



## My Emotions and Me: development of a self-report scale to measure emotional responding in school

### Information Sheet for Schools

#### Background

We are a group of researchers from King's College London, working on an exciting new study called My Emotions and Me. This is part of a wider programme called *Regulating Emotions – Strengthening Adolescent Resilience* (RE-STAR) which you may already have heard of.

RE-STAR is a 4-year programme which aims to reduce the risk of young people with neuroatypicalities such as autism and ADHD developing depression by strengthening emotion regulation in early adolescence. We are targeting **adolescence** as period marked by both brain plasticity and developmental challenges – a window of opportunity for resilience building. And we are focusing on **school as the context** because there, young people face some of their greatest emotional challenges.

In *My Emotions and Me*, we are developing a new self-report measure of emotion regulation, aimed at young people attending mainstream secondary school. We need your help to work out how well this new measure works.

This new measure of emotion regulation will be used later in the RE-STAR project to develop methods for helping young people when they experience emotional difficulties.

#### What's involved?

First, we would like schools to **pass on information about the study** to eligible families. The research team will send you paper copies of the information pack that can be sent home with pupils, as well as versions that can be emailed. The information packs will include information about the study and how parents can opt their child out if they do not wish for them to take part. Parents will be asked to return any 'opt out' forms to school, and while we expect these to be small in number, we would be very grateful if school could collect these on the research team's behalf.

Second, we will also be asking **form teachers to complete a short questionnaire** to rate the behaviour of the individual children in their class/form. This should take less than one minute per pupil, and can be completed via our secure online Qualtrics platform. Pupils 'opted out' by their parents will be excluded. All data received by the research team will be anonymised.

Next, we would like schools to **pass on information about the next stage of the study** to families. Here we will be seeking parental consent for pupils to participate in our questionnaire study which

will involve them completing our new self-report measure, My Emotions in School (MES). They will be able to complete this at home, via our secure online platform. Parents will also be asked to complete some questionnaires about their child.

Finally, with parental consent, we will ask the school for some **background information on the children that have participated in the questionnaire** study (e.g., free school meal eligibility, school assessment scores). This will help us describe the sample and examine how our new measure (the MES) works across a diverse sample of young people.

### **What are the possible benefits of taking part?**

Being part of RE-STAR is an opportunity for your school to contribute to cutting-edge research. You can help us understand how to improve young people's wellbeing. In addition, RE-STAR is able to offer participating schools:

1. **Inset trainings** provided by experts in the field on:
  - child and adolescent mental health
  - autism and ADHD
  - emotion regulation
  - promoting resilience
2. **Work experience**/internships for individual pupils with an interest in the field.
3. **Webinars/surgeries for parents** on similar topics to the above
4. Opportunities to co-develop a whole-school intervention for strengthening adolescent resilience (in the later stages of RE-STAR).

### **What are the possible disadvantages of taking part?**

There are no obvious disadvantages to taking part. The research team will do all that they can to minimize any administrative burden on the school.

### **What happens to our information?**

We will need to use information provided by schools for this research project. All information will be kept completely confidential and will not be shared with anyone outside of the research team.

We follow strict guidelines concerning the use and storage of personal information, compliant with General Data Protection Legislation (GDPR). Pupil data will be stored in an anonymised way, that is, kept with an ID number, not with any personal information like name or address. We will keep all information about pupil's safe and secure.

Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out which schools or pupils took part in the study. We will keep the data for up to 10 years.

#### **What are your choices about how your information is used?**

- Your school can stop being part of the study at any time, without giving a reason, but we will keep information about you that we already have.

#### **Where can you find out more about how your information is used?**

You can find out more about how we use your information

- our leaflet available from [www.kcl.ac.uk/research/support/research-ethics/kings-college-london-statement-on-use-of-personal-data-in-research](http://www.kcl.ac.uk/research/support/research-ethics/kings-college-london-statement-on-use-of-personal-data-in-research) (KCL) or <https://www.slam.nhs.uk/about-us/privacy-and-gdpr> (SLaM)
- by asking one of the research team – email [re-starinfo@kcl.ac.uk](mailto:re-starinfo@kcl.ac.uk)
- by sending an email to [info-compliance@kcl.ac.uk](mailto:info-compliance@kcl.ac.uk) (KCL) or [dataprotectionoffice@slam.nhs.uk](mailto:dataprotectionoffice@slam.nhs.uk) (SLaM)

#### **What if something goes wrong?**

If you have a concern about any aspect of this study, you should ask to speak to the researchers who will do their best to answer your questions (Programme Manager: Susie Chandler, telephone 0207 848 5416, email [susie.chandler@kcl.ac.uk](mailto:susie.chandler@kcl.ac.uk)). If you remain unhappy and wish to complain formally, you can do this through the SLaM Patient Advice and Liaison Service (PALS) on 0800 731 2864, [pals@slam.nhs.uk](mailto:pals@slam.nhs.uk). In the event that something does go wrong, and you are harmed during the research, you may have grounds for legal action for compensation against King's College London and/or SLaM NHS Foundation Trust, but you may have to pay your legal costs. The normal National Health Service complaints mechanisms will still be available to you (if appropriate).

#### **How can I find out about the findings of the study?**

We will send you a newsletter with an update on the study and its findings. And you can find more information on our website: [www.kcl.ac.uk/research/my-emotions-and-me](http://www.kcl.ac.uk/research/my-emotions-and-me)

#### **Any questions?**

Please email us at [re-starinfo@kcl.ac.uk](mailto:re-starinfo@kcl.ac.uk) and we would be very happy to help!

RE-STAR is funded by:

