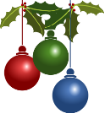
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| Newsletter Issue 1 December 2017  **EPICC-ID**  **E**valuation of **P**arent **I**ntervention for **C**hallenging Behaviour in **C**hildren with **I**ntellectual **D**isabilities |  |
| **Prof Angela Hassiotis-Chief Investigator**  Welcome to the first EPICC-ID newsletter. We are a national study funded to evaluate whether 9 weeks of Stepping Stones Triple P (SSTP) reduces challenging behaviour in children with moderate to severe intellectual (also called learning) disability at 12 months post randomisation and is cost-effective compared to treatment as usual.    **We would like to wish all of the participants, families, carers, CSOs, local investigators, volunteers and support staff who have contributed so much to the study best wishes from all of the research team**  **Very Merry Christmas and A Happy New Year!**  **Thank you for all of your hard work!** | C:\Users\rejutco\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\SLZ2L6X0\sheikh-tuhin-Christmas[1].png  **Contents**   1. **Introduction** 2. **Why Stepping Stones Triple P -Background to the study** 3. **Our Co-applicants and staff** 4. **Recruitment and Contact details**   C:\Users\rejutco\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\SLZ2L6X0\sheikh-tuhin-Christmas[1].png  **C:\Users\rejutco\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\QJOJ6QKA\Christmas_Characters_by_bluesketchpad[1].jpg** |
| **Why Stepping Stones Triple P?** C:\Users\rejutco\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\SLZ2L6X0\sheikh-tuhin-Christmas[1].png  Early intervention has been highlighted as particularly helpful and effective in bringing about change and improving longer term outcomes in children with conduct or behavioural disorders. The Early Intervention Foundation have judged that the evidence from trials from a number of parent mediated interventions (e.g. Sure Start, Video Feedback Sensitive Discipline, Triple P), longitudinal observational data and other health economic data, all demonstrate the importance of support as early as possible once problems have arisen.  In response to the lack of UK based research on early intervention for children with intellectual disabilities, NICE (National Institute of Health and Care Excellence) recognised the importance of the problem and the need for further research. Stepping Stones Triple P (SSTP) is an adapted version of Triple P for children with special needs. It is based on psycho-educational and behavioural approaches to help parents of those children to manage the child’s behaviour effectively and to prevent further problems from arising as the child grows older. The programme includes group and individual sessions and aims to increase parental confidence and skills. | |
| **Background**  Learning disability is a lifelong condition which affects both cognitive ability and adaptive behaviours, with onset occurring in childhood. These individuals have difficulties understanding new or complex information and in performing some life skills and everyday activities independently. Children with learning disabilities are at an increased risk of developing challenging behaviours in comparison to their typically developing peers.  A recent report from the Challenging Behaviour Foundation stated that at all ages, children with learning disabilities are more likely to have behaviours which challenge, estimating that this applies to 15,000 children aged between 2-6 years of age. A long-term follow up study has shown that challenging behaviours in this population persist over time. Only 10% of participants in this study received any intervention during the study period. These figures show that a sizeable proportion of children have both a learning disability and challenging behaviour. If left untreated and unsupported, these children are at risk of developing difficulties later in life. Early intervention has been highlighted as particularly helpful and effective in bringing about change and improving longer term outcomes in children with conduct or behavioural disorders.  C:\Users\rejutco\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\SLZ2L6X0\sheikh-tuhin-Christmas[1].png |  |
| **EPICC-ID Team**  C:\Users\rejutco\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\SLZ2L6X0\sheikh-tuhin-Christmas[1].png    **Chief Investigator**  **Prof Angela Hassiotis** -Professor in intellectual disability in the Division of Psychiatry at UCL and honorary consultant Psychiatrist at the Camden Learning Disability Service  **Co-applicants**  **Prof Jacqueline Barnes** -Institute for the Study of Children, Families and Social Issues, Birkbeck, University of London  **Dr Marinos Kyriakopoulos-**Consultant Child and Adolescent Psychiatrist, South London and Maudsley NHS Foundation Trust and Visiting Senior Lecturer, King's College London  **Dr Michael Absoud** -Consultant in children's neurodisability at Guys and St Thomas's NHS Foundation Trust and at Evelina  **Dr Eleni Paliokosta** -Child and Adolescent Psychiatrist, Tavistock and Portman NHS Foundation Trust  **Dr Kate Oulton** - Senior Research Fellow/Clinical Academic Programme Lead at the Centre for Nursing and Allied Health Research, Great Ormond Street Hospital for Children NHS Foundation Trust  **Dr Vicky Slonims** -Consultant speech and language therapist at Guys and St Thomas's NHS Foundation Trust, Evelina and honorary senior lecturer at King's College London  **Ms Rachael Hunter** -Principal Research Associate in Primary Care & Population Health at UCL Institute of Epidemiology & Health  **Prof Alastair Sutcliffe** -Professor of General Paediatrics, ICH Pop, Policy & Practice Programme and UCL, GOS Institute of Child Health  **Dr Aditya Sharma** - Consultant & Honorary Clinical Senior Lecturer in Child and Adolescent Psychiatry Newcastle University  **Mrs Una Summerson** -Head of campaigns at Contact; For families with Disabled Children  **Dr Megan Thomas** -Consultant Community Paediatrician Blackpool Teaching Hospitals NHS Trust  **Dr Gareth Ambler** -Senior lecturer in Medical Statistics at the Department of Statistical Science UCL    **Research Staff**  EPICC-ID Trial Manager Dr Michaela Poppe [m.poppe@ucl.ac.uk](mailto:m.poppe@ucl.ac.uk)  Research Administrator Tommy Coyle [t.coyle@ucl.ac.uk](mailto:t.coyle@ucl.ac.uk)  London Research assistant Miriam Ziriat [m.ziriat@ucl.ac.uk](mailto:m.ziriat@ucl.ac.uk)  London Research assistant Holly Wake [h.wake@ucl.ac.uk](mailto:h.wake@ucl.ac.uk)  Blackpool Research assistant Hannah Cross [Hannah.Cross@bfwhospitals.nhs.uk](mailto:Hannah.Cross@bfwhospitals.nhs.uk)  Newcastle Research assistant Matthew Unwin [Matthew.Unwin@ntw.nhs.uk](mailto:Matthew.Unwin@ntw.nhs.uk)  South London Clinical Studies Officer Maria Gkini [maria.gkini@kcl.ac.uk](mailto:maria.gkini@kcl.ac.uk) South London Clinical Studies Officer Jane Goodwin [Jane.Goodwin@gstt.nhs.uk](mailto:Jane.Goodwin@gstt.nhs.uk) North London Clinical Studies Officer Jordan Quinn [jordan.quinn@nhs.net](mailto:jordan.quinn@nhs.net)  North London Clinical Studies Officer Anum Farid [anum.farid@nhs.net](mailto:anum.farid@nhs.net) North London Clinical Studies Officer Bianca Hinds-Walters [b.hinds-walters@nhs.net](mailto:b.hinds-walters@nhs.net) Newcastle Clinical Studies Officer Emily Clare [Emily.Clare@ntw.nhs.uk](mailto:Emily.Clare@ntw.nhs.uk)  Newcastle Clinical Studies Officer Bryony Stokes [Bryony.Stokes@ntw.nhs.uk](mailto:Bryony.Stokes@ntw.nhs.uk)  C:\Users\rejutco\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\SLZ2L6X0\sheikh-tuhin-Christmas[1].png | |

