



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

### Chief Investigator

Professor Angela Hassiotis



### Co-Chief Investigator

Dr. Afia Ali

Welcome to the third 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 aggressive challenging behaviour for adults with learning disability that can be implemented in the NHS.

### Workstream 1a: Rapid Realist Review

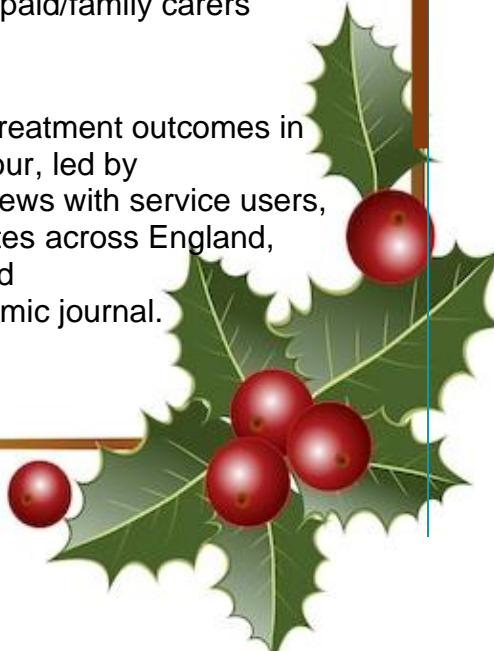
This work, led by Dr Penny Rapaport and Mr Stephen Naughton has required us to develop programme theories to determine what works, for whom and in what circumstances. This information is vital to guide the development of the personalised intervention.

Emerging theories include:

- Emotion recognition regulation, and skill development
- Valuing, understanding and listening to those receiving therapy
- Engaging, mentoring and support therapists
- Improving communication and relational responses with paid/family carers

### Workstream 1b:

We have explored the barriers and facilitators associated with treatment outcomes in adults with learning disabilities who display challenging behaviour, led by Dr Afia Ali and Ms. Leila Hamza. We have completed 42 interviews with service users, carers, and professionals. Participants were recruited from 7 sites across England, Scotland, and Northern Ireland. The results have been analysed and are currently being summarised for publication in an academic journal.



## **Workstream 2: CRIS**

This project is being led by Prof. Andre Strydom. We are using a mental health database called CRIS (Clinical Record Interactive Search) which is hosted by the South London and Maudsley NHS Foundation Trust. We are looking to identify patient profiles that are more likely to come to contact with crisis services due to aggressive challenging behaviour and mood dysregulation, and to explore what happens as they move through the clinical pathway.

## **Implementation**

Our implementation committee is being led by Dr Liz Steed. The aim of the implementation committee meetings is to discuss what barriers may arise in implementing the intervention into NHS services and to develop strategies to overcome this. So far we have had 4 meetings.

## **Workstream 3: Coproduction**

The intervention coproduction is being led by Mrs Viv Cooper, Prof. Angela Hassiotis, Dr Afia Ali and Mr Brendan Leahy and supported by the Research Programme Manager, Dr Rachel Royston. We are pleased to have held 5 co-production meetings with our latest meeting including all of the study co-applicants and both advisory groups.

## **Patient and Public Involvement**

Both our family and carer advisory group and service user advisory group and have been working together to inform our plans and understanding of the findings. They will be helping with study procedures and dissemination. There have already been 4 service user meetings and 5 family and carer advisory group meetings. There have also been 3 combined meetings with members from both groups.

Thank you to all of our advisors for all their help so far! Their input into the study has already proved so valuable.



## 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

## Research Staff

Rachel Royston  
Research Programme  
Manager  
[r.royston@ucl.ac.uk](mailto:r.royston@ucl.ac.uk)

Leila Hamza  
Research Assistant  
[Leila.Hamza19@ucl.ac.uk](mailto:Leila.Hamza19@ucl.ac.uk)

Stephen Naughton  
Research Assistant  
[s.naughton@ucl.ac.uk](mailto:s.naughton@ucl.ac.uk)

## Acknowledgments

We would like to thank all of the services and participants in the 3 UK countries, who have taken part in our research so far. We couldn't do it without you!



### Contact Details

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

### Website

<https://www.ucl.ac.uk/psychiatry/research/epidemiology-and-applied-clinical-research-department/petal-programme-nihr-id-nihr200120>

**NIHR** | National Institute  
for Health Research



The Mental Elf



**Institute of Psychiatry, Psychology & Neuroscience**

