



## RE-STAR Newsletter

Edition 28 | January 2024

Welcome to the first RE-STAR newsletter of 2024!



### Youth Researcher Panel (Y-RP) wins Award for Participatory Research!



The Y-RP were thrilled to win the award for Participatory Research (National section) at last week's inaugural [King's Engaged Research Awards ceremony!](#)

A total of 87 projects were nominated; RE-STAR was one of three shortlisted. Read more about the awards [here](#).

*"The [judging] panel highlighted this project as an excellent example of participatory research."*

Tiegan and Anya collected the award on behalf of the Y-RP.



#### WP1 – My Emotions and Me



As we continue to explore the psychometrics of our new measure, the My Emotions in School Index (MESI), we have two new MSc projects starting:

- Exploring how MESI profiles compare to scores on pre-existing emotion regulation measures.
- Examining the relationship between MESI scores and depression ratings.

#### WP2 – Experimental studies



- ★ The team have been busy piloting tasks and equipment in the EEG lab, whilst recruiting for their new study.
- ★ The study is open to 11-16 year-olds in mainstream school. Click [here](#) for more info.

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



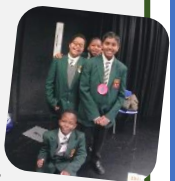
- ★ **Six schools** are now collaborating with us on this longitudinal study.
- ★ **128 families** with children in Year 8 have been recruited so far.
- ★ We are about to open recruitment to Year 9 students!

#### WP4 & 5 – The School Context



##### ★ WP4 school workshops

The team are currently running workshops with staff and pupils in three secondary schools: Reach Academy Feltham, Newman Catholic College and Sydenham High School.



##### ★ WP5 interviews – ethics for main study approved!

Now recruiting 11-16 year-olds with experiences of low mood, depression or burnout. Link to apply [here](#).

#### Upcoming Meetings

Management Meeting: 9.30 Fri 26<sup>th</sup> Jan 2024  
RE-STAR whole-day event : Fri 22<sup>nd</sup> March 2024

Meeting with Funder: 15.30 Mon 19<sup>th</sup> Feb 2024  
Steering Committee: 13.00 Weds 27 March 2024



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)