

NEWSLETTER

August 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.

MAIN RESEARCHERS



Professor Angela Hassiotis



Dr Afia Ali



Many researchers are working on this study.

We work in England, Scotland and Northern Ireland.

WHAT HAVE WE DONE SO FAR?

STUDY 1



We looked at information on the Internet about people who had therapy for aggressive challenging behaviour.



We found a lot of useful information.



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

We interviewed 42 adults with learning disabilities,



their carers and other people who look after their health.



We will use this information to create the PETAL therapy.

STUDY 2



We used an Internet database called

CRIS

Clinical Record Interactive Search



We looked at patients who get support from services because of aggressive challenging behaviour.



We explored what happens as they move through the services.

STUDY 3



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



It helps people to understand why aggressive challenging behaviour happens.



Improves understanding of emotions.



Improves communication.



Teaches calming and relaxation techniques.



Looks at building a good relationship and trust between adults with learning disabilities, carers and those who look after their health and care needs.

STUDY 4



We will test the PETAL therapy.



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



We will 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
therapy.



We will start in September
2022.

TOGETHER WE MAKE RESEARCH BETTER



- We invited people with learning disability and their carers to give us advice.
- We have meetings often to make the study better.

THANK YOU

- We want to thank all people who helped us design the study.
- Thank you everyone who took part in our studies.
- Thanks to all services who are involved.



MEET THE NEW MEMBERS OF OUR RESEARCH TEAM



Nancy

I'm the Trial manager.

I want to improve access to services and therapies for people with learning disabilities.



Bori

I'm a research assistant.

I hope to make a positive change to lives of people with learning disabilities.

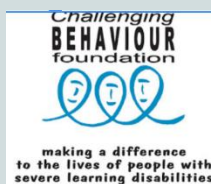


Tamara

I'm a research assistant.

I work with children and adults with learning disabilities. I want to help people have better lives.

WE WORK WITH MANY ORGANISATIONS:



The Mental Elf

