

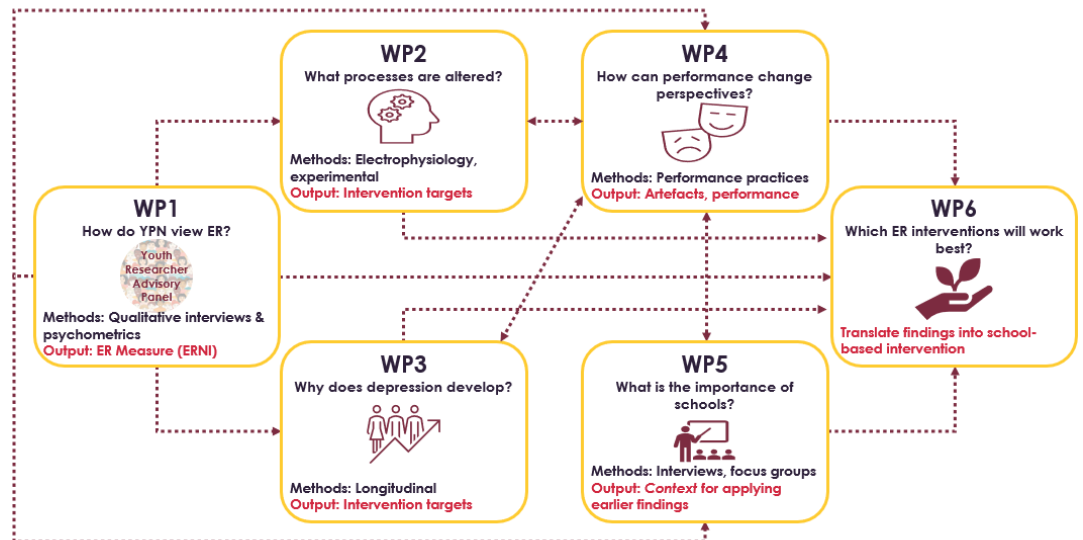
## RE-STAR Newsletter



Edition 12 | September 2022

Welcome to Year 2 of RE-STAR! This month we have been busy making plans for the year ahead ...

### The RE-STAR work packages (WPs)



### Youth Researcher Advisory Panel (Y-RAP)

#### Recruiting a younger Y-RAP

- ★ This month we will begin recruiting a younger group of Y-RAPpers (aged 11-15 years) from our pool of WP1 participants.
- ★ Our established Y-RAPpers (aged 19-26 years) will provide a mentoring role to the younger group. And both groups will continue to work with researchers across the different work packages.

### WP1: My Emotions and Me

#### ERNI development

##### *Piloting and item refinement:*

- ★ We are about to begin piloting our self-report measure of emotion regulation, collecting feedback from young people on the prototype items.
- ★ This will be followed by a focus group whereby we invite our younger Y-RAP to help us refine the ERNI items.



### WP2: Emotion Regulation Mechanisms

The team are scoping out tasks and methodologies, with a view to begin piloting early in the New Year, and the study proper beginning in March '23.



### WP3: Longitudinal study (Predictors)

Researchers will meet with the Y-RAP this autumn to think about measures. Study kicks off: March '23.



### WP4: Role of performance

First official planning meeting: today! Kick off: March '23



### WP5: Schools

This term the research team will meet with the Y-RAP and school teams to plan activities. Kick off: March '23.



### Upcoming Meetings:

**Monthly Management Meeting:**  
Fridays 23 Sept & 28<sup>th</sup> Oct 9.30 – 10.30

**Steering Committee Meeting:**  
Friday 23<sup>rd</sup> September 1.00 – 3.00 pm



Any questions/comments for the research team? Feel free to contact us at [re-starinfo@kcl.ac.uk](mailto:re-starinfo@kcl.ac.uk)

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

## RE-STAR Newsletter



Edition 13 | October 2022

Welcome to this month's newsletter. Read on to hear about our latest updates...

### Youth Researcher Advisory Panel (Y-RAP)



Four Y-RAP members presenting with investigators at European Network of Hyperkinetic Disorders Annual Meeting on 28<sup>th</sup> Sept.

#### Junior Y-RAP assembled!

This month we held our first session with our junior Y-RAP. Six young people 11-16 joined us in a Zoom session to learn more about being part of the Y-RAP and meet some of our senior members.

