



NEWSLETTER ISSUE

December 2023

What is the PETAL study?

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



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Study updates



The research team have now tested the therapy with 10 people with a learning disability and their carers. Out of 10; 2 people decided not to take part 5 people finished therapy 3 people are still having therapy

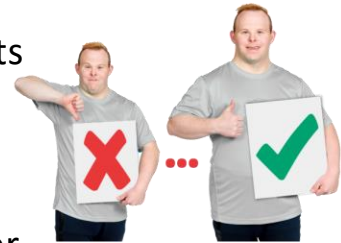
Each individual received the therapy for a different amount of time e.g. for some people the therapy took place over 14 weeks, and for others it took place over 9 weeks. This was dependent on need.



We then interviewed people over the phone to find out about their experience and whether they found the therapy helpful. So far we have gained feedback from 2 people.

We have also spoken to 5 carers and 4 therapists and asked them;

1. What they thought about the therapy.
2. What worked well.
3. What they thought could be changed or improved



What now?

The trial is now open and we want to test the new version of the therapy across sites in England, Scotland and Northern Ireland. We have started to open NHS sites, train people to deliver the therapy and get more people on board to take part. We hope to find the therapy will help a lot of people with aggressive challenging behaviour.



In total, it will be almost 1.5 years of testing the therapy across the UK with lots of NHS Trusts involved. **If you are interested in being involved with this study please contact our trial manager Rebecca on: rebecca.griffiths31@nhs.net**

Finally... meet the new members of the team!



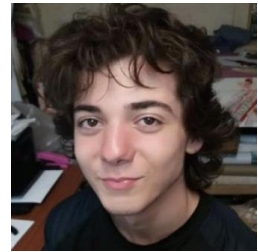
Rebecca (Trial Manager)



Gary (Research Assistant)



Lisa (Research Assistant)



Oben (MSc placement student)

Rawan (MSc placement student)



Edie (Research Intern)

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**'

Merry Christmas and a Happy New Year! We look forward to an exciting 2024!