

Dr Gemma Unwin BSc

Research Fellow

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Qualifications

PhD Psychology, University of Birmingham

BSc (Hons) Psychology, Aston University

Research

- Challenging behaviour and adults with intellectual disabilities
- Medication to manage behaviour problems in adults with intellectual disabilities
- People with intellectual disabilities from Black and minority ethnic communities: views and experiences of services
- Eye movement desensitisation and reprocessing for trauma-related mental health problems in adults with intellectual disabilities

I have been working at the University since May 2005, with the main focus of my research being behavioural and psychiatric problems in adults with intellectual disabilities (ID). I have worked on four main projects, one a guideline development project for the use of medication to manage behavioural problems in adults with ID, another was to develop a series of accessible medication information for people with ID, which was an offshoot from the guideline project. I have recently completed a longitudinal explorative project investigating aggressive behaviour in adults with ID and am conducting a qualitative study of the views and experiences of services of adults with intellectual disabilities from Black and minority ethnic communities. I have also recently started an acceptability study of eye movement desensitisation and reprocessing for trauma-related mental health problems in adults with intellectual disabilities.

Please see our project websites:

Medication for behaviour problems (including easy read medication information)

[www.birmingham.ac.uk/LD-Medication \(http://www.birmingham.ac.uk/LD-Medication\)](http://www.birmingham.ac.uk/LD-Medication)

Transition guidelines for young people with learning disabilities and mental health problems and/or challenging behaviour

[www.birmingham.ac.uk/LD-Transition \(http://www.birmingham.ac.uk/LD-Transition\)](http://www.birmingham.ac.uk/LD-Transition)

Access to Social Care - Learning Disabilities (ASC-LD), People with Learning Disabilities from Black and Minority Ethnic Communities - their views and experiences of services

[www.birmingham.ac.uk/ASC-LD \(http://www.birmingham.ac.uk/ASC-LD\)](http://www.birmingham.ac.uk/ASC-LD)

Other activities

SELECTED PRESENTATIONS:

Guideline for the drug treatment of adults with intellectual disability and behaviour disorders: a clinicians' consensus questionnaire. Presented at the **National Institute of Health and Clinical Excellence Annual Conference** (Birmingham, **December 2005**). [Poster]

Guideline for the drug treatment of adults with intellectual disability and behaviour disorders: a clinicians' consensus questionnaire. Presented at the **Working Together? Birmingham Primary Care Trust Research and Development Unit Annual Research Conference** (Birmingham, **April 2006**). [Poster]

A multi-centre audit of the use of medication for the management of behaviour problems in adults with learning disabilities. Presented at the **Mental Health Research Network Heart of England Hub Conference** (Birmingham, **May 2006**). [Poster]

Using medication to manage behaviour problems in adults with a learning disability: a multi-centre audit. Presented at the **Using Medication to Manage Behaviour Problems among Adults with a Learning Disability Guideline Launch Conferences** (Birmingham, Glasgow, Newcastle, Liverpool, London & Bristol, **September-October 2006**).

A multi-centre audit of the use of medication for the management of behaviour problems in adults with learning disabilities. Presented at the **Royal College of Psychiatrists' Faculty of Learning Disability Annual Residential Meeting** (Prague, **October 2006**). [Poster]

Guide to taking medicines for behaviour problems. Presented at the **Royal Mencap Society Annual National Assembly** (Coventry, **February 2007**).

A multi-centre audit of the use of medication for the management of behaviour problems in adults with learning disabilities. Presented at the **Equalising Health Opportunities through Research, Birmingham Primary Care Trust Research and Development Unit Annual Research Conference** (Birmingham, **May 2007**).

[Poster]

Negotiating Ethics Committees. Presented at the **West Midlands Academic Learning Disability Research Meeting** (Kidderminster, **January 2008**).

Negotiating Ethics Committees. Presented at the **Estia, Munrow Centre Academic Meeting** (London, **June 2008**).

