



My Emotions and Me Over Time (MEMO): A longitudinal study of emotional responding in young people.



Information Sheet for Schools

Background

We are a group of researchers from King's College London and South London and Maudsley (SLaM) NHS Foundation Trust, working on an exciting new study called My Emotions and Me Over Time (MEMO). This is part of a wider programme called [Regulating Emotions – Strengthening Adolescent Resilience](#) (RE-STAR) which you may already have heard of.

RE-STAR is a 4-year programme which aims to reduce the risk of adolescent depression. We are focusing on **school as the context** because there, young people face some of their greatest emotional challenges.

In MEMO, we are exploring which factors are linked with adolescent mental health. We're particularly interested in the ways in which young people respond to everyday hassles, as well as more significant events, and how this in turn impacts on their mental health. The study is aimed at young people attending mainstream secondary school and will involve following the young people over the course of a year. **We need your help to do this.**

The findings from this study will be used later in the RE-STAR programme to develop interventions to support young people at greater risk of developing depression.

What's involved?

First, we would like schools to **pass on information about the study** to eligible families. These would be students in year 8, 9 and 10. The research team will send you paper copies of the information pack that can be sent home with students, as well as versions that can be emailed. The information packs will include information about Part A of the study and how parents can opt their child out if they do not wish for them to take part. Parents will be asked to return any 'opt out' forms to school, and while we expect these to be small in number, we would be very grateful if school could collect these on the research team's behalf.

Second, we will also be asking **form teachers to complete a short questionnaire** asking about the behaviour of the individual children in their class/form. This should take less than one minute per student and can be completed via Qualtrics, our secure online platform. Young people 'opted out' by their parents will be excluded. All data received by the research team will be anonymised.

Next, we would like schools to **pass on information about the next stage of the study** to families. Here we will be seeking parental consent for their child to participate in Part B which will involve

them completing questionnaires about their emotions and experiences at several points for a year. Parents will also be asked to complete some questionnaires about their child, their home life, and their child's school.

The students who agree to take part will then be asked to complete the questionnaires via Qualtrics. This will likely be done at home, although students could request to complete it with a researcher at our research centre. **We would also like to be able to offer completion at school, if this is the student's preference.** If this is the case, it may involve a researcher co-facilitating a session where the students complete the questionnaires in school. This could be during form time, lunch-time or an after-school workshop.

Finally, with parental consent, we will ask the school for some **background information on the children that have participated in the questionnaire** study (e.g., free school meal eligibility, school assessment scores). This will help us understand the diversity of the sample, and whether particular things are important for promoting mental health in particular groups of young people.

What are the possible benefits of taking part?

Being part of RE-STAR is an opportunity for your school to contribute to cutting-edge research. You can help us understand how to improve young people's wellbeing. In addition, RE-STAR is able to offer participating schools:

1. **Inset trainings** provided by experts in the field on:
 - child and adolescent mental health
 - autism and ADHD
 - emotion regulation
 - promoting resilience
2. **Work experience/internships** for individual students with an interest in the field
3. **Webinars/surgeries for parents** on similar topics to the above
4. Opportunities to **co-develop a whole-school intervention** for strengthening adolescent resilience (in the later stages of RE-STAR)

What are the possible disadvantages of taking part?

There are no obvious disadvantages to taking part. The research team will do all that they can to minimise any administrative burden on the school.

What happens to our information?

We will need to use information provided by schools for this study. All information will be kept completely confidential and will not be shared with anyone outside of the research team.

We follow strict guidelines concerning the use and storage of personal information, compliant with General Data Protection Legislation (GDPR). Student data will be stored in an anonymised way, that is, kept with an ID number, not with any personal information like name or address. We will keep all information about student's safe and secure.

Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out which schools or students took part in the study. We will keep the data for up to 13 years.

What are my choices about how my information is used?

- You can stop being part of the study at any time, without giving a reason, but we will keep information about you that we already have.
- We need to manage your records in specific ways for the research to be reliable. This means that we won't be able to let you see or change the data we hold about you.

Where can I find out more about how my information is used?

You can find out more about how we use your information:

- at www.hra.nhs.uk/information-about-patients/
- our leaflet available from www.kcl.ac.uk/research/support/research-ethics/kings-college-london-statement-on-use-of-personal-data-in-research (KCL) or <https://www.slam.nhs.uk/about-us/privacy-and-gdpr> (SLaM)
- by asking one of the research team
- by sending an email to Olenka Cogias, info-compliance@kcl.ac.uk (KCL) or InformationGovernance@slam.nhs.uk (SLaM)

What if something goes wrong?

The study has been approved by the Health & Social Care Research Ethics Committee A (HSC REC A). If you have a concern about any aspect of this study, you should ask to speak to the researchers who will do their best to answer your questions (email Programme Manager: susie.chandler@kcl.ac.uk). If you remain unhappy and wish to complain formally, you can do this through the SLaM Patient Advice and Liaison Service (PALS) on 0800 731 2864, pals@slam.nhs.uk. In the event that something does go wrong, and you are harmed during the research, you may have grounds for legal action for compensation against King's College London and/or SLaM NHS Foundation Trust, but you may have to pay your legal costs. The normal National Health Service complaints mechanisms will still be available to you (if appropriate).

How can I find out about the findings of the study?

We will send you a newsletter with an update on the study and its findings. You can also find more information on our website: <https://www.kcl.ac.uk/research/my-emotions-and-me-over-time>

Any questions?

Please email us at re-starinfo@kcl.ac.uk and we would be very happy to help!

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