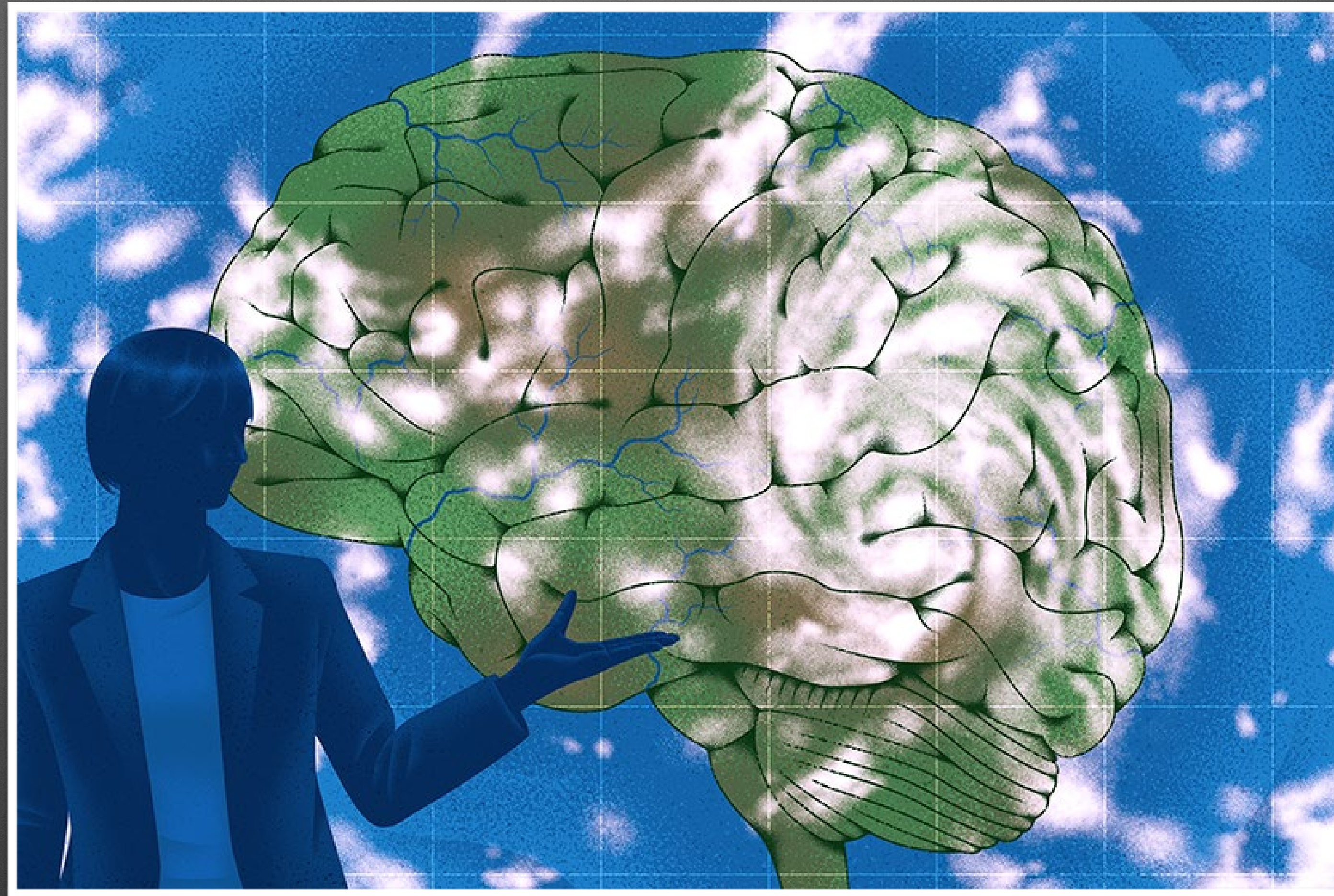




Meeting this moment

Nicole Rust, PhD
University of Pennsylvania

Research is becoming unsiloed

