

MAIN RESEARCHERS



**Professor
Angela Hassiotis**



Dr Afia Ali



Many researchers are working on this study.

We work in England, Scotland and Northern Ireland.



NEWSLETTER

DECEMBER 2022



Hello Everyone!

This letter gives you updates on the PETAL programme.



PETAL aims to help adults with a learning disability who show aggressive challenging behaviour.



We hope this will make people's health and life better.



WHAT HAVE WE DONE SO FAR?

Study 1



We looked at therapies for aggressive challenging behaviour.



We also wanted to hear what people with learning disabilities think of their therapy.

Adults with learning disabilities, their carers and NHS professionals told us that therapies work if therapists get to know the person.



Services can be better if they have more staff available and work quickly to stop aggressive challenging behaviour.

Study 2



We looked at NHS records.



We looked at people who get support from NHS services because they display aggressive challenging behaviour.



We looked at why they display aggressive challenging behaviour and what services they get.



We found that having some types of mental illness such as anxiety, or a lot of support from social care is linked to aggressive behaviour.

Study 3



We created the PETAL therapy using all information from Study 1 and Study 2.

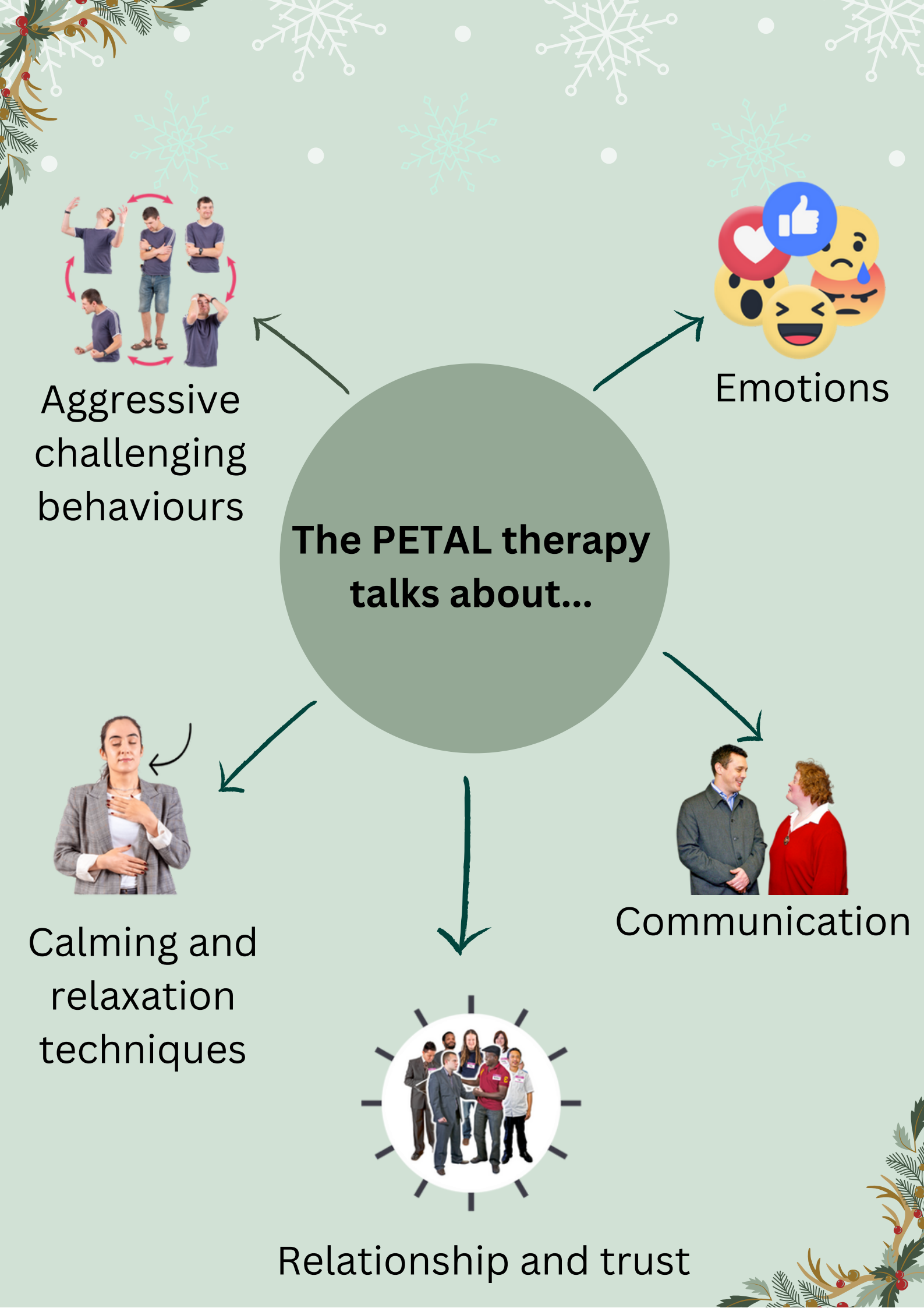


Adults with learning disability and family carers helped us to create the PETAL therapy.

What happens in the PETAL therapy?

14

The PETAL therapy takes 14 weeks.



Study 4



We will test the PETAL therapy.



We want to see if it will make people's health and life better.



We also want to find out if PETAL therapy saves money for the NHS.



We will invite many people to join one of 2 groups by chance.



Group 1 is usual care.



Group 2 is the PETAL therapy.



We got approval in October 2022 for starting testing the PETAL therapy.



We will start a mini study with 20 people in January 2023.



TOGETHER WE MAKE RESEARCH BETTER

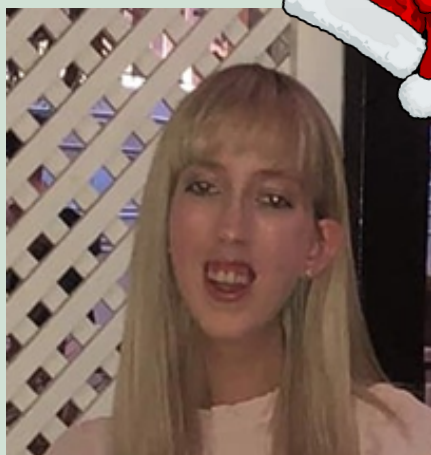


We have met 7 times
between 2020 and 2022.

THANK YOU FOR YOUR HELP WITH THE STUDY



MEET THE NEW MEMBERS OF OUR RESEARCH TEAM



Amanda

I am a researcher at the University of Glasgow in Scotland.



Peter

I am a researcher with Ulster University in Northern Ireland.

WE WORK WITH MANY ORGANISATIONS:

