

Baby 19 lede, her interview at age 15
people with anxious brains are walking around looking normal
Fox thinks it's a matter of vigilance and what you pay attention to
quick summary of Fox and Kagan's findings
2/3 of their subjects are doing OK, but they're anxious just below the surface

BREAK

quote from We Worry blog about how exhausting it is to keep worry at bay
describe clinical anxiety quickly, then move on
describe garden-variety worriers

BREAK

describe longitudinal studies in general
-- Framingham
-- Fels
Kagan's first study, toddlers to age 7
-- some measures and findings
-- publication in Science
-- assessment of Science paper, Engel at Williams
Kagan's second study, infants to adults
-- logic of measurements and what the test looked like
-- some results to age 15
-- many high-reactives grow up looking fine
-- mention brains scans that seem to remain fretful as young adults

BREAK

Fox's two studies and measurements of attention
-- spatial cuing task (the one I took)
-- potentiated startle response (the one I watched Joey take)
Pine functional MRI scans of Fox's kids, response to fearful faces
Schwartz structural MRI scans of Kagan's kids, thicker prefrontal cortex
-- Schwartz removes kids with social anxiety dx, difference in prefrontal cortex remains
Plomin critique, maybe it's a lba artifact
Pine response, more realistic experiment involving social pressures of an internet chat room
Plomin and my critique – do the brain scans matter if you're doing OK?

BREAK

how high-risk kids avoid anxiety
Pine – fear of things is different from social fear
parenting – studies are confusing
-- Arcus findings – better to be firm
-- Hane findings – better to be sensitive
-- Fox quote about plasticity, findings of brain changes in rats that were licked as pups
-- anxious parents lead to echo chamber
kids who managed to counteract their anxious temperaments

- 13-year-old boy from Kagan's high-reactive group
 - 16-year-old girl with OCD
 - Brittany on the We Worry blog
 - Engel from Williams College, and her son
- my question – whether there's a psychological or physical cost to this effort
- mention Schwartz MRI finding again

BREAK

temperament as weather, Kagan's blizzard analogy

high reactors have some good traits, too

astronauts vs mission control

T.S. Eliot

temperament predicts what you won't be, not what you will

Baby 19 is doing OK, still inhibited, wants to be a writer