Welcome to Dr. Ayotte’s Healthy Living Lab at the University of Massachusetts Dartmouth! Following is some information on what we study, what members of the lab do, expectations of members, and benefits of joining the lab.

What do we study?
The focus of Healthy Living Lab is on how the dynamic interactions among individual characteristics (e.g., age, race) and contextual factors (e.g., social partners) are related to cognition, health, and health behaviors across the lifespan. Some of the questions that we ask include:

- How do friends influence health behaviors, such as exercise, eating, and substance use?
- What are the factors associated with the ability to understand health-related information and how is this ability related to behavior?
- What are the strategies that people use to solve everyday problems, such as managing finances and disagreements with family/friends?
- Who do people talk to about health-related issues?
- How can we best promote healthy behaviors in people of all age groups?

What do members of the lab do?
Members of the Healthy Living Lab have several opportunities to get involved in research. Here are just a few of the things that students can expect to do:

- Conduct literature reviews
- Collect data
- Analyze data
- Assist in writing results
- Present work at regional and national conferences

What are the expectations?
Members of the lab are expected to attend lab meetings, read assigned material, and complete assigned tasks on time.

What are the benefits?
There are several benefits to joining the Healthy Living Lab. New members can “get their feet wet” by sitting in on lab meetings and joining the reading group. As soon as people are comfortable, they begin work on data collection and/or other projects (e.g., literature reviews). Senior members of the lab are given leadership roles and are responsible for supervising junior members and coordinating schedules, as well as managing the day-to-day operations of the lab.

All students are given the opportunity to use our data to answer any research questions you might have. This oftentimes leads to conference presentations at both regional and national professional conferences!