

PETAL Study

NEWSLETTER

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What is the PETAL study about?

We are a national study that aims to develop and test a Personalised Treatment package for Adults with Learning disability who display aggressive challenging behaviour (PETAL).

Aggressive challenging behaviour in adults with learning disability is common and persists over time. It is a major reason for emergency care and admission to hospitals, and can really impact a person's

mental and physical health and the wellbeing of their family and/or paid carers.

There is no consistent support offered for people with learning disability who show aggressive challenging behaviour.

This is why we have developed a new therapy and will be testing it to see if it works to support people with learning disabilities and their carers compared to usual care currently offered in the NHS.



WHAT HAVE WE DONE SO FAR?

We started this study in 2020



We have looked at previous research studies and existing knowledge about what therapies work



We spoke with adults with mild learning disabilities, their carers and professionals that work with them to better understand what support they need



We also looked at clinical health data to see what makes it more or less likely that people will use crisis services



We used all of this information to develop the PETAL therapy. The therapy was designed with input from adults with learning disabilities and family carers.

We are now testing out the therapy with a small number of people. This is called a

'Feasibility Study'

Year
2020

Year
2021

Year
2022

July
2023

FEASIBILITY STUDY

The feasibility study has been running since January 2023. We will review how the therapy works in practice and will make some changes based on how this goes.

This will make sure we can offer the best version of the PETAL therapy in the main trial, which will include more than 400 people from across England, Scotland and Northern Ireland.

8

8 people joined the feasibility study from 3 NHS sites in England



Everyone will receive the PETAL therapy over 7-14 weeks



At the end of the summer, we will look at the feasibility data, interview those who have taken part and will start making changes

MEET *the* PETAL TEAM



Prof Angela Hassiotis
Chief Investigator



Dr Afia Ali
Co-Chief Investigator

OUR RESEARCHERS



Rachel

Dr Rachel Royston is the PETAL Programme Manager. She oversees the running of the project.



Bori



Tamara



Amanda



Peter

Bori, Tamara, Amanda, and Peter are our research assistants. They contact all people who are interested to take part in our study and collect data through interviews and questionnaires.



CONTACT US

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Thank

you!

We would like to say a huge thank you to all the people with learning disabilities, as well as their parents and carers who are taking part in the study! We know your time is precious and we are really grateful you have been willing to dedicate some time to this.

We would also like to thank all the services and teams involved in our study. We would not have been able to do this work without your support. We hope this study will provide important evidence that will improve the lives of people with learning disabilities, their families and their carers.

We wish you all a great summer.



You can check more information on our **website**:

<https://www.ucl.ac.uk/psychiatry/research/epidemiology-and-applied-clinical-research-department/petal-programme>

or search on Google: '**The PETAL Programme**'