### WP1: My Emotions and Me



#### ERNI development

- ★ We have been piloting the ERNI with WP1 participants. So far, 18 have completed the ERNI and provided feedback.
- ★ On 8<sup>th</sup> November, we will be running a focus group with our junior Y-RAP to refine the items based on the feedback.

### WP 4 and 5 Planning

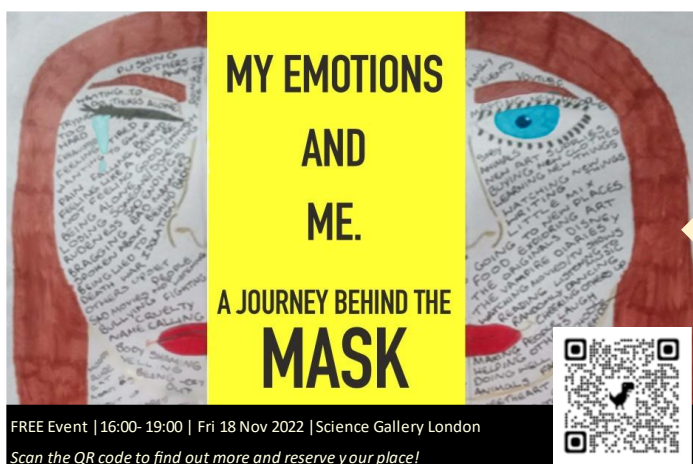


- Work package leads met to discuss links between WP4 (Performance & Knowledge Exchange) and WP5 (Schools), and how they can work together to:
- ★ place emotion regulation within the school context
  - ★ develop a framework for delivering an emotion-regulation intervention strategy acceptable to teachers.

**Coming Soon!** At this event we'll be showcasing some of the outputs from WP1. Click [here](#) or scan the QR code for more details.

### Programme Steering Committee

Our second Steering Committee (SC) meeting took place on 23<sup>rd</sup> Sept. The SC were very encouraging about RE-STAR's progress. And made some helpful suggestions for our plans going forward.



**MY EMOTIONS AND ME.**  
A JOURNEY BEHIND THE MASK

FREE Event | 16:00- 19:00 | Fri 18 Nov 2022 | Science Gallery London  
Scan the QR code to find out more and reserve your place!



### Upcoming Meetings/Events



**Monthly Management Meeting:** Fridays 28<sup>th</sup> Oct and 25<sup>th</sup> Nov, 9.30 – 10.30am

**Y-RAP Sessions | Junior Y-RAP:** Tues 8<sup>th</sup> Nov, 6.30 – 8.00pm | **Senior Y-RAP:** Tues 15<sup>th</sup> Nov, 6.00 – 8.00pm

**Being Human Public Engagement Event:** Friday 18<sup>th</sup> November 4-7pm, Science Gallery London

Any questions/comments for the research team? Feel free to contact us at [re-starinfo@kcl.ac.uk](mailto:re-starinfo@kcl.ac.uk)

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## RE-STAR Newsletter

Edition 14 | November 2022

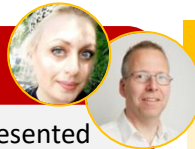
Welcome to this month's newsletter. Read on to hear about our latest updates...



### My Emotions and Me at Being Human 2022

Last week, the Y-RAP co-delivered RE-STAR's first **public engagement event** at [Science Gallery London](#) as part of this year's [Being Human Festival](#). This hybrid, interactive event showcased visual and auditory outputs from [My Emotions and Me](#), and concluded with a lively discussion between young people, researchers, parent/carers, school staff and clinicians.

### WP1: My Emotions and Me



**Analysis:** This month Georgia Pavlopoulou presented preliminary **results** from the **thematic analysis** of the qualitative interviews. While Angus Roberts and postdoctoral researcher, Lifang Li, shared initial **topic modelling** work on the interview transcripts.

**ERNI piloting:** 37 young people have now piloted the prototype Emotional Response in Neurodiversity (ERNI) scale. Piloting feedback has been presented to the Junior Y-RAP who then worked with researchers to refine individual ERNI items.

