

RE-STAR Newsletter

Edition 24 | September 2023

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

Youth Researcher Panel (Y-RP) updates

Be a Researcher Day

On 9th September our researchers and senior Y-RP co-hosted an activity day for junior Y-RP members and RE-STAR participants.

Our young people had a chance to explore RE-STAR's research methods ... and we also learned a lot from them! Thanks to [Autistica](#) for supporting the event.




WP1 – My Emotions and Me



My Emotions in School Index (MESI)

140 parents/carers and **121** young people have so far completed our online study testing our new self-report measure – My Emotions in School Index (MESI).


Families can still take part! Click here for more info 

<https://www.kcl.ac.uk/research/my-emotions-and-me>

WP2 – Experimental studies



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

- Ethics application has been submitted 
- We hope to begin recruiting participants soon!

WP3 – My Emotions and Me Over Time (MEMO)

Recruitment for MEMO is open! Interested **schools** can register their interest [here](#).

Our research team has expanded! Welcome to Kirsty Griffiths (Postdoctoral Researcher), Nadia Bardolet and Samia Ali (placement students).



WP4 & 5 – The School Context



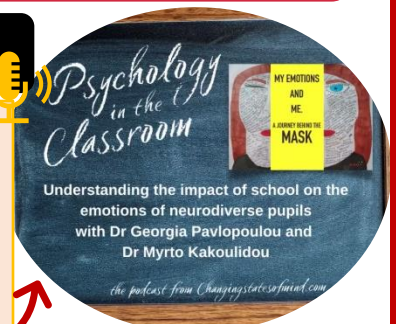
★ WP4 are busy preparing **workshops** they're set to run in schools, next term. In these we'll explore staff and student perspectives on the way school impacts emotions.

★ WP5 have started working with the Y-RP to co-produce an **interview study**, set to start next term with 20 young people attending mainstream secondary schools.

PODCAST ALERT!



You can listen to Georgia Pavlopoulou and Myrto Kakoulidou discuss findings from the WP1 interviews in the latest RE-STAR podcast, [here!](#)



RE-STAR team sharing findings at the **BPS Cognitive & Developmental Sections** conference last week.



Upcoming Meetings

Management Meeting: 22nd Sept 9am | Steering Committee Meeting: 22nd Sept 1pm | Funders Meeting: 31st Oct (tbc)



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