



Sarah S. Jaser, PhD

Professor of Pediatrics

William R. Long Director of Pediatric Psychology

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Sarah S. Jaser, PhD, is a pediatric psychologist who has been working with children with diabetes and their families for over 15 years. Dr. Jaser obtained her undergraduate degree at Yale, and her PhD in Clinical Psychology from Vanderbilt University. She is a Professor of Pediatrics and the William R. Long Director of the Division of Pediatric Psychology at Vanderbilt University Medical Center. In her research, she has demonstrated the effects of adolescent coping, maternal adjustment, and parenting on adolescents' diabetes management and quality of life. She is currently developing and testing interventions to improve outcomes in youth with diabetes and their families. These include NIH-funded trials to test a program to help mothers cope effectively with the stress of parenting adolescents with type 1 diabetes, a positive psychology intervention to reduce diabetes distress and improve adolescents' self-management, and sleep-promoting programs for children and adolescents with type 1 diabetes.