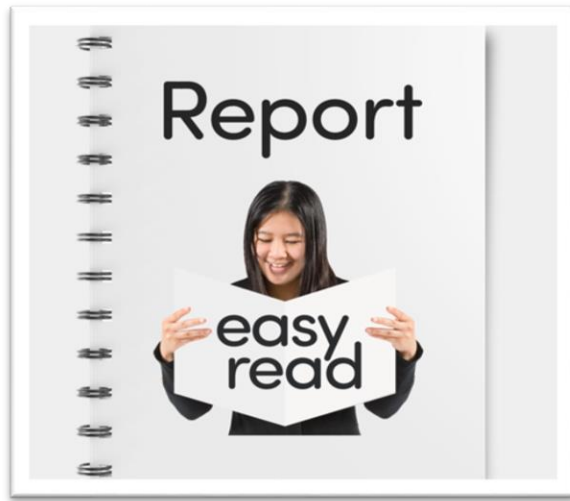


EasyRead Summary



This study spoke to people to see what helps therapy work well for aggressive challenging behaviour





Sometimes, people with learning disabilities show aggressive challenging behaviour



Aggressive challenging behaviour can mean

Hurting others



Damage to property



Often, people do not do these things on purpose



→ This can make people feel unhappy or unhealthy



→ It can make things hard for other people who know the person



Therapy can help people feel better



Sometimes therapy works really well

This means that behaviour gets better



Sometimes therapy does not work very well

This means that behaviour stays the same or gets worse



So, we need to learn more about this



We did a research study to find out:

➔ What helps to make therapies work



➔ And what does not help



We spoke to 40 people by phone call or video call



14 people with learning disabilities took part



13 family or paid carers took part



13 professionals took part



The researchers asked:



What is the behaviour like?



Doe the person with a learning disability receive good support?



What are the good things about their care?



What are the bad things about their care?



When the calls were finished, the researchers thought about what everyone said



People said there were 12 good that make therapies work

These were:



1. Good relationships



2. Trust



3. Listening to each other



4. When the therapist is happy and friendly



5. Thinking about the future in a positive way



6. Being motivated



7. Working well as a team and supporting each other



➔ 8. Having good communication



➔ 9. Being able to handle new problems in a good way



10. When the person with learning disabilities is included in making decisions



11. Using helpful tools like visual aids



12. When the care plan can change if the person with learning disabilities needs it to



People also said 8 things which were not helpful for therapy

These were:



1. The way care services are managed



2. When care plans cannot change, even when people need them to



3. When people do not have clear jobs to do



4. When there are not enough professionals



→ 5. When people have different ideas about what will happen



→ 6. When professionals are not patient



7. When people have bad communication



8. When mental health conditions make it difficult



In total, we found out lots of useful information



In the future, therapies should make sure they do all the helpful things



And they should not do the
unhelpful things



Now we know more about how to help
people with learning disabilities



This can help them and the people around them to feel better

Thank you for reading!



An easy read summary is important because it ensures that content of research papers can be read and understood by people with varying degrees of comprehension. It is important that the content of research papers like the one in this easy read reaches the target population of the research.

This easy read summary was produced in collaboration with the PETAL PPI service user group in November 2023. The following people were in this group: Lisa, Ola, and Robert. The group facilitator was Brendan Leahy.

Kouroupa, A., Hamza, L., Rafiq, A., Hassiotis, A., Rapaport, P., Jahoda, A., ... & Ali, A. (2023). Stakeholder views on the barriers and facilitators of psychosocial interventions to address reduction in aggressive challenging behaviour in adults with intellectual disabilities. *NIHR Open Research*, 3, 40.

<https://openresearch.nihr.ac.uk/articles/3-40>

Written by Oben Atamturk
Clinical mental health sciences MSc student
University College London