**Recruitment** 

Our study is open to recruitment and 15 parents have been randomised and a group has already started. We are actively looking nationally for more participants. If you can answer yes to both the questions below you can be part of our study

-**Does your child have delays in development and challenging behaviour (e.g. screaming, hitting themselves or others, breaking and damaging things, not listening to you)?**

**-Is your child aged 3-5 years?**

To find out more please see our [information sheets](http://www.ucl.ac.uk/psychiatry/research/epidemiology/pis/hassiotis-research-portfolio/challenging-behaviour-early-intervention/participants) and if you decide this is the right study for you, you can ask the professionals involved in your child’s care or email us directly at [epicc-id@ucl.ac.uk](mailto:epicc-id@ucl.ac.uk)



**Contact Details**

**University College London, Division of Psychiatry, 6th Floor, Maple House, 149 Tottenham Court Road, London, W1T 7DN**

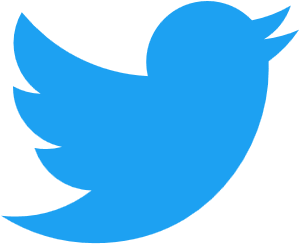
**Phone: 020 7679 9311 or** [**epicc-id@ucl.ac.uk**](mailto:epicc-id@ucl.ac.uk)

**Website**

<http://www.ucl.ac.uk/psychiatry/research/epidemiology/pis/hassiotis-research-portfolio/challenging-behaviour-early-intervention>

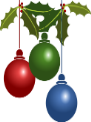
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Twitter account [www.twitter.com/EPICC\_ID](http://www.twitter.com/EPICC_ID)



**Study Collaborators**



If you have any suggestions regarding future newsletters please email Tommy on [t.coyle@ucl.ac.uk](mailto:t.coyle@ucl.ac.uk)