

NEWSLETTER ISSUE

December 2022

Welcome to our fifth PETAL newsletter!

We are a national study (across England, Scotland and Northern Ireland) that has developed and will test a personalised therapy for aggressive challenging behaviour for adults with learning disability. If the therapy is found to be effective, could be rolled out in the NHS.

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Co-Chief Investigator

Dr Afia Ali



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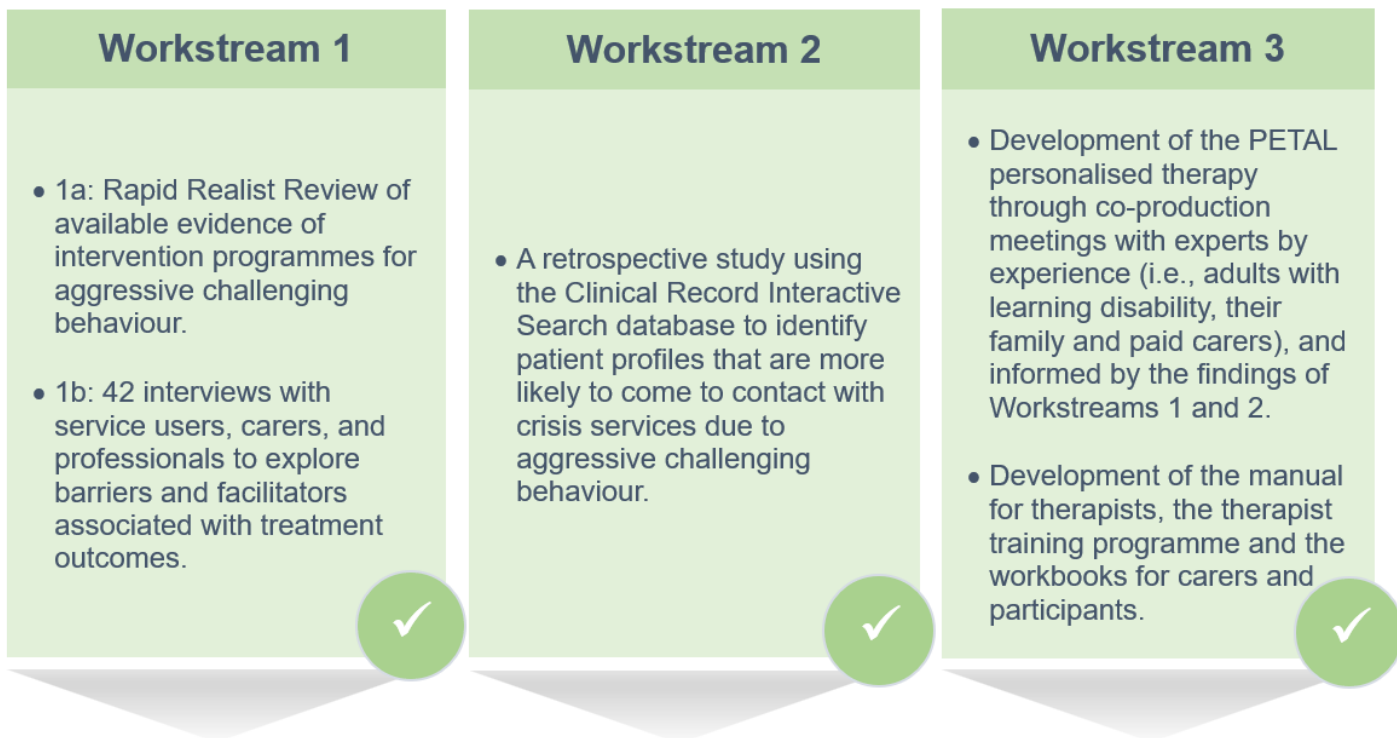
Prof Laurence Taggart

Ulster University



**Personalised Treatment Packages For
Adults With Learning Disabilities Who
Display Aggressive Challenging Behaviour
In Community Settings**

Our work is split into 4 different workstreams. Workstreams 1-3 have been completed.



More details about each workstream can be found on our [website](#).

Workstream 4: Clinical Trial

We are preparing a large trial across England, Scotland, and Northern Ireland to test whether the PETAL therapy, along with usual care, reduces aggressive challenging behaviour in adults with learning disability and if it is value for money compared to usual care only. We received HRA approval in October 2022 for the trial and are in the process of setting up the sites for the feasibility phase. We have met with 18 NHS Trusts so far.

The feasibility of the PETAL therapy (a small-scale study) will start in **January 2023**. It will help us to explore if the PETAL therapy is acceptable and whether it can be delivered as planned. The main trial will begin in **summer 2023**. Participants will be randomly allocated to receive the PETAL intervention along with usual care or usual care only. This will allow us to compare the (clinical and cost) effectiveness of the PETAL therapy.

Talk by Dr Roger Almvik – Monday 23rd January 2023 (2-3.30pm)

We are very excited to be hosting an online international talk from Dr Almvik about anticipating and predicting aggressive challenging behaviour. This talk is open to trainee therapists and staff from sites. **Please let us know if you would like to register for this free event!**



Implementation

We have an implementation committee who meet regularly to talk about the barriers and facilitators of adopting the PETAL intervention in services. Testing the feasibility of the intervention will help us to look at this and to address any barriers or challenges before the main trial starts.

Patient and Public Involvement

Both our family and service user advisory groups facilitated by Afia Ali, Viv Cooper and Brendan Leahy have been meeting regularly to support the programme, and we are grateful for their invaluable contribution to the programme.

**We would like to thank all services for their interest
(and prior support) in our research.
We couldn't do it without you!**

MEET THE NEW MEMBERS OF OUR RESEARCH TEAM



Amanda

I am a Research Associate at the University of Glasgow on the PETAL study. I completed my PhD in 2018 which examined the social experiences of children and young people with Williams syndrome. I am very interested in research that addresses the health and social inequalities of people with learning disabilities. Most recently I worked on a feasibility trial of an adapted psychological intervention for adults with severe and profound learning disabilities and depression.



Peter

I am a Postdoctoral Research Associate with Ulster University. My PhD topic was on the inclusion of adults with ID into Randomised Controlled Trials. Before this I worked as a psychologist and psychotherapist in the NHS, voluntary/community and private sectors.



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OUR PARTNERS



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