



## My Emotions and Me Over Time (MEMO): A longitudinal study of emotional responding in young people.



### Information Sheet for Young People: 11-15 years

#### What is the study about?

We feel emotions for lots of reasons. Some things make us angry and upset, other things make us sad or happy.

Certain situations can make us feel very strong emotions and make it more difficult for us to manage these emotions.

This study is about your emotions and what kinds of things may trigger different emotions, such as day-to-day interactions with other kids, not doing well at school, or getting in trouble with your parents. The study is specially aimed at young people in secondary school.

We are asking young people to complete some online questionnaires at three different timepoints over the course of a year. We hope this study will be useful for finding out how we can reduce difficult experiences for young people (e.g., at school) as well as how to support them in managing different situations.



#### What would the study involve for me?

You will be invited to complete some online questionnaires on Qualtrics at three different times over the course of a year. The first one will be from the date you join the study, and the next one in 6-months' time, and the final one a year from now. We will ask you questions about how you experience emotions in different situations, what is difficult and what helps you.



You can complete the questionnaires on your phone, a tablet or a computer. You can do these at home at a time that suits you. You can ask your parent for help if you need it.

If you prefer, a researcher can ask you the questions over the phone or you can come into our research centre. You may also be able to complete the questionnaires at school.

The questions should take about 45-60 minutes to complete, but the time it takes will vary from person to person. We may send you reminders over email or phone.



### What happens when I've completed the questions?

In total, you can receive up to **£75** in e-vouchers!

You will get a £10 e-voucher for each set of online questionnaires you do (three in total) as a thank you for taking part. This will be sent after you complete each set of questionnaires.

You will also receive additional bonus of up to £45 in e-vouchers, depending on how long you stay in the study and if you submit your survey responses in a timely manner (i.e., within 1 month from when you first receive the survey link). The bonuses will be in addition to the £10 e-vouchers received at each timepoint:

- **£5 bonus** if you complete the first set of online questionnaires. **£20 bonus** if you completed the second online questionnaires at 6 months on time. You will receive this bonus at the end of the study. **£20 bonus** if you complete the final set of online questionnaires at 12 months. You will receive this bonus at the end of the study.



### What will you do with my information?

- We will only use your ideas and comments for research purposes or student projects that are part of the study. All your information is kept confidential and will not be shared with anyone outside of the research team UNLESS you tell us something that causes us to worry about your (or someone else's) safety.
- We will write our research reports in a way that no-one can work out that you took part in the study.
- Your teacher/parent/guardian will not see your answers to the questions if you do not want them to.
- You can stop being part of the study at any time, without giving a reason.



### How can I find out more?

You can email us anytime at: [re-starinfo@kcl.ac.uk](mailto:re-starinfo@kcl.ac.uk)

And you can find more information on our website: <https://www.kcl.ac.uk/research/my-emotions-and-me-over-time>



### **Do I have to take part?**

No, you can choose whether you want to take part or not. You may like to speak to us, your family or adults you are close to about the study. If you don't want to take part, you do not have to tell us why. You are also able to change your mind and stop at any point.



### **What if there is a problem?**

This research project has been reviewed by a research ethics committee to make sure you are treated well (Health & Social Care Research Ethics Committee A (HSC REC A)). If you have any worries about this study, you should speak to the researchers. They will do their best to help you. You can contact us at [re-starinfo@kcl.ac.uk](mailto:re-starinfo@kcl.ac.uk). You could also speak to your family or adults you are close to if you have any concerns.

### **I would like to do this study, what happens next?**

Please complete the online form that says you are happy to do the study.

### **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!