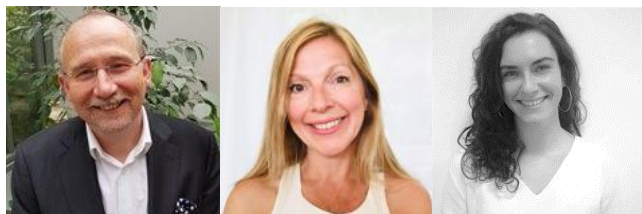


RE-STAR Newsletter

Edition 1 | October 2021

We are excited to announce that as of 1st September 2021, RE-STAR has officially begun! Over the 4 years of the programme, lots of people will be involved. Here we introduce some of the team, and the work that is underway.



Edmund Sonuga-Barke (Chief Investigator), Susie Chandler (Programme Manager), Georgina Bullen (Programme Administrator)

Work Package 1

We are busy preparing protocols and ethics applications for WP1. Ethics applications are due early November, with piloting and subsequent data collection to begin in January.

WP1 is summarised in the infographic below. **We will develop similar infographics for each of the other WPs** to help communicate our goals.

Y-RAP (Youth Researcher Advisory Panel)

Recruitment has begun for our Researcher Advisory Panel (Y-RAP), with whom we will be consulting, co-designing and co-producing the research. Three meetings are scheduled for October.

The Y-RAP's first task will be to co-develop the interview route for the qualitative interviews in WP1



Sylvan Baker (Y-RAP Host)

RE-STAR website is being developed

A Kick-off Event is planned for January.
Details to follow!

Work Package 1 Team



Argyris Stringaris, Angus Roberts, Georgia Pavlopoulou, Steve Lukito, Myrofora Kakoulidou

Work Package 1: Characterising Emotion Regulation in Young People with Neuroatypicalities (YPN)



Upcoming Meetings

Medical Research Council Launch Event - Thursday 14th October 2021 – sign up via [this link](#)

Monthly Management Meetings - Starting Friday 15th October 2021

RE-STAR Kick-off Meeting TBC January 2022 | **Steering Committee Meetings** TBC January 2022

Any questions/comments for the research team? Feel free to contact us at

RE-STARinfo@kcl.ac.uk



RE-STAR
Department of Child & Adolescent Psychiatry
Institute of Psychiatry, Psychology &
Neuroscience
King's College London (PO85)
De Crespigny Park
London SE5 8AF

RE-STAR Newsletter

Edition 2 | November 2021

Welcome to the RE-STAR newsletter! It has been a busy month for the team. Here are our latest updates ...

Youth Researcher Advisory Panel (Y-RAP) work underway!

Y-RAP members attended three focus groups to co-develop the interview schedule with researchers for WP1. The sessions were hosted by **Sylvan**, with activities led by **Georgia**.



Session 1: We identified ways for working together. Y-RAP members offered accounts of emotional regulation from their own experiences.



Session 2: Y-RAP reviewed emotional regulation themes identified from Session 1, in discussion with researchers. Which helped us draft the interview schedule.



Session 3: Pre-session, the Y-RAP gave online feedback on the study information sheets and consent forms. During the session, the Y-RAP reviewed the draft interview schedule with researchers.

What have we learned from the Y-RAP? They helped us think about how to use language sensitively and encouraged us to re-think some of our themes on emotion regulation.

Y-RAP comments, on being part of RE-STAR:

"It is very validating and good that the researchers get the young people constantly to take part. It felt so important and something that is missed a lot."

"I felt like our opinions were heard with regards to constructing sensitive research questions/tasks for autistic and ADHD people."

"I was able to connect with other neurodivergent individuals and realise that my difficult experiences are shared. This makes me feel less alone."

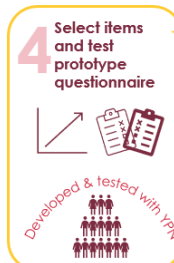
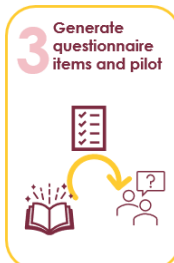
WP1 – Phase 1 completed!

Study Title: *My Emotions and Me*

- ★ **Phase 1** (co-design of interview schedule) is now complete
- ★ Ethics application for **Phase 2** (Qualitative Interviews), now with IoPPN R&D, prior to NHS REC submission later this week.
- ★ King's ethics application for Phase 2 Crowdsourcing is in preparation.

