

My Emotions and Me Over Time (MEMO) study newsletter

Autumn newsletter

Hello and welcome back!

We hope you had a lovely summer and a good start to the new school year.

Autumn is well underway, and so is MEMO! There are now over 600 families in the study. Here are our latest updates 📢

Who's taking part?



- 615 teenagers (aged 11-16) have completed their first MEMO survey.
- Approximately 70% of teenagers are male
- Families come from different ethnic backgrounds:
 - Asian/Asian British: 20.6%
 - Black/African/Caribbean/Black British: 12.6%
 - Mixed: 11.26%
 - Other Ethnic Group: 2.9%
 - White: 52.7%
- 18.5% are receiving Special Educational Needs (SEN) support, which is similar to the national average.

What have you told us so far?

- Many young people find school stressful at times. After a stressful day, they told us they like to:
 - Do an activity they enjoy (drawing, gaming, TV) 🎮
 - Spend time on their own 😊
 - Take care of themselves (take a nap, eat nice food) 🍷

Thank you everyone for submitting your data!

What's new?

Check-out this cool YouTube clip for the 6-month survey!

Co-produced with one our Youth Researchers

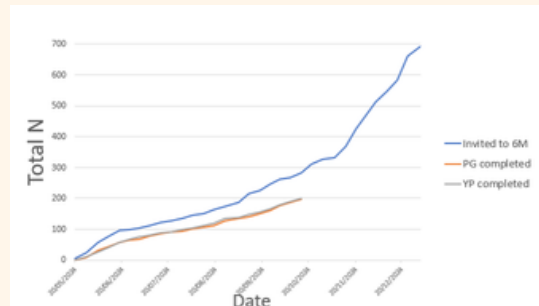
👉 <https://youtu.be/k4irKkg0d30>



We can now send survey links via text to young people, in case they'd prefer to complete their questionnaires on their phone!

Many of you are hitting the 6-month point in the study

- As you can see from the graph (blue line), we will be contacting a large number of families during November for their 6-month follow-up survey.
- Please keep an eye out ** for yours (it will come via email)!!!



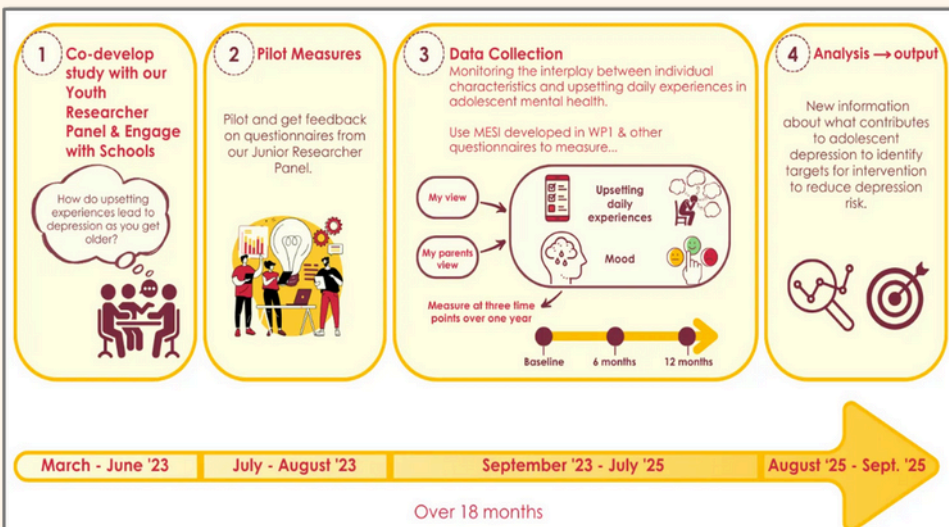
A special thank you to those who have already completed their 6-month survey! If you haven't had the chance to complete yours, please get in contact and we can help you.



A reminder that you will receive e-vouchers.

What's next for MEMO?

The team are making preparations for the 12-month follow-up survey. Some of you will be invited as early as November, so please keep your eyes peeled for an email from us!



Say hello to the new starters!

Welcome Varsihaa and Alex! They'll be supporting data collection over the coming year.



Thank you once again for supporting and taking part in the MEMO study – every piece of data is valuable to us!

Keep an eye out for future newsletters, as they may share some interesting results from RE-STAR.

If you have any questions, do email us at re-starinfo@kcl.ac.uk.



Have a lovely autumn and winter, including your break over Christmas!
The MEMO team (Dr Kirsty Griffiths, Umaya Prasad, Varsihaa Sathiyathevan & Alex Kernanec)