



We're recruiting secondary schools to participate in our research!

What is this research about?

The development of emotion regulation in 11 to 16 year olds and how it relates to mental wellbeing.

Why are we doing this research?

Whilst we know that effective emotion regulation is crucial to mental health, a detailed understanding of how it develops in adolescence is lacking. This exciting research project aims to address this gap!



Who will it benefit?

It may benefit parents, teachers and many professionals who work with young people, as well as teenagers themselves. It has the potential to influence educational policy and practice. We aim to build a long-lasting bidirectional partnership with secondary schools that take part in this research project, with tailor made activities depending on the individual needs of the school.



Would you like to Participate?

If you would like your school to take part or would like to know more, then please do not hesitate to contact us on Tel: 01784 443704. Address: *Royal Holloway, University of London, Department of Psychology, Egham, Surrey, TW20 0EX.*

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