

Positive Behaviour Support

Clinical and Cost Effectiveness of Positive Behaviour Support: a multicentre randomised controlled trial

Many people with intellectual disability have challenging behaviour which often has serious consequences, such as the prescription of long-term medication and in-patient admission.

Available research suggests that Positive Behaviour Support (PBS), a training system that teaches staff how to manage these situations, can benefit service users who may show improvements in challenging behaviour and quality of life.

In this trial, health staff will receive training in PBS available in a manual written by experts in PBS (Dr. David Allen). It will give details of how to understand challenging behaviour and develop a management plan, and how to implement it and monitor whether it has achieved its goals.

The main outcome is reduction in challenging behaviour at one year after the randomisation. We will also carry out a health economic evaluation to examine the costs and consequences of staff training in PBS.



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TRIAL DESIGN: MULTICENTRE RANDOMISED CONTROLLED TRIAL CONTROLLED TRIAL

28 community intellectual disability services across the country are taking part in the Positive Behaviour Support study.

Teams will be randomly allocated into one of two groups:

- Half will be delivering PBS (and will also provide treatment as usual)
- Half will only provide treatment as usual

Assessments of challenging behaviour, use of services, quality of life, mental health, aggression, and family and paid carer burden will be carried out at six and twelve months.



ASSESSMENT SCHEDULE

The following measures will be used during the baseline, six-month and twelve-month assessments:

- Aberrant Behaviour Checklist (ABC)
- Wechsler Abbreviated Scale of Intelligence (WASI)
- Mini-Psychiatric Assessment Schedules for Adults with Developmental Disabilities (mini PAS-ADD)
- EuroQol Health Questionnaire (EQ-5D-Y)
- Caregiving Difficulty Scale (CDS-ID)
- General Health Questionnaire (GHQ-12)
- Uplift Burden Scale
- Short Form Adaptive Behaviour Scale (SABS)
- Guernsey Community Participation and Leisure Assessment (GCPLAS)
- Client Service Receipt Inventory (CSRI)

WHICH SITES ARE TAKING PART?

We will conduct the trial across several regions in England, which cover urban, semi-urban and rural areas:

- Barnet Learning Disability Service
- Barking & Dagenham Learning Disability Service
- Bexley & Greenwich Learning Disability Services
- Birmingham Learning Disability Service
- Bradford Learning Disabilities Service
- Camden Learning Disability Service
- Charnwood Community Learning Disability Team
- Cheltenham Community Learning Disability Service
- Coalville & Hinckley Community Learning Disability Team
- Coventry, South Warwickshire & Rugby Community Learning Disabilities Team
- Dartford, Gravesend & Swanley Mental Health of Learning Disability Service
- East Surrey Community Team for People who have a Learning Disability
- Enfield Integrated Learning Disability Service
- Forest Community Learning Disability Service
- Gloucester Community Learning Disability Service
- Hackney Learning Disability Service
- Havering Learning Disability Service
- Islington Learning Disability Partnership
- Leicester City (East) Community Learning Disability Team
- Leicester City (West) Community Learning Disability Team
- Market Harborough, Oadby & Wigston Community Learning Disability Team
- Medway Mental Health of Learning Disability Service
- Mid Surrey Community Team for People who have a Learning Disability
- South West Surrey, NE Hants & North West Surrey Community Team for People who have a Learning Disability
- Stroud Community Learning Disability Service
- Tower Hamlets Community Learning Disability Service
- Waltham Forest Learning Disability Team
- Wandsworth Community Learning Disability Services

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