

DATE	ACTION	RESOURCES USED	OTHER NOTES
2024-09-20	Research	<a href="https://www.mayoclinic.org/diseases-conditions/celiac-disease/diagnosis-treatment/drc-20352225">https://www.mayoclinic.org/diseases-conditions/celiac-disease/diagnosis-treatment/drc-20352225</a> <a href="https://www.mayoclinic.org/diseases-conditions/celiac-disease/symptoms-causes/syc-20352220">https://www.mayoclinic.org/diseases-conditions/celiac-disease/symptoms-causes/syc-20352220</a>	On this day, I was just working on my proposal for CYSF. I had to compile knowledge, and used those two sources
2024-11-29	Gastroenterologist Meeting	Google Docs	Met with a gastroenterologist, talked about where my project could go

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2024-12-2	Form Creation	Google Forms, Slides, Docs	Basic knowledge and ideas of this - nothing complicated
2024-12-4	Form Creation	Google Forms, Docs	Questions(1-4)
2024-12-5	Form Creation	Google Forms, Docs	Questions(5-10)
2024-12-7	Form Creation	Google Forms, Docs	I created questions (11-21)
2024-12-9	Form Creation CYSF Ethics	Google Forms, Slides, Docs CYSF Platform	Today I worked a little bit more on the form (q22-24), and submitted ethics form

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2024-12-11	Form Creation	Google Forms, Slides, Docs	On this day, I finished the Form Creation, and made it more teen-friendly
2024-12-13	Form Creation & Outreach	Google Forms, Slides, Docs, Gmail	On this day, I actually finished the form, and started composing my email to Celiac Canada
2024-12-20	Form Finishing, Outreach, Research	Forms, Slides, Mayo Clinic <a href="https://www.mayoclinic.org/diseases-conditions/celiac-disease/symptoms-causes/syc-20352220">https://www.mayoclinic.org/diseases-conditions/celiac-disease/symptoms-causes/syc-20352220</a>	On this day, I finally finished the form, and got a response from celiac canada, and did more research

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2024-12-27	Waited for form responses	Excel	15 responses!
2025-01-3	Waited for form responses	Excel	54 responses!
2025-01-10	Waited for form responses, started formatting data	Excel	56 responses
2025-01-17	More research	<p>Docs, Celiac Canada. (n.d.). <i>Diagnosis Crisis</i>. Diagnosis Crisis. <a href="https://www.celiac.ca/advocacy/diagnosis-crisis/">https://www.celiac.ca/advocacy/diagnosis-crisis/</a></p> <p>Celiac Canada. (2024). <i>State of Celiac Survey</i>.</p> <p>Celiac Disease Foundation. (n.d.). <i>Celiac Disease in Children</i>. Celiac Disease Foundation. Retrieved January 24, 2025, from <a href="https://celiac.org/about-celiac-disease/celiac-disease-in-children/">https://celiac.org/about-celiac-disease/celiac-disease-in-children/</a></p> <p><i>Celiac Disease - Symptoms and causes</i>. (2023, September 12). Mayo Clinic. Retrieved December 20, 2024, from</p>	Started final research
2025-01-24	More research	<p>Docs, White, L. E., Bannerman, E., Gillet, P. M., &amp; Department of Health Sciences, Queen Margaret University. (2016). Coeliac disease and the gluten-free diet: a review of the burdens;</p>	Cool study!

