

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.

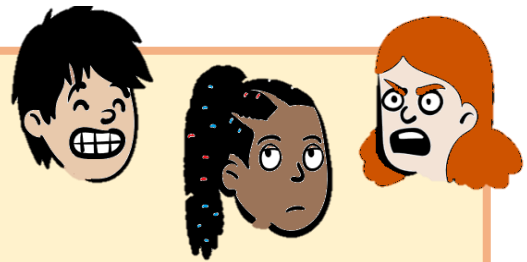
Who are we?

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. We are interested in understanding the brain activities of young people's emotional response to different environments. We will record your brain activity using **an electroencephalogram (EEG) machine**.

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.

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.

What will I have to do?

The study involves you coming to our research centre, but we will meet up online beforehand, organised as below:

1 Step 1: Online introduction

We will have an online introduction with you. We will introduce you to the research and we will get to know more about each other. You will find out more about EEG and have opportunity to ask questions. This online introduction takes up to **20 minutes** and your parent can be with you if you prefer.



2 Step 2: A visit to our research centre

You will visit our research centre for this study. The visit will be arranged for after school time and take about **an hour**. You will visit with your parent or carer.

You will complete three activities. The first two activities are completed while we record your brain signals.

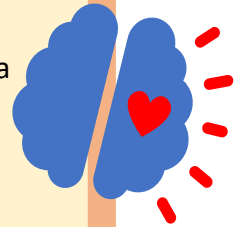
You can have breaks between the activities, like have a drink or snack, or have a chat with the researchers.

What are the activities?

☆ First, you will listen to some audio describing day-to-day school situations. You will be asked to rate how each situation makes you feel.

☆ Second, you will listen and respond to sounds, while watching a silent film.

☆ Last, we will ask you to do some short questionnaires and answer some questions about your experience at the research centre, which we will record with your permission. These questions will be sent to you in advance of the session.



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 stretchy net that you can wear like cap.

It is easy and quick to set up. We will measure your head with a tape measure so we can pick the right size cap for you, and then we will put the cap on.

The cap has lots of sponges on it, they might feel squishy and a bit wet! But you will be able to rinse and towel-dry your hair after we've finished if you want to.

Our EEG recording is done for research, not for medical purposes. It will not be possible to use it to diagnose, manage or treat a particular condition.



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

What happens after?

You will receive **£25** as a thank you for your visit to the research centre, and your travel cost will be reimbursed.



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 interview or questionnaires or be in the same room with you during the EEG recordings.

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.

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 speak to the researchers (Programme Manager: susie.chandler@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.