Dr. Dariotis studies decision-making (or the lack thereof) from biological and social perspectives and explores mindfulness-based interventions as a means of linking intentions with behaviors. Decision-making varies under stressed and non-stressed conditions or other states of arousal. Using participatory approaches to quantitative, qualitative, and mixed methods data, her work helps children, youth, families, and communities meet their intended outcomes.

**Research Interests**
- Stress responsivity, threat vulnerability, and coping
- Mindfulness-based interventions
- Intentions, behaviors, and decision-making
- Medical and behavioral adherence including vaccine uptake
- Participatory approaches to research and evaluation

**Current Projects**
- [https://familyresiliency.illinois.edu/research/frc-research-projects](https://familyresiliency.illinois.edu/research/frc-research-projects)
- Building the Next Generation of Engaged Researchers: Utilizing Youth Participatory Action Research to Engage Teens in Community Policy Change
- Mindful Eating
- Empowerment and Participatory Approaches to Building Agency Evaluation Capacity

**Interest Areas for Collaboration/Future Work**
Dr. Dariotis is interested in collaborating on studies exploring the intersection of biological and social determinants of health and decision-making for diverse public health and social justice wicked problems using participatory approaches.

**Keywords**
Decision-making, risk-taking, mindfulness, stress, community-based research, youth participatory action research, research methods, public health, social justice, threat appraisal

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**Personalized Nutrition Initiative**