### Youth Researcher Advisory Panel (Y-RAP)

- ★ **Junior Y-RAP** attended their session together, during which they worked with researchers to refine the ERNI.
- ★ **Senior Y-RAP** also met this month to provide further feedback on the themes emerging from the WP1 qualitative interviews.

*Both Y-RAP panels are looking forward to hearing more about other RE-STAR work packages over the coming months!*

### RE-STAR is Recruiting!

Sadly, we said goodbye to RE-STAR administrator, George, this month as she moved to pastures new.

**We are now seeking an enthusiastic administrator to join our dynamic team!** Deadline 5 December.

**Please share the link below** 🖱️🖱️🖱️

<https://jobs.kcl.ac.uk/gb/en/job/057948/Research-Administrator/>

### Work Packages 2, 3, 4 and 5!

Planning has stepped up for work packages 2 & 3 (experimental & longitudinal studies), 4 and 5 (developing creative knowledge exchange in schools).

- 👉 All due to kick-off in March.
- 👉 We hope to be advertising the new researcher roles before Christmas!

### Upcoming Meetings

Management Meetings: 9,30, **Fri 25 Nov**, then returning after Christmas break **Fri 26 Jan 2023**.

Meeting with Funder: 15:05, **Weds 1<sup>st</sup> February 2023**



Any questions/comments for the research team? Feel free to contact us at [re-starinfo@kcl.ac.uk](mailto:re-starinfo@kcl.ac.uk)

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# RE-STAR

Regulating Emotions – Strengthening  
Adolescent Resilience

**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 15 | December 2022

Thank you to everyone who has contributed to and supported RE-STAR this year! Here is our last update of 2022 ...



### \*\*\* Y-RP News \*\*\*

#### From Y-RAP to Y-RP

Our **Youth Researcher Advisory Panel (Y-RAP)** has been renamed the **Youth Researcher Panel (Y-RP)**, to mark the panel members' transition from being researcher-advisors to co-researchers.

#### Shared experience interviews completed

- ★ Four Y-RP members **co-interviewed 12 young people** with WP1 researchers.
- ★ The Y-RP and academic researchers have met to discuss the analysis plan.
- ★ Training and coding sessions are planned for **January to March 2023**
- ★ Co-intentional methods and results from the feedback interviews will be presented at the [ITAKOM](#) conference (13<sup>th</sup> -14<sup>th</sup> March)

#### WP1: My Emotions and Me

- ★ Piloting of the extended version of our new self-report measure of emotional responding is now complete.
- ★ **50 young people took part in piloting.**
- ★ Junior Y-RP attended a **focus group** with researchers to reflect on the feedback from piloting and think of ways to improve the wording of individual items
- ★ Following a WP1 team discussion and feedback from the pilot participants, the ERNI has been redrafted and re-named: **My Emotions in School (MES)** to reflect RE-STAR's focus on **school** - both as the context for understanding emotional challenges, and the context for developing interventions.

#### WP2, 3, 4 and 5

- ★ Regular planning meetings have continued for work packages 2, 3, 4 and 5.
- ★ We will be advertising the new researcher positions in early January!

#### Stakeholder Meeting

- The National Children's Bureau (NCB) is coordinating stakeholder activity across the seven AMHDM programmes.
- RE-STAR and the other AMHDM programmes met with the NCB last week for initial discussions around knowledge mobilisation.

#### Upcoming Meetings:

Management Meeting: 9.30-10.30., Fri 27 January '23  
Meeting with funder: 15.05, Wed 1 February '23

**We wish you all a restful holiday break and a Happy New Year!**

Any questions/comments for the research team? Feel free to contact us at [re-starinfo@kcl.ac.uk](mailto:re-starinfo@kcl.ac.uk)

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## RE-STAR Newsletter

**Edition 16 | January 2023**

We hope everyone has had a good start to the New Year! RE-STAR has an exciting and busy year ahead. Here are our latest updates...

### Y-R(A)P Updates

#### Analysis of 'Shared Experience' Interviews

- Last year, Y-RP members used the interview schedule developed in WP1 to co-interview 12 young people.
- We called these 'Shared Experience' interviews
- The Y-RP are now receiving training and are working with researchers to analyze:
  - 'Shared experience' interviews
  - Feedback from interviewees & co-interviewers.
- We're keen to see what they discover!
- The team will be presenting their findings at the [ITAKOM](#) conference (13<sup>th</sup> -14<sup>th</sup> March)

### Welcome

RE-STAR has a new Research Administrator! We are excited to welcome **Jane Offerman** to the core RE-STAR team. Jane joins us from Goldsmith's University.



