

Research Projects



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Current Research Projects

- HealthTRAC: Examining the impact of a program (HealthTRAC) combining two efficacious interventions (one targeting emotion regulation [TRAC] and the second a standardized behavioral weight management intervention [SBWC]) to improve weight management outcomes among a sample of adolescents with obesity (NIH-funded)
- RSA: Examining respiratory sinus arrhythmia (RSA), a marker of emotion regulation, as a predictor of adolescent substance use and sexual risk (NIH-funded).
- Project STRONG: Examining a web-based dating violence prevention program for parents and middle school boys (NICHD-funded).

Data Available from Completed Research Projects

- iTRAC: Developed and pilot tested a tablet-based game version of the emotion regulation skills training components from TRAC.
- AVATAR: Evaluated the acceptability and preliminary impact of using immersive virtual reality environments (IVREs) paired with a brief emotion regulation and risk reduction intervention (ER+IVRE) relative to this same intervention content paired with role-plays
- WIOT: Tested an interactive DVD and workbook specifically designed for African American parents and adolescents to address key factors associated with sexual risk.
- TRAC: Evaluated a developmentally targeted face-to-face intervention designed to enhance early adolescents' emotion regulation competencies as a strategy for reducing health risk behaviors, including sexual initiation.
- SHAPE: Tested an adjunctive cognitive-behavioral family-based alcohol, self-harm, and HIV prevention program (ASH-P) for adolescents in mental healthcare.
- Parental Involvement as a Strategy to Enhance Adolescent Weight Control: Examined the efficacy of a standard adolescent behavioral weight control (BWC) intervention that also

targeted parent-adolescent communication and parental modeling of healthy behaviors (SBT+EP) compared to a standard BWC intervention (SBT).

- STYLE: Examined the efficacy of a family-based HIV prevention and adolescent only HIV prevention programs, tailored for the needs of youth in mental health treatment, in decreasing HIV risk and improving knowledge and self-efficacy.