

From Labs to Lives

How Research Funding Solves Real-World Problems

NIH-Funded Research on Teen Mental Health and Brain Development

Adolescence is a time of incredible change — and rising risk. At UC Davis, Amanda Guyer is leading NIH-funded research to understand how teens' brains and social experiences shape their emotional well-being. Her work looks at how adolescents respond to things like peer rejection or supportive parenting, and how this affects anxiety, depression or substance abuse. Her research also confirms the brain keeps developing into early adulthood, which means there's still time to help teens build resilience and recover.

Helping Humanity

Teen mental health challenges are at an all-time high. Guyer's research shows that each teen experiences and processes the world differently — so effective support must reflect that. The research helps to better understand which adolescents are most at risk and how to tailor interventions that meet them where they are. Without continued funding, this important progress could slow as teen mental health challenges remain high. Investing in this research is investing in a healthier future for the next generation, as well as their families and communities.

// With the loss of federal research funding, our ability to support adolescents struggling with issues such as anxiety and depression will suffer. This is all the more important because rates of anxiety, depression and even suicidality have skyrocketed in the last five years.” — Amanda Guyer, Ph.D.



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