Personalised treatment packages for adults with learning disabilities who display aggression in community settings

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Co-Chief Investigator
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SEASON GREETINGS !! Welcome to the first PETAL newsletter! We are a national study (England, Scotland and Northern Ireland) that aims to develop and test in a randomised controlled trial, a personalised treatment package for aggression for adults with learning disability that can be implemented into the NHS. This programme duration is from April 2020 – September 2025.

Rapid Realist Review

We are currently half way through our rapid realist review entitled 'Complex interventions for aggression: a rapid realist review to determine what works, for whom and in what circumstances to inform a personalised intervention for adults with learning disabilities who display aggression.' This is an important piece of research and the information found will help us to develop our personalised treatment package for those with learning disability who display aggression. We have recruited a local reference group of learning disability professionals and experts, who will help us to complete our review and provide feedback at key stages. This piece of work is being led by both Dr. Penny Rapaport and Mr. Stephen Naughton. Our review has been published on PROSPERO; please see here for more information:
https://www.crd.york.ac.uk/prospero/display_record.php?RecordID=203055

Qualitative Study

We are currenty recruiting for our qualitative study called 'outcomes for aggression in people with learning disability.' We will be interviewing **40** people with learning disabiltiy, their families/paid carers and their health and social care professionals. Participants will be recruited from 8 sites across England, Scotland and Northern Ireland.

Determining the Minimal Clinically Important Difference (MCID) of the Aberrant Behaviour Checklist –Irritability (ABC-I)

The Aberrant Behaviour Checklist-2 Irritability subscale (ABC-I) is a rating scale used to record changes in aggression, agitation and mood changes in people with learning disabilities who display aggression after they receive drug and psychological approaches. We have recently completed a piece of research that aims to determine the smallest important change in individuals with learning disabilities for the ABC-I. In our work, we will use the ABC-I as the primary outcome for the future clinical trial.

Minimal clinically important difference (MCID) is the smallest change in health and wellbeing which is thought to be important when answering questions about whether a treatment/therapy has produced benefits for the individual. The MCID helps researchers decide how many people should be included in a study. There are many ways to calculate this change. One way is to ask clinicians, service users and carers. Another way is to use statistics. We are using both techniques and we have carried out a systematic review to find studies that have used the ABC-I as an outcome and also carried out workshops with clinicians, healthcare professionals and family/carers of people with learning disability. We are currently analysing our results and we will report our findings in the new year.
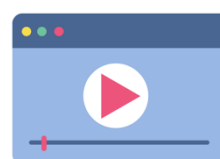
Patient and Public Involvement

The **Challenging Behaviour Foundation** supported us to recruit the PG Family Advisory group (5 members). **Camden Disability Action** have recruited our People with Lived Experience of Learning Disability Advisory group (6 members). Separate meetings with each group have taken place throughout the year, as well as 1 combined meeting. These meetings are opportunities to work together to inform our plans and understanding of our findings. The group members have also made a range of suggestions which the research team have taken on board and are looking forward to working with the wider research team.

Save the Date: 5th May 2021

We will be presenting a webinar on the findings from our 1st year on the 5th May (2pm – 3:30pm BST). Additiionally look out for prerecorded interviews with our co-applicants that will be uploaded online in early 2021.

Co-applicants

1. Prof. Umesh Chauhan – University of Central Lancashire
2. Prof. Sally-Ann Cooper – University of Glasgow
3. Ms. Vivien Cooper – Challenging Behaviour Foundation
4. Prof. Richard Hastings – University of Warwick
5. Ms. Rachel Hunter – University College London
6. Prof. Andrew Jahoda – University of Glasgow
7. Mr. Brendan Leahy – Camden Disability Action
8. Dr. Louise Marston – University College London
9. Prof. Craig Melville – University of Glasgow
10. Dr. Penny Rapaport – University College London
11. Dr. Elizabeth Steed – Queen Mary, University of London
12. Dr. Laurence Taggart – Ulster University

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