



## Isabella Young

Affiliate, Psychiatry and Behavioral Sciences

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### Bio

#### BIO

Isabella “Bella” Young is a Clinical Psychology doctoral student in the PAU–Stanford Consortium, expected to graduate in 2030. She holds dual Bachelor of Science degrees in Psychology and Criminology, with minors in Sociology and Political Science, from the University of Utah, and earned her Master’s degree in Clinical Psychology from Teachers College, Columbia University.

Bella is committed to integrating empirical research with evidence-based treatment, believing this combination creates the most effective approaches to care. She is a proud alumna of the Perinatal Research on Intergenerational Solutions for Equity (RISE) Laboratory, where she contributed to the Nurse-Family Partnership and Mozambique studies, examining how social inequities become biologically embedded across generations through DNA methylation. She also partnered with Manhattan-based organizations advancing Birthing Justice.

Currently, she continues her work in Columbia’s Maternal & Reproductive Psych Laboratory, where she helped launch a Reproductive Identity study and served as first author on a reproductive identity narrative.

Her research interests focus on perinatal mood and anxiety disorders, reproductive identity, and severe personality pathology in mothers (e.g., borderline personality disorder, postpartum psychosis). Ultimately, Bella aspires to become a clinical psychologist dedicated to bridging research and clinical practice to better support individuals during the perinatal period.