Our Mission

Here at Stanford's Pediatric Emotion And Resilience Lab (PEARL), we are a diverse group of physicians, psychologists, researchers, and students, all dedicated to discovering the nature of emotion and resilience in children in order to help treat youth suffering from major mood disorders or those who are at risk of developing these conditions.

The PEARL aims to openly connect a child's emotional life experience with human biology. Mood problems in children are brain based, and we strive to understand the neural circuit dysfunction that underlies mood problems through critical sensitive periods in brain development. We take a holistic biopsychosocial approach to understanding and treating mood problems among youth that encompasses many aspects of children's lives. We hope this multidisciplinary approach will lead to a greater understanding of how to treat mood problems and lead to happier and healthier youth.
CURRENTLY RECRUITING RESEARCH STUDIES

Want a picture of your brain? Want some summer spending cash? Participate in one of our current studies!

R & R
This study aims to understand what predisposes kids to and protects kids from developing major mood disorders such as major depression and bipolar disorder. In this study, we will evaluate youth offspring of parents with varying levels of psychiatric illness starting from a state of relative health.

MOMENTUM
Depression and obesity are affecting a growing number of youth around world and, together, may lead to lifelong depressive symptoms and medical problems such as diabetes and heart disease. This study will help to identify early risk factors for developing worsening depression in overweight youth.

AIMS
Antidepressants are among the most commonly prescribed drugs used by American youth today. However, certain side effects from antidepressants have been associated with serious lifelong psychiatric disorders. This study will help to identify antidepressant-related benefits and side effects. An additional benefit is that participants receive free treatment (including therapy).

Daily REST
Our aim is to better understand sleep in youth diagnosed with bipolar disorder, and to explore the relation of sleep to mood in this population. This study involves a two night, in home sleep assessment and a daily diary.

ANALYZING NOW...

PNC
Sex differences in psychiatric disorders are common and occur early in development. Pathways that lead to sex differences in psychiatric disorders stem from complex interactions among clinical, cognitive, genetic, and neural factors that vary as a function of developmental stage. This study integrates a multitude of factors to understand sex differences in childhood-onset psychiatric disorders. Understanding how these factors interact in the development of sex differences in psychiatric disorders will provide more precise treatment targets.
The Stanford University Medical Center will host the 12th Annual Mood Disorders Education Day for patients and their families, caregivers, friends, and all community members interested in mood disorders. At this event, the community will hear from some of the top researchers in the field.

The Education Day program will include discussions of recent treatment advances, the neuroscience of mood disorders in adults, adolescents, and children, and the influences of genetics and environment on mood disorders. Education Day also includes opportunities for Q&A and panel discussions.

Sign up for this FREE event at https://www.eventbrite.com/e/12th-annual-mood-disorders-education-day-tickets-25802013517

Contact Sabrina Chen at (650) 725-6760 or thepearlab@stanford.edu for more information.

The PEARL Research Team Welcomes New Families!

We continue to look for paid research subjects. If any of these studies are of interest to you or someone you know, please contact us at:

Phone: 650 721-4049
Email: thepearlab@stanford.edu

“Like” our page on Facebook at PEARL at Stanford to receive updates on our lab!
Recently Published Research


PEARL Core Collaborators

Nicole Starace, PhD - Therapist
Kyle Hinman, MD- Child Psychiatrist
Michelle Goldsmith, MD - Child Psychiatrist
Natalie Rasgon, MD, PhD - Co-Investigator
Cara Bohon, PhD - Co-Investigator
Booil Jo, PhD- Statistician
Kiki Chang, MD - Co-Investigator
Allan Reiss, MD - Co-Investigator
Amy Garrett, PhD - Co-Investigator
Lester Mackey, PhD- Co-Investigator, Statistics
Ian Gotlib, PhD - Co-Investigator, Psychology
Joachim Hallmayer, MD - Co-Investigator
Anda Gershon, PhD - Collaborator
Lara Foland Ross, PhD - Research Associate
Paul Mazaika, PhD - Research Associate
Additional Resources

Resources for Pediatric Onset Depression

Health Care Alliance for Response to Adolescent Depression (HEARD Alliance)

Project Safety Net

Stanford Mood and Anxiety Disorders Laboratory

San Francisco Bay Area Support, Education, and Advocacy

DBSA San Francisco (formerly DMDA), (415) 995-4792

DMDA San Mateo County, (650) 595-5131

MHA San Mateo County, (650) 368-3345

NAMI Santa Clara County, (408) 453-0400

NAMI San Mateo County, (650) 638-0800

DBSA Young Adults Group, (650) 430-2909

DBSA Palo Alto Support Group, (650) 326-6313

Resources for Pediatric Onset Mania

Stanford Adult Bipolar Clinic

The Bipolar Research Program

The Ryan Licht Sang Bipolar Foundation

For more resources, visit our website at: http://med.stanford.edu/pedmood/community.html
Or call us at: (650) 721-4049