



UCL INSIGHTS: RESEARCH BRIEFING

Does staff training in Positive Behaviour Support (PBS) reduce challenging behaviour in adults with intellectual disability?

Background

People with an Intellectual Disability (ID) have significant

challenging behaviour. Staff training in PBS can reduce challenging behaviour. Staff training in PBS can reduce challenging behaviour, reduce the need for restrictive practices and improve the quality of life for people with ID.

A 26-week randomised controlled trial of staff training in PBS for people with ID and challenging behaviour.

Our research has been funded by the National Institute for Health Research (NIHR) and the Department of Health. The results of this study will inform the development of PBS training for staff working with people with ID and challenging behaviour in care homes.

Conclusions from the study

246 staff in 23 care homes in England over 12 weeks; challenging behaviour reduced in both groups.

Of those trained in PBS by the end of the study, 12% of staff in ID care homes had a significant reduction in challenging behaviour, fewer restrictive practices used, and fewer restrictive practices used.

Analysis of the study also found that staff who received training in PBS were more likely to use positive behaviour strategies and less likely to use restrictive practices.

Implementation of the findings from this study will be a priority for the Department of Health.

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