



Medical Research Council



## My Emotions and Me in School – an interview study

Are you a young person between 11 and 16 years with a diagnosis of ADHD and/or Autism & attend a mainstream secondary school in the UK?

Do you experience low mood, or feelings like anxiety, loneliness, fatigue, depression or struggle to attend school?

### ★ What is involved?

We are looking for ADHD and/or autistic young people to **take part in an interview study** and tell us more about their mood and emotional experiences in school.

What things in school can contribute to low mood?

What things in school can be supportive when young people feel low at times?

What helps you live your best life at school?

Taking part will involve an introductory session, a photo-elicitation interview and a follow-up interview with an ADHD/autistic youth researcher and an academic researcher, via Zoom. At times that suit you and your child!

This study is part of the **Regulating Emotions – Strengthening Adolescent Resilience (RE-STAR)** programme that aims to improve the wellbeing of young people in school.

Your child will receive an **e-voucher** worth £10 after each interview session & a **certificate of participation**.



Scan the QR code to express your interest in taking part!



### How to reach us!

- ★ Our website: [kcl.ac.uk/research/re-star](https://kcl.ac.uk/research/re-star)
- ★ Our email: [re-starinfo@kcl.ac.uk](mailto:re-starinfo@kcl.ac.uk)