Dr. Gaesser’s research team centers on two areas: the stress and anxiety experienced by children, adolescents and young adults in academic settings, and the social and emotional well-being of gifted children and adolescents. Specifically, the team’s research focuses on: 1) identifying and addressing students’ mental health issues in school settings; 2) assessing effective interventions to address adolescent anxiety in school settings, particularly the efficacy of Emotional Freedom Technique (EFT); and 3) identifying and supporting the social and emotional needs of gifted youth. The team’s current research projects examine anxiety experienced by general and high-ability students, and compare the effectiveness of Cognitive-Behavioral versus EFT interventions to reduce adolescent anxiety in school settings.