### Upcoming Meetings:

Management Meetings:  
9.30-10.30, Fri 27 January 2023  
9.30-10.30, Fri 24 February 2023

Meeting with funder:  
15.05 – 15.35, Weds 1 February 2023



### WP1: My Emotions and Me - Part 2

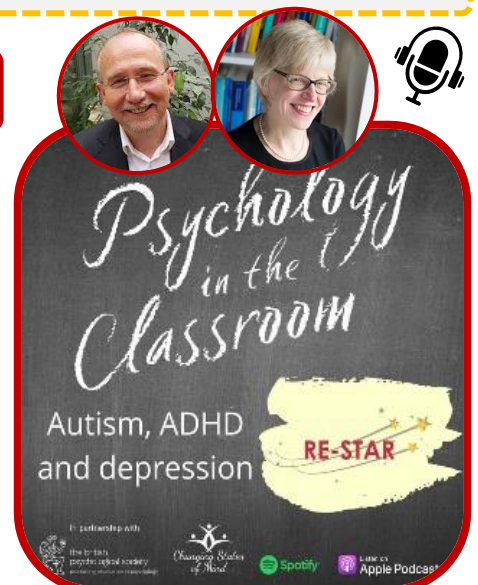
- We'll shortly be recruiting participants for **My Emotions and Me – Part 2**.
- This will be a quantitative study assessing the psychometric properties of our new self-report measure, **My Emotions in School (MES)**,
- The study is currently undergoing King's/IoPPN sponsorship review, prior to ethical review.
- We'll be recruiting participants via **SLaM** and local **secondary schools**.

### Work Packages 2, 3, 4 and 5

- ★ All due to kick-off in March 2023!
- ★ Applications for new researcher positions now closed!
- ★ Interviews will be held 30<sup>th</sup> January – 7<sup>th</sup> February.

### Podcast alert!

**Tune in...** and listen to **Edmund Sonuga-Barke** and **Emily Simonoff** discuss depression in ADHD and autistic adolescents. Listen [here](#).



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**Edition 17 | February 2023**

**Welcome to this month's newsletter. Read on for the latest RE-STAR updates!**

### Recent talk on RE-STAR's co-intentional approach to participatory research



Earlier this month, Edmund, Sylvan, Georgia, Susie, Bee and Tiegan (both Y-RP members) delivered an invited lecture on *The Neurodiversity Concept: a foundation for developmental neuroscience?* for [The Salvesen Mindroom Centre](#). The talk describes RE-STAR's journey so far. You can watch it [here!](#)

### RE-STAR is GROWING!

- Four additional RE-STAR work packages are due to kick off next month.
- We received **over 250** applications for the six new researcher positions we recently advertised!
- We have now appointed individuals to each of the new roles and look forward to introducing you to them soon.

### Youth Research Panel (Y-RP) Updates

#### SENIOR Y-RP

- The Y-RP are continuing to analyze transcripts from the Shared Experience Interviews.
- Individual Y-RP members also joined the interview panels for the new RE-STAR posts this month. It was really helpful to hear the Y-RP perspective on applicants.

#### JUNIOR Y-RP

- The juniors will be re-convening next week to provide feedback on the themes from the WP1 qualitative interviews

**Combined Junior & Senior Sessions are planned for March and April to introduce the Y-RP to WP3, 4, and Leads. Dates tbc!**

### WP1: My Emotions and Me

#### Qualitative interviews

- The analytic approach and preliminary findings will be presented at the upcoming departmental talk: *Understanding emotion regulation from the perspective of neurodivergent youth: combining the qualitative and natural language processing approaches* (Child & Adolescent Psychiatry, IoPPN, 11.00 – 12.00 Monday 6<sup>th</sup> March).

#### My Emotions in School

- We are still waiting to begin the psychometric evaluation of our new measure: *My Emotions in School*. The study is currently under review by King's R&D (for sponsorship approval), prior to review by the NHS Ethics Committee.

