

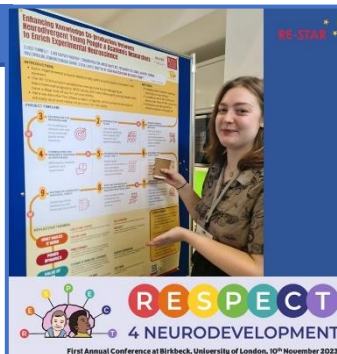
RE-STAR Newsletter

Edition 26 | November 2023

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

Youth Researcher Panel (Y-RP) updates

- ★ Senior Y-RP have begun meeting again with the WP2 team as Stage 2 of their participatory research project kicked off. They will be meeting monthly throughout this academic year.
- ★ Two of our Y-RP (one junior, one senior) have recently created video content for the [National Autism Trainer Programme](#).



Eloise from WP2 presented work on the Participatory Research Project at the recent Respect for Neurodevelopment Conference

WP1 – My Emotions and Me

MESI

- ★ **Initial analysis** of our new self-report measure, the **My Emotions and Me in School Index (MESI)** suggests some common and condition-specific triggers for autistic young people and those with ADHD.
- ★ Thanks to all who have participated so far.
- ★ **Families can still take part.** Click [here](#) for more info!

WP3 – My Emotions and Me Over Time(MEMO)

- ★ Data collection has begun!
- ★ A BIG thank you to the 4 schools who have participated so far.
- ★ We now have teacher data on **1117 students** across the 4 schools.
- ★ And today we have begun inviting families to participate in the main longitudinal study.

WP2 – Experimental studies



My Brain, Emotions and Me (BE ME!) – a pilot study

- ★ Full ethical approval has been granted.
- ★ The team are busy recording the stimuli.
- ★ Participant recruitment opening soon!

WP4 & 5 – The School Context



- Ethical approvals for the workshops in schools and interview study have been granted.
- The WP4 team delivered the first **workshop** with Year 8s this week.
- The WP5 team have begun piloting **in-depth interviews** with young people, co-delivered with Y-RP members.

WP6 – School-based Intervention Strategy



The first WP6 planning meeting was held this month. The team outlined key aims, outputs and activities for WP6, which kicks off in March 2024.

Upcoming Meetings

Management Meetings: 9.00am, **Fri 24 Nov**, then returning after Christmas break **Fri 26 Jan 2024**.
RE-STAR whole-day event : **Friday 22nd March 2024**



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