Accessible Information for People with Intellectual Disabilities. Presented at the **World Psychiatric Association 2008 Congress** (Prague, **September 2008**). [Poster]

Risk Factors for Aggression in Adults with Intellectual Disabilities (ID): A Systematic Review. Presented at the **World Psychiatric Association 2009 Congress** (Florence, **April 2009**). [Poster]

The Effectiveness of Interventions on Aggression in Adults with Intellectual Disabilities (ID): A Naturalistic Observational Study. Presented at the **World Psychiatric Association 2009 Congress** (Florence, **April 2009**). [Poster]

Accessible Medication Information. Presented at the **Solihull Care Trust Learning Disability Service Meeting** (Solihull, **July 2009**).

Environmental Factors and Aggression in Adults with Intellectual Disabilities: A Systematic Review. Presented at the **Royal College of Psychiatrists' Faculty of Learning Disability Annual Residential Meeting** (Leeds, **October 2010**).

Relationships with Severity and Types of Aggression in Adults with Intellectual Disabilities. Presented at the **Royal College of Psychiatrists' Faculty of Learning Disability Annual Residential Meeting** (Leeds, **October 2010**). [Poster]

Triggers for Aggression in Adults with Intellectual Disabilities. Presented at the **Royal College of Psychiatrists' Faculty of Learning Disability Annual Residential Meeting** (Leeds, **October 2010**). [Poster]

Carers of People with Intellectual Disabilities and Aggressive Behaviour: Uplift, Burden and Concerns. Presented at the **Royal College of Psychiatrists' Faculty of Learning Disability Annual Residential Meeting** (Leeds, **October 2010**). [Poster]

A Survey of Service & Medication Use in Adults with Intellectual Disability Presenting With Aggression. Presented at the **Royal College of Psychiatrists' Faculty of Learning Disability Annual Residential Meeting** (Bristol, **October 2011**). [Poster]

Specialist Health Service Utilisation for the Management of Aggression in Adults with Intellectual Disabilities. Presented at the **Mental Health Research Network National Scientific Meeting** (Birmingham, **April 2012**). [Poster]

Triggers for Aggression in Adults with Intellectual Disabilities. Presented at the **Mental Health Research Network National Scientific Meeting** (Birmingham, **April 2012**). [Poster]

Stimulation of peripheral nerves for the treatment of chronic refractory pain - a systematic review. Presented at the **University of Birmingham, Health and Population Sciences Poster Day** (Birmingham, **October 2012**). [Poster]

Efficacy of atypical antipsychotic medication in the management of behaviour problems in children with intellectual disabilities and borderline intelligence: a systematic review. Presented at the **Methodological Basis of Health Technology Assessment Training Course** (Birmingham, **January 2013**).

What is ADHD? Presented at the **Collaborations for Leadership in Applied Health Research and Care Knowledge Exchange Forum** (Birmingham, **May 2013**).

Interventions for ADHD: "Pills Don't Build Skills". Presented at the **Collaborations for Leadership in Applied Health Research and Care Knowledge Exchange Forum** (Birmingham, **May 2013**).

Psychopathology in adults with intellectual disabilities with or without epilepsy: A case control study. Presented at the **30th International Epilepsy Congress** (Montreal, Canada, **June, 2013**). [Poster]

Involving minority ethnic groups in health research: generating recommendations from an international systematic narrative review. Workshop convened at the **South West Peninsula Collaborations for Leadership in Applied Health Research and Care, New Developments in Public Involvement in Research Conference** (Exeter, **November 2013**). [Workshop]

Publications

SELECTED PUBLICATIONS:

Unwin G & Deb S (under review). Care Giver's Concerns-Quality of Life Scale (CC-QoLS): Development and evaluation of psychometric properties. Submitted to *American Journal on Intellectual and Developmental Disabilities*.

Unwin G (2012). *Development of a Community Forensic Service for People with Learning Disabilities (DeCoFS): Project Report*. Report prepared for the Black Country Partnership Foundation Trust.

Unwin G & Deb S (2011). Efficacy of atypical antipsychotic medication in the management of behaviour problems in children with intellectual disabilities and borderline intelligence: a systematic review. *Research in Developmental Disabilities* **32** (6): 2121-2133.

Unwin G & Deb S (2011). Family Caregiver Uplift and Burden: Associations with Aggressive Behaviour in Adults with Intellectual Disabilities. *Journal of Mental Health Research in Intellectual Disabilities* **4** (3): 186-205.