### Oversight Meeting with Funder

Edmund, Sylvan, Georgia and Susie met with the MRC Research and Stakeholder Advisory Board earlier this month, to update on progress. The Board seemed impressed with the progress and asked some thoughtful questions!

### Upcoming Meetings:

Management Meetings: Friday **24<sup>th</sup> February** 2023, 9.30 am, Friday **24<sup>th</sup> March** 2023, 9.30am

Steering Committee Meeting: Friday 24<sup>th</sup> March 2023, 1-3pm.



Any questions/comments for the research team? Feel free to contact us at [re-starinfo@kcl.ac.uk](mailto:re-starinfo@kcl.ac.uk)

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## RE-STAR Newsletter

Edition 18 | March 2023

Welcome to this month's newsletter! We've been really busy this month! Here are our latest RE-STAR updates...

### Youth Researcher Panel (Y-RP) updates



Last week, **Senior Y-RP** members and Dr Georgia Pavlopoulou presented at the neurodiversity conference: [ITAKOM](#). They presented feedback from the Shared Experience Interviews, completed as part of WP1.

The **Junior Y-RP** recently met with the WP1 team to discuss and give feedback on the qualitative interview themes.

Both groups are looking forward to meeting the teams from work packages, 2, 3, 4, and 5 over the coming months!

### WP1: My Emotions and Me

- The WP1 team presented their preliminary findings and analysis plans at this month's Child & Adolescent Psychiatry departmental seminar. They discussed how they're combining qualitative and natural language approaches to analyse the interview accounts from My Emotions and Me.
- The **My Emotions in School Index (MESI)** has now been submitted for ethical approval (REC review meeting is 25<sup>th</sup> April).

### WP2 – Experimental studies

Started 1<sup>st</sup>  
March!

The team has begun designing tasks to explore the effect of environmental modulation on physiological markers of emotional responding.


### WP3 – Longitudinal study

Started 1<sup>st</sup>  
March!

This work package will examine the interplay between neurodivergent traits, the environment and emotional responding in adolescent pathways to depression. The team is busy working on the study protocol!

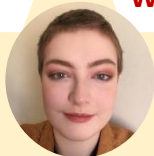
### WP4 & WP5

Started 1<sup>st</sup>  
March!

- Both work packages will work together to focus on **school** as the context for RE-STAR.
- They ask: **how does the school environment impact the emotional lives of young people?**
- With help from our collaborators at [Place2be](#), we have established RE-STAR's **School Researcher Advisory Panel (S-RAP)**  to help us answer this question.
- The S-RAP is made up of a diverse group of 13 secondary school staff.
- The ethics application for the first phase of work (S-RAP and J-RP focus groups) has been submitted. Data collection is due to start next month.

### Welcome to the new researchers who have joined RE-STAR this month!

WP2



Ms Eloise Funnell

WP3



Dr Melanie Palmer

WP4



Ms Lauren Low

### Upcoming Meetings:

Management Meetings: Friday 28<sup>th</sup> April 2023, 9.30 am, Friday 26<sup>th</sup> May 2023, 9.30am  
Steering Committee Meeting: Friday 24<sup>th</sup> March 2023, 1-3pm.



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## RE-STAR Newsletter

Edition 19 | April 2023

Welcome to this month's newsletter! Here are our latest RE-STAR updates...

### Youth Researcher Panel (Y-RP) updates

We are **recruiting new members** to join our senior panel! Please share this [link](#) with anyone you think might be interested. We're collecting expressions of interests until the end of April.



The junior and senior panels have both been very busy **finding out about the new work packages**: they attended a joint session (with some parents too!) at the end of March to hear about plans for Work Packages 2, 3, 4 and 5 and how they can be involved.

More to come soon!

### WP1 - My Emotions and Me

Angus Roberts has been continuing to work with the team on the topic modelling of the qualitative interview transcripts.

The psychometric study our new measure, My Emotions in School Index (MESI), is being reviewed by ethics this week. Hopefully we'll be starting data collection soon!



### WP2 – Experimental studies



- We are continuing to scope out experimental paradigms to study how **environmental settings** and **individual characteristics** interact to determine emotional reactions to upsetting events (triggers).
- This month the research team and **senior Y-RP**



have been considering the pros and cons of incorporating virtual reality into the study design.

