

My Brain, Emotions and Me (BE-ME)

Information Sheet for Young People Under 16 Years

Version 2, 06/10/2023



We are inviting you to take part in some research at **King's College London**. Before you decide to take part, you should understand why the research is being done and what it will involve.

Please read this information sheet carefully and discuss it with your family and friends if you want to. Ask us if there is anything that you do not understand and take your time in deciding whether you want to take part.

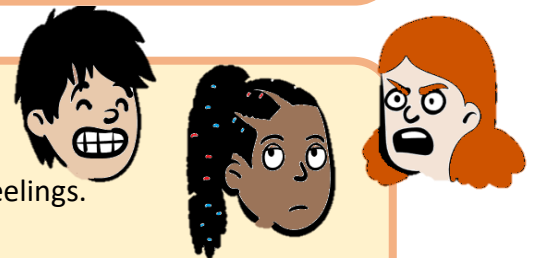
Who are we?

We are a group of researchers working on an exciting new study: **My Brain, Emotions and Me, or BE-ME!** This study is part of a wider research programme called **RE-STAR** ([Regulating Emotions – Strengthening Adolescent Resilience](#)), which you might have already heard of.

In RE-STAR we want to lower the risk of poor mental health during adolescence – especially for neurodivergent young people with ADHD and/or autism.

What is the project about?

We feel emotions for lots of reasons. Certain situations can cause strong feelings or make it harder to manage our feelings.



The **BE-ME** study is about how school can affect young people's emotions. We want to know which parts of the school environment, including the classroom and everyone in it, young people find emotionally helpful or difficult.

The results of this study will be used to create new ways to support the wellbeing of young people in school, especially those with neurodivergence.

Why have I been invited?

We are inviting young people aged 11-16 in mainstream secondary school. We are inviting young people both **with and without** a diagnosis of ADHD and/or autism. This is because we want to compare how **neurodivergent** and **neurotypical** young people are emotionally impacted by situations at school.

What will I have to do?

1 Stage 1: Online Survey



In Stage 1 we want to find out how you feel about different school scenes. You will complete an **online survey**, while listening to made-up scenes representing day-to-day events you might experience at school. You will be asked to rate how each scene makes you feel (eg. 'How likely is it you would feel happy in this classroom?') using a scale.

The survey can be completed at home on a phone, tablet, or computer. The scenes will be presented using text and sound. We would recommend that you wear headphones while completing it, so everyone has the same sound experience.

The survey will take about **20 minutes** to finish, although different people might take more or less time.

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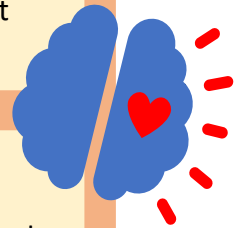
Stage 2: In-Person Study (Optional)

In the Stage 2, we will explore how young people's emotional responses to school stress is related to changes in brain activity. Brain activity will be recorded using an electroencephalogram (EEG). Stage 2 is **optional**. You can take part in Stage 1 only if you prefer.

How is the session organised?

We will meet you online to introduce ourselves and to explain the EEG session to you. Then, you will visit us with your parents/carer to do some activities on a computer while your brain activity is being recorded. You will fill in some questionnaires and afterwards we will ask you some questions about your experience. The whole session will take about **1 hour**.

If you are taking part in Stage 2, **we will send you more detailed information** to describe this part of the study before you visit us.



What is EEG?

EEG is a way of measuring the electrical signals that the brain is always producing.

The EEG signal is measured using small sensors that are attached to a net that you can wear like cap. The cap has lots of sponges on it, they might feel squishy and a bit wet! The small sensors measure changes in the brain signals.



Our researchers, Steve (left) and Eloise (right), are wearing the EEG sensors net.

What happens after?

- After completing the **Stage 1** survey, you will get a **£10** e-voucher as a thank you for taking part.
- After completing the optional **Stage 2** at our research centre, you will receive an additional **£25** e-voucher.

If you don't want to take part in Stage 2, this **doesn't** affect your payment for completing Stage 1.



What will you do with my information?

We will only use your information for research purposes. All your information will be kept confidential and will not be shared with anyone outside of the research team **unless** you tell us something that causes us to worry about your (or someone else's) safety.

We will write our reports in a way that no one can work out that you took part in our study. Your parent(s)/carer(s) do not need to see your answers to the survey.

Do I have to take part?

No, you can choose whether you want to take part or not. You may like to speak to us, your family, or adults you are close to about the study. If you don't want to take part, you don't have to tell us why. You can change your mind and stop at any point.

If you want to take part in Stage 1 but are unsure about Stage 2 – that is OK! You do not have to progress to Stage 2 if you do not want to.

You can stop being a part of the study at any time, without giving a reason.

What if there is a problem?

This research project has been approved by **King's College London Research Ethics Committee** to make sure you are treated well. If you have any worries about this study, you should contact The Chair, Health Faculties Research Ethics Subcommittee, rec@kcl.ac.uk. They will do their best to help you.

You could also speak to your family or adults you are close to if you have any concerns.

How can I find out more?

You can email us anytime at re-starinfo@kcl.ac.uk.

You can also find out more information about **BE-ME** on our website: <https://www.kcl.ac.uk/research/my-brain-emotions-and-me>.



I would like to take part in this study, what do I do now?

Please complete the online form to say that you are happy to do the study.

Any questions?

Please email us at re-starinfo@kcl.ac.uk. We are always happy to help!



Need support with your emotions?

It is always best to talk to a parent, carer, or other trusted adult. If this is not possible, you can get help from the following organisations, for 24 hours a day, 7 days a week:



0800
1111

Childline's trained counsellors help anyone under 19 in the UK for any issue they're going through. The service is free and confidential.



116 123

Samaritans is a safe place for you to talk about whatever is getting to you. They listen and try to understand what you're going through.