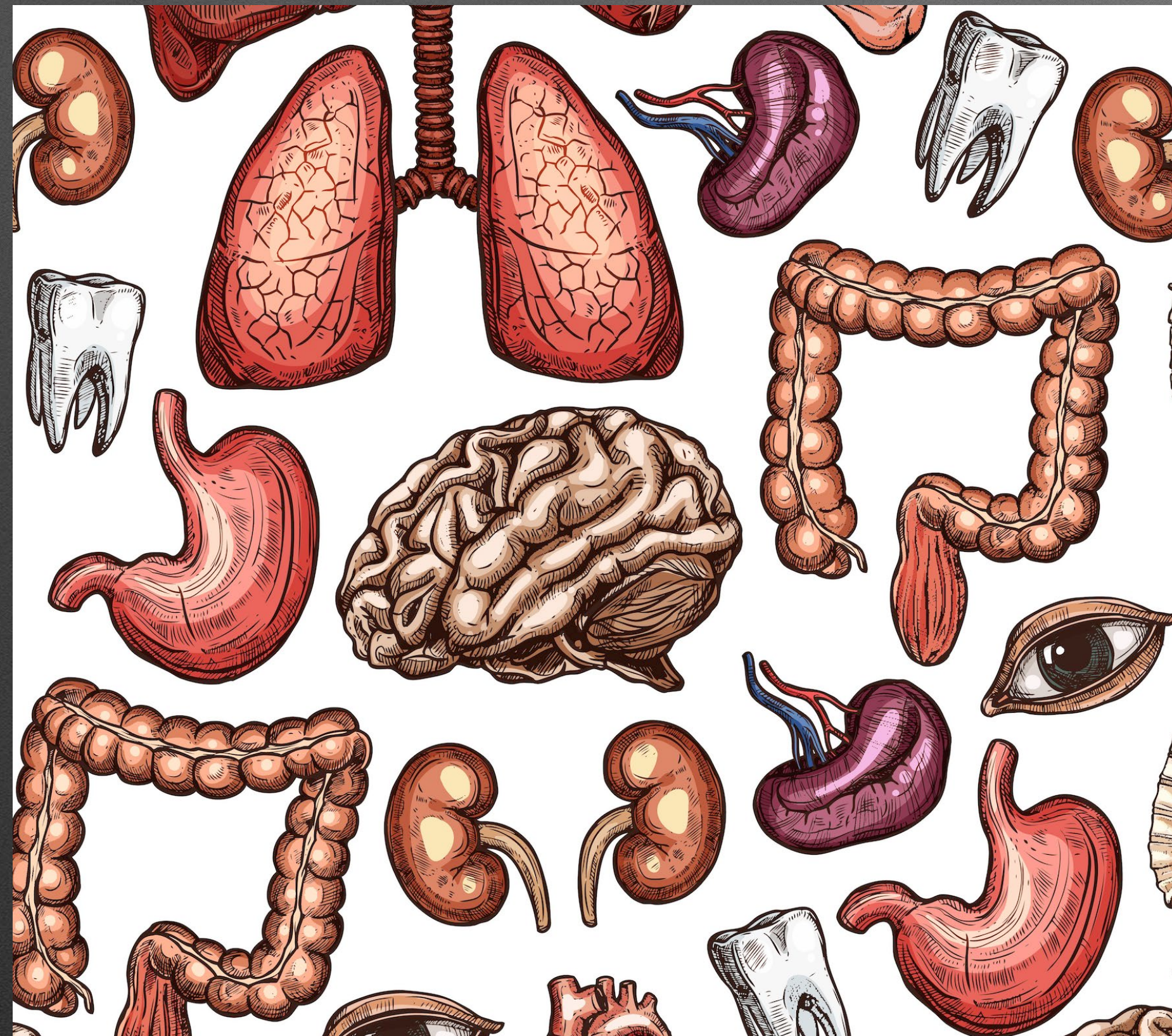


How do emotions impact heart and immune function?

How is brain health impacted by factors circulating in the blood?