We are very grateful to Lucia Valmaggia for the helpful demo!

### WP3 – Longitudinal study



- Welcome to Anna Wyatt, our new WP3 Research Assistant!
- This month the WP3 researchers met with the senior Y-RP to get feedback on the study's aims and hypotheses.



### WP4 & WP5



### The school context

- We now have ethical approval for the focus group work with our **School Research Advisory Panel (S-RAP)**.
- We've met with the S-RAP four times now.
- This week, we also begin a series of fortnightly focus groups with the **Junior Y-RAP**, thinking about the role of school in their emotional lives.

### BLOG!

### Championing research about, by and for neurodivergent people



Click [here](#) to read about RE-STAR in Edmund's recent blog for UKRI MRC



Professor Edmund Sonuga-Barke PhD, FBA, FMedSci  
Professor of Developmental Psychology, Psychiatry and Neuroscience, Kings College London

### Upcoming Meetings:

Management Meetings: 9.30-10.30, Friday 28th April 2023 and Friday 26<sup>th</sup> May 2023



Any questions/comments for the research team? Feel free to contact us at [re-starinfo@kcl.ac.uk](mailto:re-starinfo@kcl.ac.uk)

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## RE-STAR Newsletter

Edition 20 | May 2023

Welcome to this month's newsletter! Here are our latest RE-STAR updates...

### Youth Researcher Panel (Y-RP) updates

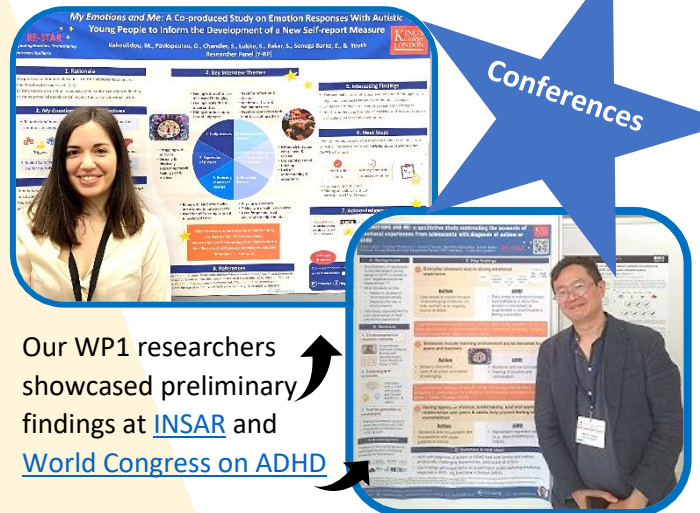
**Seniors:** Recruitment for new members has now closed. New members will be announced shortly!

**Juniors:** fortnightly sessions with the 4/5 Team have kicked off.



'Be a Researcher for a Day'

We will be inviting all juniors (and some seniors) for an activities day at the [IoPPN](#) during the school summer holidays. More info to follow soon!



Our WP1 researchers showcased preliminary findings at [INSAR](#) and [World Congress on ADHD](#)

### WP1 - My Emotions and Me



★ We now have ethical approval for the My Emotions in School (MESI) study and have begun recruiting schools.

★ **Mainstream secondary schools** interested in taking part can find further info [here](#)!

### WP3 – My Emotions and Me Over Time (MEMO)



- The study protocol is now complete, and ethics application is in the final stages of preparation.
- The team had a helpful meeting with the **Senior Y-RP** earlier this month, to gather feedback on methods and measures.

### WP2 – Experimental Studies

#### Additional funding for Participatory Research

- King's have awarded the study a small grant (supported by UKRI funding for Participatory Research), to extend RE-STAR's participatory research framework within WP2 over the next 10 weeks.
- This will support with the Y-RP to co-develop WP2 research questions, hypotheses and method over the next 9 weeks.

### WP4 & WP5 – the school context



Focus groups with the **S-RAP** (School Research Advisory Panel) and **J-RAP** (Junior Researcher Advisory Panel) continue.

Over the next month we'll be co-developing an interview study with the **senior Y-RP**.

