

AUGUST 2025

LPT Research and Development

# FYPC LDA RESEARCH UPDATE



Leicestershire Partnership NHS Trust is a research active organisation. We have a Research and Development Team who aim to ensure that all staff and patients in LPT have the opportunity and support to be involved in research that underpins the quality of care we deliver in the Trust.

In this newsletter you can find out about the research LPT's R&D Team is currently supporting within the Families, Young People and Children's Services/Learning Disabilities and Autism Directorate, along with research updates!

## Research Studies in FYPC.LDA

### ● The PETAL Intervention

This is a study that aims to develop and test a Personalised Treatment package for Adults with Learning disabilities who display aggressive challenging behaviour (PETAL) alongside treatment as usual, compared to treatment as usual alone. The therapy aims to support adults with learning disability and their carers and may lead to a change in current practice.



**Principal Investigator:** Dr Asit Biswas

**LPT Staff:** Dr Avinash Hiremath (Co-PI), Dr Chika Agbo, Dr Gemma Lewin, Dr Ranmilowo Tehinse

### ● EDGI

Eating Disorders Genetics Initiative (EDGI) is the largest ever genetic research study of eating disorders, to understand how genes can influence an individual's risk for developing bulimia nervosa, binge-eating disorder and anorexia nervosa. The EDGI Study is open to anyone over the age of 16 who has experienced or is currently experiencing an eating disorder. Participants in EDGI will provide a saliva DNA sample and complete a series of online questionnaires. Further information can be found here: <https://edgi.org/>

**Principal Investigator:** Caroline Webb

**LPT Staff:** Meera Bentley, Eating Disorders Service



For more information about anything in this research update please contact  
[lpt.research@nhs.net](mailto:lpt.research@nhs.net)



## ● How Much Does it Cost to Assess a Child For ADHD in the NHS?

There are increased pressures in clinical demand for services offering ADHD assessment in the NHS. This study involves working with senior clinicians in Child and Adolescent Mental Health Services (CAMHS) or Child Development Services (CDC) or a CAMHS/CDC Integrated Services to understand the clinician time taken to complete ADHD assessment and ongoing management, therefore the cost.

**Principal Investigator:** George Butler

## ● ROBUST

The ROBUST study is a clinical trial designed to evaluate whether a specially developed exercise programme to strengthen the muscles of young people aged 12 – 18 years diagnosed with spastic cerebral palsy, is better than usual NHS physiotherapy treatment. This study will be supported locally by the Research Delivery Team and the Children's Physiotherapy Service.

**Principal Investigator:** Kiran Riar

**Research Delivery Team:** Jo Hall, Beki Pole

**Clinical Service:** Susanne Ziegler, Rebecca Lindsay, Isobel Swinfield, Marnie Shaw, Lisa Armstrong, Katherine McBeth, Lucy Joliffe, Amy Wolmarans, Megan Hamill



## ● STAR-CAT

The STAR-CAT study is testing whether OSI-A (an online parent-led intervention) can support autistic children experiencing anxiety problems. In this study, families will be randomly allocated to receive OSI-A or treatment as usual. This study will be supported by the Mental Health Support Teams in Schools (MHST) in the Trust.

**Principal Investigator:** Lewis Richardson

**Research Delivery Team:** Beki Pole

**Clinical Service:** Lucy Warden-Watson, Rebecca Ward, Gosia Jankowa, Jessica Walford, Rachel Waites, Helen Parker-Bates



# COMING SOON...

COMING  
SOON

## ● SPELL

The SPELL study is a research study designed to evaluate whether a specially developed dynamic stretching exercise programme for children aged 4 -11 years with a diagnosis of spastic cerebral palsy is better when compared to usual NHS physiotherapy treatment. This study will be supported locally by the Research Delivery Team and the Children's Physiotherapy Service.

**Principal Investigator:** Rebecca Lindsay

**Research Delivery Team:** Jo Hall, Beki Pole

**Clinical Service:** Susanne Ziegler, Kiran Riar, Isobel Swinfield, Marnie Shaw, Lisa Armstrong, Katherine McBeth, Lucy Joliffe, Amy Wolmarans, Megan Hamill



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# Ad Hoc Charitable Funds 2025



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