Our donors can be justifiably proud of their contributions to improving health and society. In 2010, through the American Psychological Foundation (APF), they invested approximately $450,000 in psychology’s future – launching careers and supporting innovative projects and research.

More than 70 APF grant, scholarship, and award recipients are applying psychology to a host of mental health and social issues that improve the lives and communities of people across the globe.

Consider these three examples of the impressive work APF’s donors helped make possible:

**Investigating Why Some Children Cannot Manage Stress.**
Few researchers have looked at the effects of chronically low levels of the stress hormone cortisol. Sarah Watamura, PhD, of the University of Denver, used her APF Visionary Grant to do just that. After tracking 18 children with low cortisol levels, Watamura’s early findings show that children with low cortisol levels have early signs of depression, anxiety, and delayed physical development. Watamura will use her results to lobby for these children to receive programs to buffer their stress, including training preschool teachers to help children manage their emotions.

**Helping Native Americans.**
Tami Jo De Coteau, PhD, earned the APF Division 29 Early Career Award for her work providing culturally appropriate practice techniques for Native American patients and developing training programs in rural, underserved areas, particularly in treating anxiety disorders.

**Reducing Aggression in Patients with Serious Mental Illness.**
Daniel Antonius, PhD, at the New York University School of Medicine, is using his APF Pearson Early Career Grant to test the effectiveness of his Sensory Method Aimed at Reducing Tension (SMART) to try to reduce aggression in patients with schizophrenia. SMART is a kind of stress ball the patients can easily manipulate and squeeze, and it can be infused with scent. Dr. Antonius is hopeful this intervention can reduce the need for restraint/seclusion/involuntary medication in these patients.
What Causes Risky and Antisocial Behavior?
Parents often wonder what drives poor decision making in their adolescent children. Elizabeth Shulman, of the University of California, Irvine, used her APF F. J. McGuigan Dissertation Award to examine the role that unconscious thought processes play in adolescents’ risky decisions. The goal of her work is to understand negative behaviors so that they can be changed.

Helping Children Who Witness Violence.
When children witness violence at home, the effects can last a lifetime. For dedicating her research to understanding these children in order to stop the cycle of violence, APF conferred the 2010 APF Annette Ursu Rickel Dissertation Award to Kathryn Howell, a clinical psychology doctoral student at the University of Michigan, Ann Arbor.

Anxiety and Transitioning to Parenthood.
Do happier couples make better parents? Katherine J. Williams-Baucom, a psychology doctoral candidate at the University of California, Los Angeles, was awarded the 2010 APF Randy Gerson Memorial Grant to examine whether preventative intervention can alleviate distress in low-income couples as they transition to parenthood in order to create stronger families.

"I owe a great debt to the APF for its continued support of my research, as it enabled me to launch an independent research program in an area that is difficult to fund, but so incredibly important in today’s society.”
- Abbie Goldberg, PhD, APF Grant Recipient

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"The simple fact is that most research funding is going to come in big chunks from agencies that want to minimize the risk in their investment. Despite efforts by APA and other sciences over the years to promote federal small-grant programs to support riskier (but potentially high payoff) research and the younger people who generate them, there are still (and will always be) far more of those promising, but still high-risk, pilot-type needs than funds to support them. APF is in the ideal position to help meet this need.”
- William C. Howell, PhD

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Forty percent of our 2010 funding went to students in psychology. This next generation of scientists, practitioners, teachers, investigators, and scholars will discover novel approaches and innovative solutions to tomorrow’s problems:
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Lee Gurel

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After the economic uncertainty of the last several years, APF embarked on a more conservative investment strategy in 2010 to continue to steward the money donors so generously entrusted to the foundation. APF also received several large donations from psychologists who are seeding the future of psychology:

- Louis James, PhD, established the APF Peter and Malina James/Dr. Louis James Legacy Scholarship for graduate students in psychology. Dr. James, a retired psychology professor, made the donation to honor his parents, who taught him the power of giving and philanthropy.

- Dr. Lee Gurel, a longtime APF donor, established a fund for the professional development of high school psychology teachers. This gift, for use by the APA Education Directorate and the Teachers of Psychology in Secondary Schools (TOPSS), will support professional development activities for teachers over the next decade and update lesson plans for high school psychology courses over the next five years.

- APA Division 39 Fund, which will support education, research, and service consistent with psychoanalytic principles and keep the psychology community and the public informed of developments in psychoanalytic scholarship, research, and practice.

- The Leadership Institute for Women in Psychology Fund, which will support the institute’s programs to prepare female psychologists to move into senior leadership positions, and to offer scholarships for institute participants who exhibit outstanding leadership qualities.

- The National Multicultural Conference and Summit Fund, which will support the research and educational activities of the biennial conference dedicated to convening students, scientists, practitioners, and educators in psychology and related fields to inform and inspire multicultural theory, research, and practice.

<table>
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<th>2010</th>
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<tr>
<td>Contribution revenue:</td>
<td>$732,254</td>
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<td>Investment revenue/loss:</td>
<td>$1,900,193</td>
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<td>Total expenses:</td>
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<td>Net assets:</td>
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<td>$14.3 million</td>
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“I’m particularly indebted to the schools and teachers that gave me entrée to the…life I lead.”

— Lee Gurel, PhD
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