



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

Information Sheet for Parent/Guardian

Background

This study is part of a wider programme called RE-STAR (Regulating Emotions – Strengthening Adolescent Resilience).

In RE-STAR we are looking to find ways to help young people better manage their emotions in the face of day-to-day stresses and hassles, and so improve their wellbeing. We call this emotion regulation.

In this part of the study, we are developing a new self-report measure of emotion regulation, aimed at young people attending mainstream secondary school. This measure has been developed in collaboration with a group of young people, and incorporates themes collected from over 50 secondary-school aged children. It asks about the sorts of situations that trigger strong emotional reactions; how young people feel in these situations; and how they manage their emotions. We would like to see how young people answer the questions on this new measure, compared to existing measures, to help us refine the final version.

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?

We are inviting young people from age 11 to 15 years and 11 months, and their parent/carers to complete some online questionnaires, via our Qualtrics platform. These will take young people approximately 40 minutes, and parent/carers 25 minutes, although the time required to complete the questionnaires will vary from person to person. If you prefer, a researcher can complete the questionnaires over the telephone with you.

What are the possible benefits of taking part?

Being part of RE-STAR is an opportunity for you and your child to contribute to cutting-edge research. There is no direct benefit for you or your child. You can help us understand how to improve the wellbeing of young people in secondary school.

Will you receive payment?

Participating parent/carers will receive a £10 shopping e-voucher as a token of our thanks for completing the questionnaires. The young people will receive a separate £10 e-voucher as a thank you for completing their questionnaires.

What are the possible disadvantages of taking part?

The questionnaires will ask your child to think about their emotions, including everyday situations that may trigger difficult emotions. We will also be asking them about positive emotions, and what they find helpful for managing their emotions. These questionnaires should not be distressing; our research team are experienced in working with young people and are more than happy to answer any queries or concerns you or your child may have.



What happens to your information?

We will need to use information provided by you and your child for this research project. All information will be kept completely confidential and will not be shared with anyone outside of the research team. The only exception to this rule of confidentiality is if we were concerned that your child was at risk of harm, as a result of something they disclose (which could include disclosures about parents/guardians). We would then discuss this with you. The research team may be obliged to share information with your care team or the relevant authorities if we think that your safety or the safety of a child is at risk.

We follow strict guidelines concerning the use and storage of personal information, compliant with General Data Protection Legislation (GDPR). Your data will be stored in an anonymised way, that is, kept with an ID number, not with any of your personal information like name or address. And we will write our research reports in a way that no-one can work out that you or your child took part in the study.

We may need to use information from your child's medical records for this research project. This information will include your child's:

- Initials
- NHS number
- Name
- Contact details.

People will use this information to do the research or to check your records to make sure that the research is being done properly. People who do not need to know who you are will not be able to see your name or contact details. Your child's data will have a code number instead.

We will keep all information about your child 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 that you 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?

- You and your child 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.
- We need to manage your records in specific ways for the research to be reliable. This means that we won't be able to let you see or change the data we hold about you.



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

You can find out more about how we use your information:

- at www.hra.nhs.uk/information-about-patients/
- in our leaflet available from 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
- by sending an email to info-compliance@kcl.ac.uk (KCL) or 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). 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.

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

Any questions?

Please email us at re-starinfo@kcl.ac.uk and we would be very happy to help!



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