

RE-STAR Newsletter

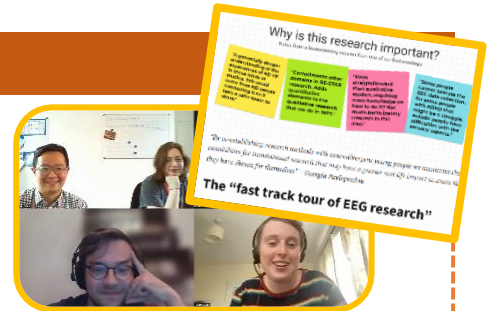
Edition 25 | October 2023

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

Youth Researcher Panel (Y-RP) updates

Read our blog! Senior Y-RP members, along with the WP2 researchers have published a blog on RE-STAR's approach to enhancing participatory neuroscience research. Take a read [here!](#)

Meanwhile, the Juniors are continuing to meet as a group with the WP4/5 team.



WP1 – My Emotions and Me

My Emotions in School Index (MESI)

165 parents/carers and 148 young people have now completed our online study testing our new measure: My Emotions in School Index (MESI).

- ★ Preliminary analysis has begun.
- ★ Families can still take part. Click [here](#) for more info!

WP2 – Experimental studies

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

- ★ Ethics application – provisional outcome, pending amendments
- ★ Participant recruitment opening soon!

WP3 – My Emotions and Me Over Time (MEMO)

We have begun recruiting schools for the longitudinal study, [My Emotions and Me Over Time](#). Three schools have now signed up!

- ★ The WP3 team will be visiting the first school to commence data collection on 6th November.

Steering Committee Meeting # 4

- RE-STAR met with Steering Committee on 22/09/23
- Huge thanks to the committee for their sound advice and positive feedback!

Upcoming Meetings

Management Meetings: 27th October & 24th November, 9am

WP4 & 5 – The School Context

★ Drama workshop

This Saturday, the WP4 team led a joint workshop with our collaborating partners [Company Three](#) (C3) and Senior Y-RP members. *"It was fantastic to see members of RE-STAR's Y-RP work creatively with 11-15 year-olds from C3. Together they field-tested creative practices that we will be using with students in schools later this year."* (Sylvan Baker, WP4 Lead)

★ Interview study

WP5 have begun training Y-RP co-interviewers. They will begin piloting the interviews with young people as soon as the final ethics approval is received.

WP6 – School-based Intervention Strategy

Introducing the WP6 Research Team



[Prof Graham Moore](#)



[Prof Dennis Ougrin](#)

**WP6
Leads**

- ★ First WP6 planning meeting: 7th Nov '23
- ★ WP6 officially starts: March '24.
- ★ Research assistant recently appointed

We recently had a helpful meeting with the **National Children's Bureau** to discuss RE-STAR's potential for influencing policy development. Regular updates to follow!

**Policy &
Practice**

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