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2025-01-31	More research	<p>Docs, Adams, J. (2015, May 22). <i>Can You Guess the Most Common Misdiagnoses for Celiac Disease?</i> Celiac.com. Retrieved January 3, 2025, from <a href="https://www.celiac.com/celiac-disease/can-you-guess-the-most-common-misdiagnoses-for-celiac-disease-r3375/">https://www.celiac.com/celiac-disease/can-you-guess-the-most-common-misdiagnoses-for-celiac-disease-r3375/</a></p> <p>Bozorg, S. R., Lee, A. R., Marild, K., &amp; Murray, J. A. (n.d.). The Economic Iceberg of Celiac Disease: More Than the Cost of Gluten-Free Food. <i>Gastroenterology</i> 2024, 167, 172-182.</p>	Lots of work today. Spent a lot of time reading publications, etc.
2025-02-7 to 2025-02-09	More research	<p>Docs, Beyond Celiac. (n.d.). <i>Psychological Impacts of Celiac Disease</i>   <i>BeyondCeliac.org</i>. Beyond Celiac. Retrieved January 10, 2025, from <a href="https://www.beyondceliac.org/living-with-celiac-disease/psychological-impacts/">https://www.beyondceliac.org/living-with-celiac-disease/psychological-impacts/</a></p>	Cool article. Nice to learn more about it (useful for paper)
2025-02-14	Second email to Celiac Canada for more outreach, More research	<p>Gmail, Docs, Avery, K. (2021, June 11). <i>Brain Fog Survey Reveals Details About the Symptom</i>. Beyond Celiac. Retrieved January 10, 2025, from <a href="https://www.beyondceliac.org/research-news/brain-fog-survey-reveals-details-about-its-impact/">https://www.beyondceliac.org/research-news/brain-fog-survey-reveals-details-about-its-impact/</a></p>	100 responses!

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2025-02-21 to 2025-02-24	research	<p>Docs</p> <p>Ljungman, G., &amp; Myrdal, U. (1993). Compliance in teenagers with coeliac disease; a Swedish follow-up study. <i>Acta Paediatr</i>, 82, 235-238.</p> <p><i>Mental health of adolescents</i>. (2024, October 10). World Health Organization (WHO). Retrieved March 3, 2025, from <a href="https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health">https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health</a></p> <p>White, L. E., Bannerman, E., Gillet, P. M., &amp; Department of Health Sciences, Queen Margaret University. (2016). Coeliac disease and the gluten-free diet: a review of the burdens; factors associated with adherence and impact on health-related quality of life, with specific focus on adolescence. <i>The Official Journal of the British Dietetic Association</i>.</p> <p>Wolf, R. L., Lebwohl, B., Lee, A. R., Zybert, P., Reilly, N. R., Cadenhead, J., Amengual, C., &amp; Green, P. H. R. (2018, January 31). Hypervigilance to a Gluten-Free Diet and Decreased Quality of Life in Teenagers and Adults with Celiac Disease. <i>Digestive Diseases and Sciences</i>, 63, 1438-1448. <a href="https://doi.org/10.1007/s10620-018-4936-4">https://doi.org/10.1007/s10620-018-4936-4</a></p>	Just formatting and reading
2025-02-28	Survey closed	Forms, excel	134 responses!

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2025-03-07 to 2025-03-10	Final research, also worked on method, data, etc. (1st draft of paper)	<p>Galli, G., Amici, G., Conti, L., Lahner, E., Annibale, B., &amp; Carabotti, M. (2022, August 4). Sex–Gender Differences in Adult Coeliac Disease at Diagnosis and Gluten-Free-Diet Follow-Up.</p> <p>Jericho, H., Sansotta, N., &amp; Guandalini, S. (n.d.). Extraintestinal Manifestations of Celiac Disease: Effectiveness of the Gluten-Free Diet. <i>Journal of Pediatric Gastroenterology and Nutrition</i>, 65, 75-79.</p> <p>Lebwohl, B., &amp; Rubio-Tapia, A. (2021, January). Epidemiology, Presentation, and Diagnosis of Celiac Disease. <i>Gastroenterology</i>, 160(1), 63 - 75.</p> <p><a href="https://www.gastrojournal.org/action/showPdf?pii=S0016-5085(20)329351-9">https://www.gastrojournal.org/action/showPdf?pii=S0016-5085(20)329351-9</a></p> <p>Ljungman, G., &amp; Myrdal, U. (1993). Compliance in teenagers with coeliac disease; a Swedish follow-up study. <i>Acta Paediatr</i>, 82, 235-238.</p> <p><b>docs</b></p>	Last bit of research!
2025-03-14 to 2025-03-16	Final paper finished	docs	My paper was finally finished on this day!
2025-03-17	Submitted everything to CYSF & Video	Clipchamp, zoom, CYSF platform, youtube.	I finally recorded my video, and submitted everything to the platform