Characterising emotion regulation in young people with neuroatypicalities

Work Package 1: *My Emotions and Me*



OUTPUTS

YP accounts of emotion regulation

Emotion Regulation and Neurodiversity Index (ERNI)
A new self-report measure for YP

How do YP view emotion regulation?

20 months

Upcoming Events

- ★ RE-STAR Kick-off event - more details soon!
- ★ Y-RAP session: 6.30 - 8.30 pm, Tues 7th December
- ★ Y-RAP session: 3 - 5 pm, Sat 15th January
- ★ Y-RAP session: 6 - 8 pm Tues 1st February

Any questions/comments for the research team?
Feel free to contact us at RE-STARinfo@kcl.ac.uk

BE A (RE)STAR TRAINER FOR THE Y-RAP

Meet the enthusiastic Y-RAP team and talk about your area of research!

Let us know if you would like to join one of the upcoming Y-RAP sessions.

RE-STAR Newsletter

Edition 3 | December 2021

Season's Greetings RE-STARs! We'd like to take this opportunity to thank everyone for their input over the last 3.5 months. Thank you Y-RAP, investigators, collaborators, partners, and researchers for setting RE-STAR off to flying start. We wish you all a peaceful and restful holiday!



Young Researcher Advisory Panel (Y-RAP)

Starting with Edmund Sonuga-Barke, RE-STAR investigators have begun participating in our monthly Y-RAP sessions. Edmund discussed the background to RE-STAR with the young people and joined in with some festive fun to celebrate the Y-RAP's achievements this term.



WP1 update

The Ethics application for the first phase of data collection (My Emotions and Me) was submitted to R&D on 12th November for KCL sponsorship approval. We hope to receive this in the next week, and then submit the application to the NREC for consideration at their January meeting.

While we wait for these approvals, our researchers have been busy training up on their research skills, including interviewing, qualitative data analysis in NVivo, Python training, and Good Clinical Practice (NIHR).

Congratulations!

Congratulations go out to our WP1 researcher, Myrto, who passed her PhD viva last week! Her thesis was on reading motivation and ADHD.

George, our RE-STAR administrator also graduated this week for her MSc in Inequalities and Social Science at LSE.

Introducing ... the RE-STAR Steering Committee



Cathy Creswell (chair)



Simon Parry



Jonathan Green



Michael Larkin



John R Weisz



Ranjita Dhital



Jon Heron



Anita Thapar



Lucinda Powell



Tobias Hauser



Katie Cebula



Addy Ekhaese

The Steering Committee will provide independent governance, keep a watchful eye on progress, and provide advice to RE-STAR management. It will meet every 6 months with the first meeting being on the **25th January**.

Any questions/comments for the research team? Feel free to contact us at RE-STARinfo@kcl.ac.uk

RE-STAR Newsletter

Edition 4 | January 2022

Happy New Year RE-STARs! After a restful winter break, the team is now back to work. Here are our latest updates...

Young Researcher Advisory Panel (Y-RAP) Update

Research 'with' versus 'on' young people



In January's session we discussed RE-STAR's **co-intentional approach** to research. We used Hart's (1992) ladder of participation as a framework for discussion.



Dennis Ougrin joined the session to talk about his work with young people and invited everyone to think of ways to support young **people's mental health in schools**.



Six Y-RAP members are **recording vignettes** for the WP1 qualitative interviews. The Y-RAPers talk from their own experiences about situations that have triggered different emotions. We hope these will help participants think about their own experiences during the interviews.

WP1 update

- My Emotions and Me (qualitative interview study) is to be reviewed by the REC **25th January**.
- The team are planning the later development and validation phases for the Emotion Regulation Neurodiversity Index (ERNI).

Shared Experience Interviewing



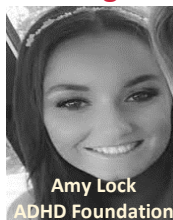
We are planning to pilot an approach where Y-RAP members co-interview our research participants alongside the academic researchers. How will this alter the interview experience for our study participants?

We are busy writing a protocol for this, carefully considering the training needs of the Y-RAP co-interviewers. We hope to submit this for ethical review by **24 February** so that we can begin piloting late March.

