

NEWSLETTER

August 2023



Hello everyone

This letter is about
the PETAL research
study



The PETAL study wants to help
adults with a learning disability
who show aggressive challenging
behaviour



We hope this will make people's
lives better

MEET THE RESEARCHERS



Professor Angela Hassiotis



Dr Afia Ali

CONTACT US IF YOU HAVE QUESTIONS



Call us

020 3108 7815



Email us

r.royston@ucl.ac.uk

WHAT HAVE WE DONE SO FAR?



We looked at past research to see what therapies work for people



We spoke to 42 adults with learning disabilities, their carers and other people who look after their health



We explored what happens in the services



We used this information to create the PETAL therapy

WHAT HAPPENS IN THE PETAL THERAPY?

14

The PETAL therapy takes up to 14 weeks



It helps people to understand why aggressive challenging behaviour happens



How to understand emotions



How to speak with others better



How to feel calm and relaxed



How to build better relationships and trust with their carers and other people around them

WHAT HAPPENS NOW?



We want to see how to deliver the PETAL therapy



We asked 10 people to test the therapy. 7 people said yes

14

They have started the PETAL therapy



When the therapy finishes we will ask them questions about what they think of the PETAL therapy



We will ask them these questions in September 2023



We will then make the therapy better and will see if it works by running a study with more people

TOGETHER WE MAKE RESEARCH BETTER



- We meet with people with a learning disability and carers every few months to get their thoughts on the study
- They help us to make sure we put people with learning disabilities and their families at the centre of what we do

THANK YOU

- Thank you everyone who took part in our studies.
- Thanks to all services and professionals who are involved.

