



Emotional Outburst Questionnaire information sheet

We would like to invite you to take part in a research study being conducted at the School of Psychology, University of Birmingham. The **Stay Calm** project is being led by Justin Chung, under the supervision of Dr Kate Woodcock.

If you have any further questions, please contact Justin Chung on 0121 414 2854 or at kwrg@contacts.bham.ac.uk or Kate Woodcock on 0121 414 6036 or at k.a.woodcock@bham.ac.uk.

Aims of the study

Emotional outbursts can be a particularly significant problem for individuals with neurodevelopmental disorders and/or intellectual disability. Currently, researchers conduct interviews with parents/care-givers to gather information about the characteristics of emotional outbursts, which may be important in finding out the underlying problems that lead to emotional outbursts. However, interviews are ineffective, as they are time-consuming for both researchers and participants.

Therefore, we are aiming to develop a new questionnaire (the Emotional Outburst Questionnaire) by asking you to complete it, so that we can gather a large number of responses to ensure that the questionnaire is designed correctly, and is accurately measuring emotional outburst characteristics. We hope that researchers and clinicians will be able to use this questionnaire in future, which will help them with collecting data more efficiently.

We want to use the Emotional Outburst Questionnaire in two ways:

Firstly, we want to see if the questionnaire is able to determine which individuals might be more severely affected by emotional outbursts. If this is the case, we hope to compile a short form questionnaire for screening emotional outburst severity, which will be useful when developing treatments.

Secondly, we want to see if we can distinguish between different types or profiles of emotional outbursts from the questionnaire responses, as the type of outburst may be related to different underlying emotional and cognitive factors. For example, one individual might exhibit shorter and more frequent outbursts, whilst another individual might have longer and less frequent outbursts. We hope that by grouping individuals based on their emotional outburst profiles, future studies will be able to more clearly identify underlying factors that contribute to specific emotional outburst profiles. This may give us insight into what causes some individuals to have emotional outbursts, and help us to develop and test new treatment approaches.

Review

The study has been reviewed and approved by the Science, Technology, Engineering and Mathematics Ethical Review Committee at the University of Birmingham.