★ **We are recruiting!** An exciting opportunity for a post-doctoral researcher with experience collecting longitudinal data. Details [here](#). **Closes 18 June 2023.**

### Upcoming Meetings:

Management Meetings:  
9.00-10.00am Fridays 26 May and 23 June 2023



Any questions/comments for the research team? Feel free to contact us at [re-starinfo@kcl.ac.uk](mailto:re-starinfo@kcl.ac.uk)

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## RE-STAR Newsletter

Edition 21 | June 2023

Welcome to this month's newsletter! Here are our latest RE-STAR updates...

### Youth Researcher Panel (Y-RP) updates

#### Welcome to our new members!

Eight additional members joined our Senior Y-RP this month. Our new members are aged between 20 and 26 and all have lived experience of ADHD and/or autism.

In their first meeting, they got to meet some of the existing Y-RP members and hear about opportunities for working with work packages 4 & 5: Emotion regulation in schools.

### WP2 – Experimental studies



- Development of the first pilot study is underway!
- Participatory Research Project: members of Senior Y-RP are contributing the development of the experimental tasks ... focusing on neurodivergent affirmative and non-affirmative contexts that may influence emotional responding.
- [Leah Holmes](#) has been appointed as mentor to the Participatory Research Project.

### WP3 – My Emotions and Me Over Time (MEMO)



- ★ Protocol and measures for our **longitudinal study** have been submitted for ethical review!
- ★ We hope to begin engaging with schools this term
- ★ We have begun planning the **ecological momentary assessment** component of this work package, and this month had a helpful meeting with [Aja Murray](#) on this.

### Upcoming Meetings:

Management Meetings:  
9.00-10.00am Fridays 23 June and 28 July 2023



★ Further welcomes to our first two **schools** that have consented to participate in work package 1: My Emotions and Me.

★ Other schools interested in taking part can find more information [here](#).

RE-STAR  
Schools

### WP1 – My Emotions and Me

MESI

- We are now recruiting participants for My Emotions and Me – Part 2. This study will test our new questionnaire: the My Emotions in School Index (MESI).
- We have begun recruiting participants through local schools, and hope to begin recruiting through SLaM this month.

### WP4 & WP5 – the school context



- ★ Seven focus groups have been completed with the School Researcher Advisory Group (S-RAP) and five with the Junior Y-RAP.
- ★ We are now busy preparing ethics applications for an interview study (with pupils) and school workshops ... which will run in the autumn term.

Talks

WP1 researchers presented their work at the worldwide annual [Pint of Science](#) event on Teen Mental Health, and at the Anna Freud Centre's [Changemakers](#) conference.



Edmund Sonuga-Barke and Anita Thapar presented at [ADHD Foundation's annual conference for professionals](#).

Any questions/comments for the research team? Feel free to contact us at [re-starinfo@kcl.ac.uk](mailto:re-starinfo@kcl.ac.uk)

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## RE-STAR Newsletter

Edition 22 | July 2023

Welcome to this month's newsletter! Here are our latest RE-STAR updates...

### Youth Researcher Panel (Y-RP) updates

- ★ Our Junior Y-RP summer school 'Be a Researcher Day' has been postponed to **9<sup>th</sup> September**, due to train strikes.
- ★ The **Participatory Research** project involving senior Y-RP members and WP2 comes to an end this month. They've been considering how we can make EEG studies neurodivergent-friendly, and designing a study to test the impact of this on the participants' experience and quality of the data.

### WP1 – My Emotions and Me



#### Data collection for My Emotions and Me: Part 2 is underway!

- This study is examining the psychometric properties of our new Measure:  
the **My Emotions in School Index (MESI)**
- We are recruiting a community sample via local secondary schools, and a clinical sample through South London and Maudsley (SLaM) NHS Trust.

#### Recruitment to date:

- Four local secondary schools signed up:
- 63 parent questionnaires completed
  - 43 young person questionnaires completed
- Recruitment through SLaM also began this week.  
Thanks to all who have participated so far!

*If you are interested in taking part, please email [re-starinfo@kcl.ac.uk](mailto:re-starinfo@kcl.ac.uk)*

### WP2 – Experimental studies



- Task design for the first set of feasibility/pilot studies is complete; protocol being drafted.
- Plan to submit for ethical approval in September.

Welcome to our summer placement student, **Emily Price**! Emily is supporting WP1 recruitment for the MESI study through to September.



