



Universität  
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JACOBS  
CENTER



## The Jacobs Center Research Seminar Series

*PROF. DR. EMMA ADAM*

Professor

Human Development & Social Policy

Institute for Policy Research

Northwestern University, IL, USA

### Understanding Adolescent Stress Biology in Naturalistic Settings: The role of Race-Based Stressors and Strengths

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In this talk Dr. Adam will summarize her past research focused on identifying factors in the everyday lives of adolescents that activate and alter the functioning of the hypothalamic-pituitary-adrenal (HPA) axis, as measured with salivary cortisol, and the implications of alterations in HPA-axis functioning for youth emotional and physical health. Adam's past research revealed racial/ethnic disparities in stress exposure and stress biology, suggesting a potential mechanism contributing to racial/ethnic disparities in health and academic attainment. Adam will also describe her recent theoretical models and current program of research aimed at both understanding and reducing the impact of race-based stress, including racial/ethnic discrimination, on youth stress biology and developmental outcomes.

**Tuesday, September 12, 2017, 11:00-12:00 h**

At the Jacobs Center for Productive Youth Development  
Andreasstrasse 15, 4<sup>th</sup> floor, AND 4.19, 8050 Zürich

*Individual meetings with Dr. Emma Adam are available,  
if interested please contact Maria Schönholzer [maria.schoenholzer@jacobscenter.uzh.ch](mailto:maria.schoenholzer@jacobscenter.uzh.ch)*