eligible, mothers and their preschooler will then be scheduled for **4 research study assessments** over the course of 12 months.

How will I know if I, or my client, is eligible to participate?

- ✓ Is she a mother with a preschooler?
- ✓ Does she have a history of troubled interpersonal relationships?
- ✓ Does she suffer from unresolved physical and/or emotional trauma?
- ✓ Does she have difficulty controlling her anger when confronted with conflict?
- ✓ Does she feel like she's constantly on an emotional rollercoaster and her life is too stressful?

If so, you or your client may be eligible to participate. To get started, all you have to do is send us a referral!

Contact Us!

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