Thinking about schools...

Schools will play an integral role in the **SUCCESS** of RE-STAR. Both in terms of **recruitment of study participants**, and the development of a **school-based intervention strategy**. We are thinking carefully about how best to engage schools in our research, and what we can give back. Please do get in touch if you have any suggestions!

Meet RE-STAR's Non-Academic Co-investigators



We had a great meeting in early January with Niki, Amy and Ned who gave us lots of helpful ideas and resources for our upcoming event, training for Y-RAP co-researchers, and engaging schools. We look forward to putting these plans into action!

Podcast alert!



Listen to Edmund talk about how we plan to combine methods from the arts and sciences within RE-STAR [here](#)

Lucinda Powell (RE-STAR Steering Committee member) will be working with co-investigators to launch termly RE-STAR podcasts on her podcast [Psychology in the Classroom](#)

Any questions/comments for the research team? Feel free to contact us at RE-STARinfo@kcl.ac.uk

RE-STAR Newsletter

Edition 5 | February 2022

Welcome to February's newsletter! Here are this month's updates...

Youth Researcher Advisory Panel (Y-RAP) update

This month's Y-RAP session focused on how we will analyze the transcripts from the qualitative interviews in WP1.

Georgia Pavlopoulou explained how we will use **qualitative methods** (thematic analysis) to generate codes and identify themes about emotional regulation.



Angus Roberts joined the session to discuss how we will also use **quantitative methods** (natural language modelling) to identify common terms about emotional regulation and examine their relationships.

The Y-RAP said they valued learning more about our research methods.

The most engaged I had been due to the interesting talks! (Y-RAP feedback)

WP1 updates – My Emotions and Me

Qualitative Interviews

- ★ We now have ethics approval!
- ★ Pilot interviews are taking place this week
- ★ Within 24 hours of advertising, we had **>120 interested families for 10 pilot interviews!**
- ★ We are grateful to Autistica and ADHD Foundation for circulating the advert.

Partnerships with Schools

We are looking to forge strong relationships with secondary schools who can join us on our RE-STAR journey. These will likely be schools that are already linked to our partner, **Place2Be**, and potentially King's. In return for being part of the programme, RE-STAR will offer partnering schools inset trainings, parent webinars and the opportunity to shape a whole-school intervention strategy for strengthening adolescent resilience.

Calling RE-STAR Investigators!

We are gathering material for a short RE-STAR film. Please send a short (90s) video or written summary to georgina.bullen@kcl.ac.uk on:

- ★ why you wanted to be involved in RE-STAR
- ★ why you think it is an important topic
- ★ what you hope it will achieve

Thanks to all who have already contributed!



Meet RE-STAR's Methods & Analysis Group



Prof Daniel Stahl (KCL)



Dr Georgia Pavlopoulou (UCL & Anna Freud Centre)

Quantitative Methods Lead **Qualitative Methods Lead**

London ADHD Research Forum (LARF)

This week members of the team introduced RE-STAR at the:

London ADHD Research Forum (LARF)

You are invited to the 1st London ADHD Research Forum (LARF) meeting of 2022 convened by Professor Edmund Sonuga-Barke (King's College London) and Dr. Tobias Hauser (University College London).

PROGRAMME

10:00 - 10:05: Introductions

10:05 - 10:35: *Introducing RE-STAR (Regulating Emotions - Strengthening Adolescent Resilience)* - Prof. Edmund Sonuga-Barke, Dr. Susie Chandler, Dr. Steve Lukito & Myrofora Kakoulidou

10:35 - 10:50: Q&A

10:50 - 11:20: *The Concept of Co-Intentional Research* - Dr. Georgia Pavlopoulou & Dr. Sylvan Baker

DATE & TIME

**Tue 22nd February
2022
10am-12noon**

Any questions/comments for the research team? Feel free to contact us at RE-STARinfo@kcl.ac.uk

RE-STAR Newsletter

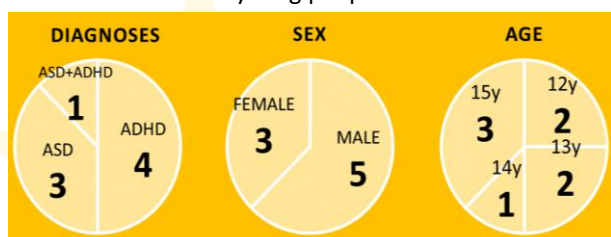
Edition 6 | March 2022

SIX MONTHS into the research programme, here are our latest updates ...