Research is becoming unsiloed

1990s



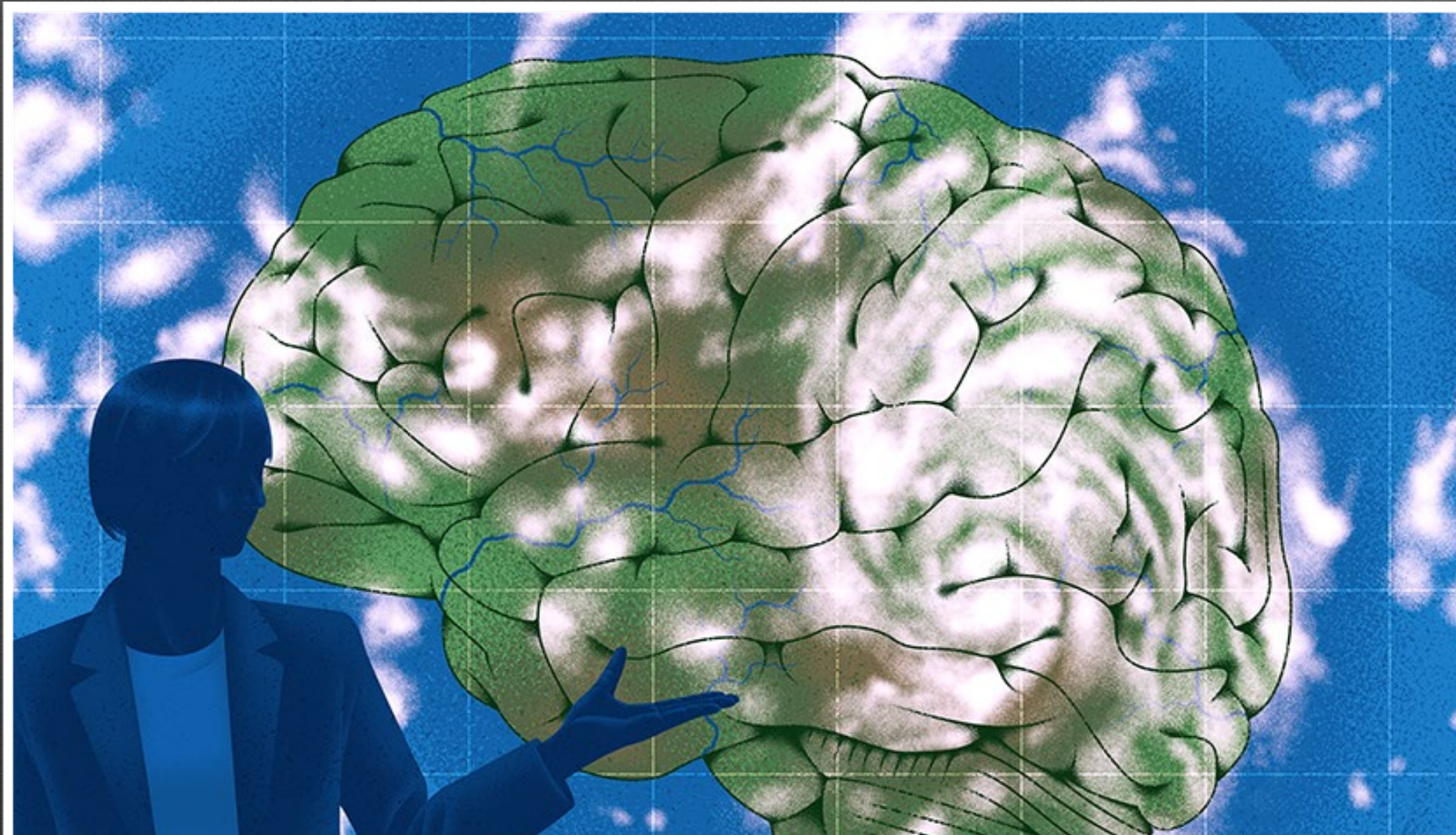
"Find the broken link and fix it"



