



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

### Information Sheet for Young People

#### What is the project about?

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

Managing emotions like these can be a real challenge.

This project is about your emotions. The things that are challenging emotionally, how that feels and the things you do to help you stop feeling that way.

We are developing a new questionnaire about how young people manage their emotions, specially aimed at young people in secondary school. We hope this questionnaire will be useful for helping other young people develop skills for managing strong emotions.



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

You will be invited to complete some online questionnaires. You can complete these on your phone, a tablet or a computer.



If you prefer, a researcher can ask you the questions over the phone instead.



The questions should take about 40 minutes to complete, but the time it takes will vary from person to person.





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

We will send you (via your parent/guardian) a £10 e-voucher to say thank you for taking part.



### What will you do with my information?

- We will only use your ideas and comments for research purposes. 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 parent/guardian does not need to see your answers to the questions.
- 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:

[www.kcl.ac.uk/research/my-emotions-and-me](http://www.kcl.ac.uk/research/my-emotions-and-me)