My Emotions and Me (WP1)



Piloting of the qualitative interview (target n=10) is nearly complete. We have now piloted the interview and activities with 8 young people.



Next, recruitment for the study sample (n=50) is due to begin in the next week.

Youth Researcher Advisory Panel (Y-RAP) update



We have started training Y-RAP members on the co-delivery of the interview schedule used in My Emotions and Me, as part of a feasibility study on **shared experience interviewing**.



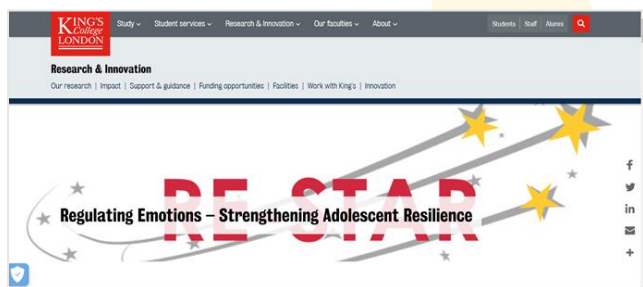
In this month's session, we discussed the co-interviewing role and some ethical considerations (e.g., confidentiality).



We are planning to submit the shared experience interviewing study for ethical review this month.

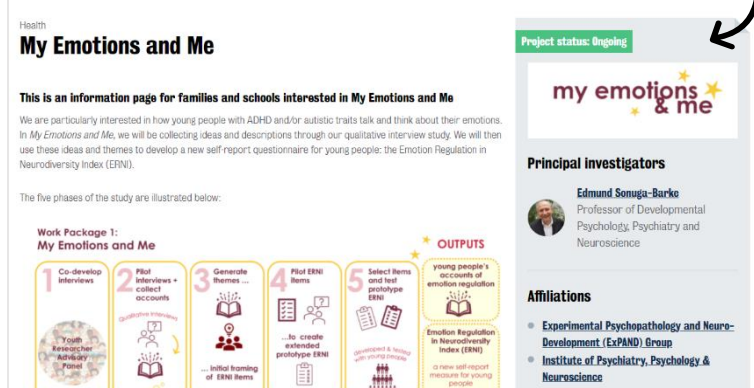
RE-STAR webpage is now live!

Aimed at researchers. [Click here to take a look](#)



My Emotions and Me webpage is also live!

Aimed at participating families and schools. [Click here!](#)



Partnership with schools



On 23rd March, Susie and Sylvan will join the **King's Widening Participation** Steering Group meeting with 12 partner schools (four of them are also **Place2Be schools**) to introduce RE-STAR and invite them to be part of the research.

Look out for ...

... Edmund discussing RE-STAR on Lucinda Powell's podcast series **"Psychology in the Classroom"**. [Episode 12](#) to be released on **29th March**.



Lucinda's podcasts translate psychological research for school teachers to promote evidence-based practices in the classroom. Lucinda is also part of the RE-STAR Steering Committee.

Upcoming funding opportunity for Engagement

Work: [Being Human 2022 Festival](#)

Deadline **29th April 2022**

- **Hub Awards**, i.e., a matched funding up to **£5000** for multi-disciplinary projects
- **Small Awards**, i.e., a researcher-led project-based funding for up to **£2000**

Any questions/comments for the research team? Feel free to contact us at RE-STARinfo@kcl.ac.uk



RE-STAR Newsletter



Edition 7 | April 2022

Fresh back from the Easter break, here are the latest RE-STAR updates!

Youth Researcher Advisory Panel (Y-RAP) update

Shared Experience Interviewing:

- The Y-RAP have completed 2 of 3 co-interviewing training sessions.
- Ethical approval pending (review meeting this week!), we will run a small feasibility study whereby Y-RAP members and academic researchers **co-deliver** the interview schedule used in My Emotions and Me.

Being Human Festival

- The Y-RAP have been working with Jamie Dorey (Dissemination & Engagement Lead) and Sylvan Baker on the RE-STAR application.

Deadline: 29 April!