### WP3 – My Emotions and Me Over Time (MEMO)

The longitudinal study was reviewed by the Research Ethics Committee (REC) on 27<sup>th</sup> June, and we have responded to the Provisional Opinion. Should be on track to start in September

### WP4 & 5 - The school context

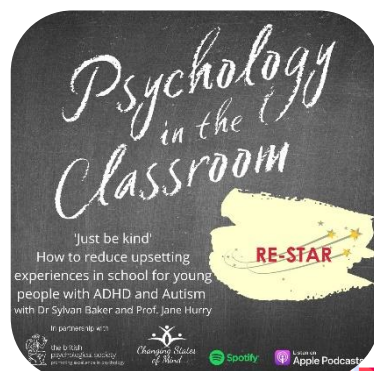


- **Focus groups** with the **School Researcher Advisory Panel (S-RAP)** the **Junior Y-RAP** are now complete.
- We are collecting school expressions of interest for the **WP4 drama workshops** in autumn.

Podcast alert!



Click [here](#) to listen to RE-STAR investigators **Sylvan Baker** and **Jane Hurry** discuss the importance of the school context.



### Upcoming Meetings Management Meetings:

9.00-10.30 am Fridays: 28<sup>th</sup> July & 25<sup>th</sup> August



Any questions/comments for the research team? Feel free to contact us at [re-starinfo@kcl.ac.uk](mailto:re-starinfo@kcl.ac.uk)

**Want to find out more?** Head to our website: [www.kcl.ac.uk/research/re-star](http://www.kcl.ac.uk/research/re-star)



## RE-STAR Newsletter

Edition 23 | August 2023

Welcome to this month's newsletter! Here are our latest RE-STAR updates...

### Youth Researcher Panel (Y-RP) updates

- ★ This month, the senior Y-RP are working with WP1 researchers to interpret results from the computational analysis of the WP1 interviews.
- ★ We are looking forward to welcoming our Junior Y-RP to our 'Be a Researcher Day', co-hosted by our Senior Y-RP on Sat 9<sup>th</sup> Sept at the IoPPN!

### WP2 – Experimental studies



#### My Brain, Emotions and Me – a pilot study

- Study protocol has been drafted.
- We aim to submit the pilot study to KCL ethics by 29<sup>th</sup> August.
- Recruitment to begin end of September.

### WP3 – My Emotions and Me Over Time (MEMO)

- We have full ethical approval for MEMO!
- We have started to engage with schools
- Clinic recruitment will start soon
- An Ecological Momentary Assessment sub-study is in development.

### WP1 – My Emotions and Me



#### My Emotions in School Index (MESI)

97 Parent/carers and 81 young people have now participated in our online study to evaluate our new self-report measure – the MESI.

The study is open to families with children (with and without a diagnosis) attending mainstream secondary schools. Please share the advert below!

Place  
2Be

## My Emotions & Me



👉 Do you have a child aged 11 to 15 in mainstream secondary school in England?

👉 Would you both like to contribute to research to improve adolescent mental health?

Over the summer, the 'My Emotions and Me' study is inviting parents and their young people to complete an online questionnaire.

Participating parents and young people will each receive a £10 e-voucher!



Scan the QR code and enter the password 'Happy' or email [re-starinfo@kcl.ac.uk](mailto:re-starinfo@kcl.ac.uk) for info.



[www.kcl.ac.uk/research/my-emotions-and-me](http://www.kcl.ac.uk/research/my-emotions-and-me)

### WP4 & 5 – The School Context



The WP4 team have begun liaising with schools to deliver a series of **drama workshops** in the autumn term. These will help us understand the impact of school on the mental health of neurodivergent YP.

WP5 has provisional ethical approval for an in-depth **interview study** with 20 neurodivergent YP. This study will be co-produced with the Y-RP.

### Other news

RE-STAR researchers, Steve and Mel, walked up Snowdon to raise funds for the National Autistic Society. Any donations can be made [here](#).



### Upcoming Meetings

#### Management Meetings:

25<sup>th</sup> Aug & 22<sup>nd</sup> Sept (9–10.30am)

**Steering Committee:** 22<sup>nd</sup> Sept (1-3pm)

**MRC Meeting:** 31<sup>st</sup> October (time tbc)



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