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)

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 of: March ’23

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.

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
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 28th Sept.

Junior Y-RAP assembled!

This month we held out 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 8th 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 23rd Sept. The SC were very encouraging about RE-STAR’s progress. And made some helpful suggestions for our plans going forward.

Upcoming Meetings/Events

Y-RAP Sessions | Junior Y-RAP: Tues 8th Nov, 6.30 – 8.00pm | Senior Y-RAP: Tues 15th Nov, 6.00 – 8.00pm
Being Human Public Engagement Event: Friday 18th November 4-7pm, Science Gallery London

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

**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!

**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 📘forcer

**Upcoming Meetings**

Management Meetings: 9:30, Fri 25 Nov, then returning after Christmas break Fri 26 Jan 2023.
Meeting with Funder: 15:05, Weds 1st February 2023

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](http://www.kcl.ac.uk/research/re-star)
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 (13th -14th 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.

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

Upcoming Meetings:
Management Meeting: 9.30-10.30, Fri 27 January ‘23
Meeting with funder: 15.05, Wed 1 February ‘23

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
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 (13th-14th 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.

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 30th January – 7th February.

Podcast alert!

Tune in... and listen to Edmund Sonuga-Barke and Emily Simonoff discuss depression in ADHD and autistic adolescents. Listen here.

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

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

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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 6th 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 24th February 2023, 9.30 am, Friday 24th March 2023, 9.30am
Steering Committee Meeting: Friday 24th March 2023, 1-3pm.

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
Edilion 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 25th April).

WP4 & WP5

- 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.

WP2 – Experimental studies

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

WP3 – Longitudinal study

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!

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

Ms Eloise Funnell

Dr Melanie Palmer

Ms Lauren Low

Upcoming Meetings:

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

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

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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**

- 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.

**The school context**

**BLOG!**

Championing research about, by and for neurodivergent people

Click here to read about RE-STAR in Edmund’s recent blog for UKRI MRC

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

Upcoming Meetings:
Management Meetings: 9.30-10.30, Friday 28th April 2023 and Friday 26th 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!

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**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!

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**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.

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**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.

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**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.

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**Upcoming Meetings:**

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

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

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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.

**WP1 – My Emotions and Me**

- 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.

**WP2 – Experimental studies**

- Development of the first pilot study is underway!
- Participatory Research Project: members of Senior Y-RP are contributing to 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.

**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.

**Upcoming Meetings:**

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

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 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 9th 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

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.

WP3 – My Emotions and Me Over Time (MEMO)

The longitudinal study was reviewed by the Research Ethics Committee (REC) on 27th 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.

Upcoming Meetings Management Meetings:
9.00-10.30 am Fridays: 28th July & 25th August

Podcast alert!
Click here to listen to RE-STAR investigators Sylvan Baker and Jane Hurry discuss the importance of the school context.

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

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
Edilion 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 9th Sept at the IoPPN!

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!

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 for info.

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

Families can also find out more by clicking here and entering password ‘Happy’.

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 29th 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.

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.

Upcoming Meetings

Management Meetings:
25th Aug & 22nd Sept (9–10.30am)

Steering Committee: 22nd Sept (1-3pm)

MRC Meeting: 31st October (time tbc)

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

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