My Emotions and Me (WP1)

Characterising Emotion Regulation in Young People with Neurodiversities

- **Piloting of the qualitative interviews is now complete!** 10 young people (11-15 years) participated in the pilot phase
- **What did we learn from piloting?** Give participants time to think and talk. Factor in 'warm-up' time and activities, especially for the younger participants (eg age 11-12 yrs) before asking them about emotions.
- **Interviews have begun with the study sample.** 10 have been completed so far.

www.kcl.ac.uk/research/my-emotions-and-me

Emotion Regulation Mechanisms: Experiments (WP2)

WP2 due to kick-off in March '23.

- An initial planning meeting took place earlier this month
- **WP2 Goal:** to identify emotion regulation-related targets for interventions in young people with neurodiversities.
- Using experimental approaches and electro/psychophysiological measurement.



WP2 Lead: Prof Edmund Sonuga-Barke

Emotion Regulation Mechanisms: Developmental studies (WP3)

WP3 due to kick-off in March '23.



WP3 Goal(s):

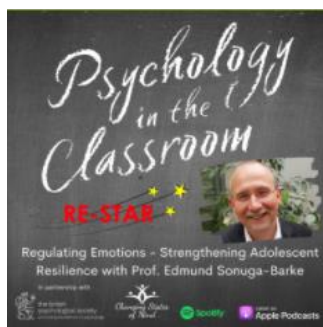
- To chart the emergence of depression from age 11-16 as a function of ADHD and ASD traits
- To understand the role of emotion regulation in these processes.
- We met this month to discuss sampling, recruitment, and potential exposures that may be relevant to the emergence of depression.

WP3 Leads: Profs Emily Simonoff
& Andrea Danese



Upcoming Meetings:

- Monthly Management Meeting: **Fri 22 Apr 9.30**
- Y-RAP Training Session: **Sat 30 Apr 16.30**
- Y-RAP Session (with Edmund): **Tues 10 May 18.30**



Podcast alert! In case you missed it ...

You can listen to **Edmund** introducing RE-STAR on Lucinda Powell's podcast series, by clicking below:

www.changingstatesofmind.com/re-star-project

Any questions/comments for the research team? Feel free to contact us at RE-STARinfo@kcl.ac.uk

Want to find out more? Head to our website: www.kcl.ac.uk/research/re-star



RE-STAR Newsletter

Edition 8 | May 2022

Welcome! Here are the latest RE-STAR updates...

Youth Researcher Advisory Panel (Y-RAP)

Shared Experience Interviewing

This is a small feasibility study (n=12) whereby Y-RAP members will co-deliver the interview being used in My Emotions and Me alongside WP1 researchers.



- King's Ethics Committee have approved the study, pending clarifications (submitted).
- The Y-RAP have now completed four group training sessions on co-interviewing.
- Seven Y-RAP members have expressed an interest in taking on the role.
- 1:1 mentoring sessions between WP1 researchers and co-interviewers, and practice interviews with young volunteers are beginning this week!

Being Human Festival

- RE-STAR application submitted!
- **Outcome expected by 8th June**
www.beinghumanfestival.org/



Podcast alert!



Click on the link below to listen to RE-STAR investigator Georgia Pavlopoulou's recent podcast on **Collaboration and Co-production** in Psychological Research.

<https://soundcloud.com/ioelondon/collaboration-and-co>

Upcoming Meetings:



- Monthly Management Meeting: **Fri 24 June** 9.30
- Y-RAP Session with Edmund: **Tues 31 May** 16.30
- MRC Meeting: **5 July** (time tbc)



My Emotions and Me (WP1)



Qualitative Interviews

Our WP1 researchers, Steve Lukito  And Myrofora Kakoulidou,  have now completed **27 qualitative interviews** with young people recruited via our partner charities ADHD Foundation and Autistica (31 recruited).

Recruitment via South London and Maudsley NHS Foundation Trust has begun (target =20).

- 30 approached
- 5 declined
- Invitation letters sent to remainders.
- Further recruitment is ongoing ...

Next steps in the development of the Emotion Regulation in Neurodiversity Index (ERNI)...