Emphasizes causes -> effects

The field is embracing complexity

2020s



Emphasizes causes $\leftrightarrow$ effects

1990s

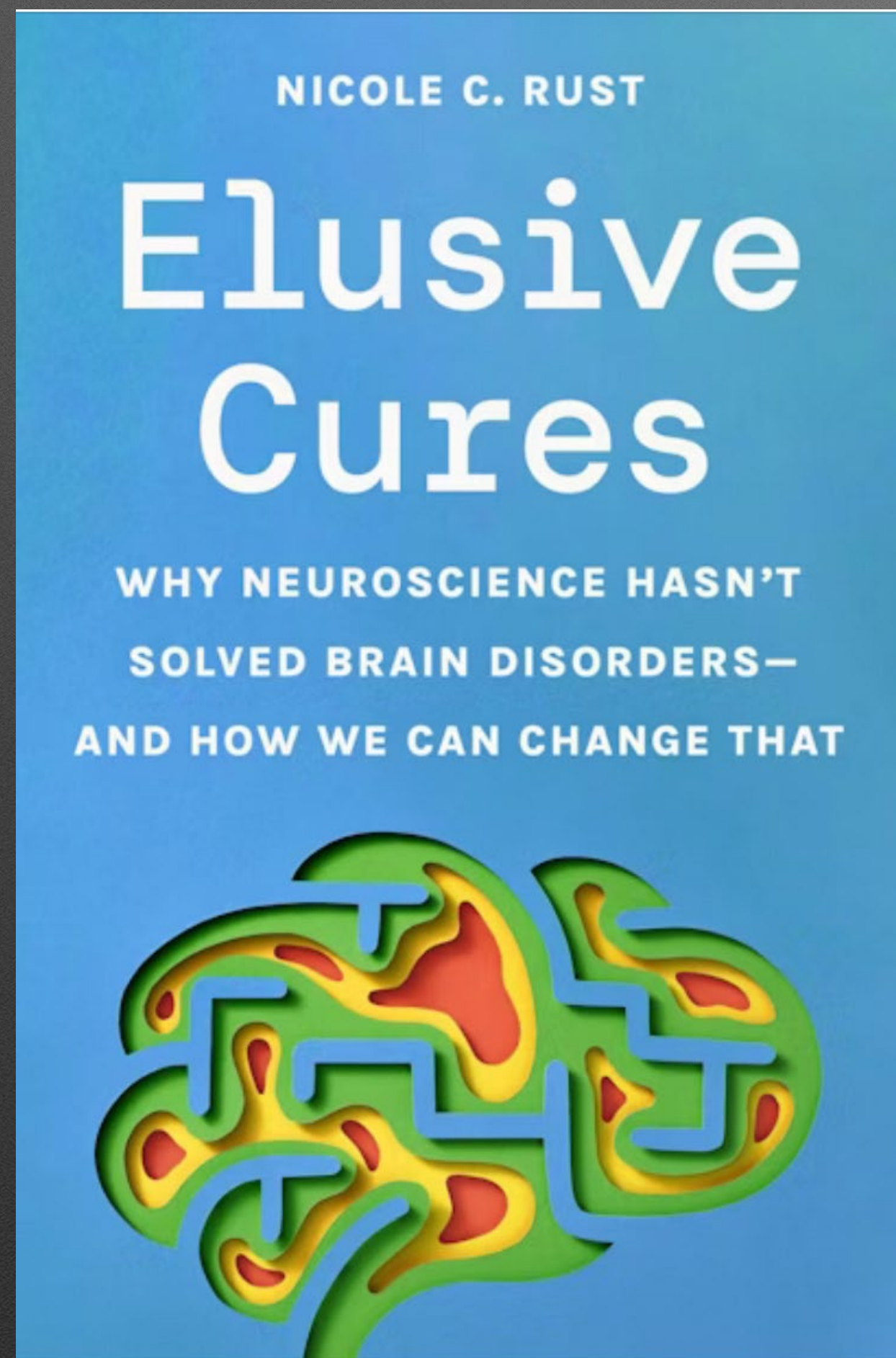
"Find the broken link and fix it"



Emphasizes causes $\rightarrow$ effects

Health follows from interactions between brain/body parts
Success requires quantitative approaches

We need to face special challenges



Understanding emotion has special considerations.

This complexity requires nuanced, effective scientific communication with all stakeholders.