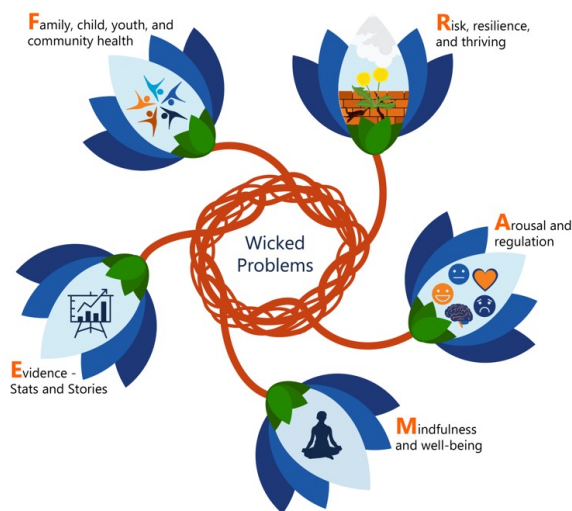# Jacinda K. Dariotis

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Created: Dec 2023

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
- COVID-19 Thorns & Silver Linings: A Mixed-Method Study of Role Reversal, Stress, and Resilience
- 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

Personalized Nutrition Initiative