- Analysis of interviews to begin in **June**
- ERNI brainstorming session planned for **June**
- Item framing focus groups planned for **July**
- Piloting of initial ERNI items planned for **Aug**



www.kcl.ac.uk/research/my-emotions-and-me

Oversight Meeting

The first review meeting with the funder will be on **Tues 5th July 2022**. This will take the form of a 10-minute presentation, followed by 20 minutes for Q&A. A written report is due by 21st June 2022.



Any questions/comments for the research team? Feel free to contact us at re-starinfo@kcl.ac.uk

Want to find out more? Head to our website: www.kcl.ac.uk/research/re-star

RE-STAR Newsletter

Edition 9 | June 2022

Welcome! After another busy month, here are the latest RE-STAR updates...

Youth Researcher Advisory Panel (Y-RAP)

Shared Experience Interviewing

- ★ Full ethics approval is now in place for this small feasibility study (n=12) in which Y-RAP members will co-deliver the interview schedule we have been using in WP1.
- ★ Y-RAP co-researchers have completed co-interview training, and King's GDPR training.
- ★ Practice interviews have taken place with volunteers.
- ★ **Recruitment of study participants has begun!**
- ★ Huge thanks to our non-academic co-investigators, ADHD Foundation, and Autistica for circulating the advert: we've had > **170 interested families** for 12 interviews.

Psychology in the Classroom Podcast

- ★ A small number of Y-RAP members have begun working with our investigators, Sylvan Baker and Georgia Pavlopoulou, to prepare the next [Psychology in the Classroom podcast](#) out next month. Watch this space!!

WP2: Emotion Regulation Mechanisms (experimental studies)

Aim: to understand the mechanisms involved in the emotion regulation difficulties experienced by young people with neuroatypicalities using electrophysiological approaches

We are pleased to welcome Dr Le Zhao who has recently joined us from Beijing University to work on WP2 over the next two years.



Fortnightly WP2 planning meetings commence 28th June. **WP2 kick-off: March 2023**

WP1: My Emotions and Me

Aims:

- ★ To collect accounts of emotion regulation from neurodivergent young people.
- ★ To develop a new self-report measure – the **Emotion Regulation in Neurodiversity Index**.

Progress so far!

- ★ 10 pilot qualitative interviews completed
- ★ 33 interviews completed with the study sample.
- ★ 12 more interviews booked this month.
- ★ Target = 50 interviews with study sample

Analysis of the interviews has begun!

The first coding meeting took place on 7th June.



Reflexive Thematic Analysis

On 6th July WP1 researchers will meet to conceptualise the ERNI. They will then begin framing ERNI items using themes from the qualitative analysis.



www.kcl.ac.uk/research/my-emotions-and-me

Upcoming Meetings:

- Monthly Management Meeting: **22nd July 9.30**
- Fortnightly WP2 meetings begin: **28 June 3pm**
- Y-RAP Session with Edmund: **28 June 18.30 – 20.30**
- MRC Oversight Meeting: **5 July 10:00 – 16.30**

Any questions/comments for the research team? Feel free to contact us at re-starinfo@kcl.ac.uk


Want to find out more? Head to our website: www.kcl.ac.uk/research/re-star

RE-STAR Newsletter

Edition 10 | July 2022

Welcome!! Here are the latest RE-STAR updates...

Youth Researcher Advisory Panel (Y-RAP)

We are excited to announce that the Y-RAP will be leading a RE-STAR **public engagement event** in partnership with  **Science Gallery London** in November 2022. This is part of the **Being Human Festival**. We are grateful to Sylvan Baker (Y-RAP host & RE-STAR investigator) and Jamie Dorey (RE-STAR Dissemination & Engagement lead) for working with the Y-RAP to secure funding for this.

Shared Experience Interviewing Study (N = 12)

- ★ Y-RAP members have begun co-interviewing young people alongside our WP1 researchers.
- ★ So far, 8 young people (11-15 year-olds with autism/ADHD) have agreed to participate.
- ★ Two Shared Experience Interviews have been completed so far.

Monthly Y-RAP Sessions

- ★ The Y-RAP have **now met together 12 times!**
- ★ At the end of June, Edmund Sonuga-Barke met with the Y-RAP to discuss plans for RE-STAR's first paper.
- ★ And this month, the Y-RAP met with the WP1 team to discuss the themes from the qualitative interviews, and the ERNI.

