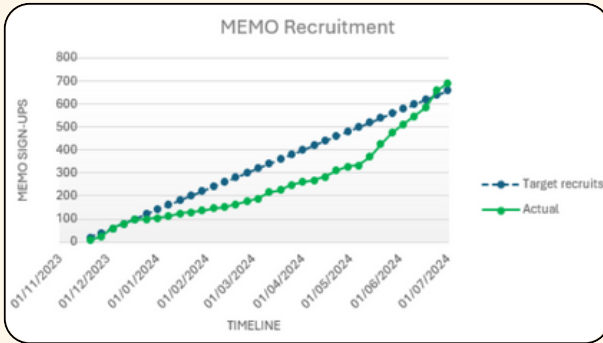


My Emotions and Me Over Time (MEMO) study newsletter

Summer 2024

Summer has arrived in the UK, and the MEMO study is thriving!

- We've now reached our recruitment target, with over 600 families participating in our study! See the graph below which has tracked our progress.
- To reach this number, MEMO recruited through 13 schools across the UK (see the map). Through these schools, we've enrolled over 450 families!
- The MEMO study is also collaborating with charities like the ADHD Foundation and Autistica. Through these partnerships, we've recruited over 150 families!
- Thank you for being part of this!



What next for the MEMO study?

Some of the first families who joined the MEMO study are now being invited to complete their second survey. We'd like to extend a big thank you to these parents and young people for continuing with the MEMO study and submitting their surveys.

As a quick reminder to everyone:

- **Parents/guardians will receive a £20 e-voucher** for completing their second survey.
- **Young people will receive a £10 e-voucher** for their second survey, and a **£20 bonus** if they complete it within a month.

Helpful links about MEMO:

<https://www.kcl.ac.uk/research/my-emotions-and-me-over-time>
<https://www.youtube.com/watch?v=F6BrU-lGeKc&feature=youtu.be>

Special thank-you message

Thank you to everyone taking part in the MEMO study. Your involvement is key to understanding young people's emotional experiences. We look forward to sharing our findings with you soon.



Professor Edmund Sonuga-Barke
Professor Emily Simonoff

What next for the research team?

The MEMO study is part of a much bigger research project called Regulating Emotions – Strengthening Adolescent Resilience (RE-STAR), and we are planning for the future.

In September, the RE-STAR research team will start planning the design of a school-based intervention to support young people. We'll share updates in the autumn e-newsletter.

In other news...

Miss Anna Wyatt, a researcher on the MEMO study, will be leaving her role to begin her doctoral training as a clinical psychologist. We wish her all the best and look forward to welcoming Ms. Umayya Prasad to the MEMO team!!

Additional research opportunity: BE-ME! Study

The RE-STAR team invites young people (ages 11-16) to our research center to play two games while wearing our special brainwave-measuring headwear. Young people will receive a **£25 e-voucher** for participating and will have their travel reimbursed.



Scan the **QR code** to see the poster advert for the BE-ME study, or email your interest to re-starinfo@kcl.ac.uk.



Thank you once again for supporting the MEMO study and for continuing to complete the surveys—every piece of data is valuable to us! Keep an eye out for future newsletters, as they may share some interesting results from the RE-STAR research team.

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

Have a lovely summer!

The MEMO team (Dr Kirsty Griffiths & Ms Umayya Prasad)