Upcoming Meetings:

- **Monthly Management Meetings:**
Friday 26th August 9.30 -10.30 am
Friday 23rd September 9.30 – 10.30 am
- **Steering Committee Meeting:**
Friday 23rd September 1.00 – 3.00 pm



Correction! Last month we introduced Dr Le Zhao who is working on WP2. Le Zhao joins us from **Beijing Normal University** (not Beijing University as previously reported). Apologies Le!

★ WP1: My Emotions and Me ★

Data collection for the qualitative phase is complete!

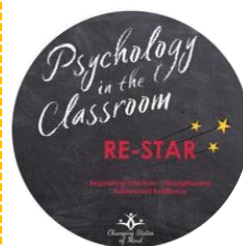
- ★ Transcripts from **57** qualitative interviews are now being analysed using reflexive thematic analysis ([Georgia Pavlopoulou](#) leading) and natural language processing ([Angus Roberts](#) leading).

We have a first draft of our new self-report measure: the Emotion Regulation in Neurodiversity Index (ERNI)

- ★ WP1 researchers met on **6th July** to 'brainstorm' the ERNI structure and content.
- ★ This has now been presented to the Y-RAP for feedback.
- ★ **Next step:** to frame ERNI items, incorporating themes from the qualitative interviews.

 www.kcl.ac.uk/research/my-emotions-and-me

RE-STAR Podcast Diary



Termly [RE-STAR podcasts](#) by [Lucinda Powell](#) with the RE-STAR team have been drawing lots of attention!

Listen here! 

Episode 1 (28 March): **Introducing RE-STAR**
300 downloads in first 30 days

Episode 2 (28 June): **Being Heard in Research**
429 downloads so far ...

Episode 3 (5 July): **It's Time to Start Listening**
305 downloads so far ...

Any questions/comments for the research team? Feel free to contact us at re-starinfo@kcl.ac.uk

Want to find out more? Head to our website: www.kcl.ac.uk/research/re-star

RE-STAR Newsletter

Edition 11 | August 2022

Welcome! Here are the latest RE-STAR updates...

WP1: My Emotions and Me

Qualitative interviews

The WP1 team have been busy analysing the transcripts from the interviews.

Thematic Analysis

- Initial coding of the 57 interviews **completed!**
- [Georgia Pavlopoulou](#) (below) is now working with the team to develop the codes further and identify emerging themes.



Natural Language Processing

- Pre-processing of the transcripts is now complete.
- Topic-modelling has begun.
- Led by [Angus Roberts](#).

ERNI

- Our new self-report measure, the **Emotion Regulation in Neurodiversity Index (ERNI)**, continues to evolve as we incorporate themes from the qualitative interviews.
- Ethics application to pilot the ERNI with our interview participants: submitted.
- Ethics application for the larger psychometric study: in preparation.

For more information:

<https://www.kcl.ac.uk/research/my-emotions-and-me>

Youth Researcher Advisory Panel (Y-RAP)

Shared Experience Interviewing

- Our Y-RAP co-interviewers have now co-interviewed 9 young people, with our WP1 researchers.
- Feedback interviews are being completed with the interviewers and interviewees to see *what including a neurodivergent co-interviewer adds to the interview experience*.

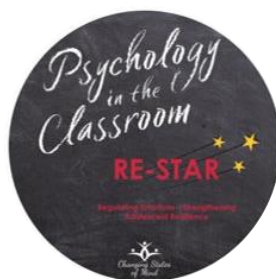
Interview Coding

- Two Y-RAPpers are collaborating with our WP1 researchers on the coding of the interviews already completed in My Emotions and Me.

WP2: Emotion Regulation Mechanisms

Le Zhao, our Visiting Senior Research Fellow, is undertaking a systematic review of *neurophysiological markers that distinguish emotional reactivity from emotional regulation*.

RE-STAR Podcast Diary



A reminder to tune into our termly [RE-STAR podcasts](#) with [Lucinda Powell](#)

Listen [here!](#)



Upcoming Meetings:

Monthly Management Meeting:
Friday 23rd September 9.30 – 10.30 am

Steering Committee Meeting:
Friday 23rd September 1.00 – 3.00 pm

Any questions/comments for the research team? Feel free to contact us at re-starinfo@kcl.ac.uk

Want to find out more? Head to our website: www.kcl.ac.uk/research/re-star