Unwin G & Deb S (2011). The Use of Medication to Manage Behavioural Problems in Adults with Intellectual Disabilities. *101 Recipes for Audit in Psychiatry*. Eds. C Oakley, F Coccia, N Masson, I McKinnon & M Simmins. London: Royal College of Psychiatrists. ISBN 978-1-908020-01-7. [Book Chapter]

Unwin G & Deb S (2010). The Use of Medication to Manage Behaviour Problems in Adults with an Intellectual Disability: A National Guideline. *Advances in Mental Health and Learning Disabilities* **4** (3): 4-11.

Unwin G & Deb S (2008). The use of medication for the management of behaviour problems in adults with intellectual disabilities: a clinicians' consensus survey. *American Journal on Mental Retardation* **113** (1): 19-31.

Unwin G & Deb S (2008). Psychiatric and behavioural assessment scales for adults with learning disabilities. *Advances in Mental Health and Learning Disabilities* **2** (4): 37-45.

Unwin G, LeMesurier N, Bathia N, & Deb S (2008). Transition for Adolescents and Young Adults with Learning Disabilities and Mental Health Problems/Challenging Behaviours: The Parent Carers' views. *Advances in Mental Health and Learning Disabilities* **2** (1): 22-28.

Unwin G & Deb S (2007). *Easy Read Medicine Information Leaflets*. Birmingham, UK: University of Birmingham. Available at www.LD-Medication.bham.ac.uk.

Unwin G & Deb S (2007). A multi-centre audit of the use of medication for the management of behaviour problems in adults with intellectual disabilities. *British Journal of Learning Disabilities* **36**: 140-143.

Unwin G, Deb S, & Moss J (2007). *Taking medicine for behaviour problems - medicine information recordings*. Birmingham, UK: University of Birmingham. Available at www.LD-Medication.bham.ac.uk.

Unwin G & Deb S (2006). *Your Guide to Taking Medicine for Behaviour Problems: Easy Read*. Birmingham, UK: University of Birmingham, Mencap and the Royal College of Psychiatrists.

Chen Y-F, Bramley G, **Unwin G**, Dretzke J, Moore D, et al. (2012). *Stimulation of peripheral nerves for the treatment of refractory pain (including peripheral nerve field stimulation) (report)*. Systematic review referred by the NICE Interventional Procedures Programme on behalf of the NICE Interventional Procedures Advisory Committee (IPAC). Available at <http://www.nice.org.uk/nicemedia/live/13865/61519/61519.pdf>

Deb S, **Unwin G** & Deb T (accepted). Trajectory of psychotropic medication use and factors influencing antipsychotic medication prescribing among adults with intellectual disabilities who show aggressive behaviour. Submitted to *Journal of Intellectual Disability Research*.

Deb S, Chaplin R, Sohanpal S, **Unwin G**, Soni R, & Lenotre L (2008). The effectiveness of mood stabilisers and antiepileptic medication for the management of behaviour problems in adults with intellectual disabilities: A systematic review. *Journal of Intellectual Disability Research* **52** (2): 107-113.

Deb S, Clarke D, & **Unwin G** (2006). *Using medication to manage behaviour problems among adults with a Learning Disability: Quick Reference Guide*. Birmingham UK: University of Birmingham, Mencap and the Royal College of Psychiatrists. Available at www.LD-Medication.bham.ac.uk.

Deb S, Sohanpal S, Soni R, Lenotre L, & **Unwin G** (2007). The effectiveness of antipsychotic medication in the management of behavioural problems in adults with intellectual disabilities. *Journal of Intellectual Disability Research* **51** (10): 766-777.

Deb S & **Unwin G** (2007). Psychotropic medication for behaviour problems in people with intellectual disability: a review of the current literature. *Current Opinion in Psychiatry* **20**: 461-466.

Deb S & **Unwin G** (2007). *Guide to Using Psychotropic Medication to Manage Behaviour Problems among Adults with Intellectual Disability: Technical Document*. Birmingham, UK: University of Birmingham, Mencap and the Royal College of Psychiatrists. Available at www.LD-Medication.bham.ac.uk.

Farmah BK, Deb S, Arshad E, Deb T, **Unwin GL** & Roy M (accepted). The effectiveness of aripiprazole in the management of problem behaviour in people with intellectual disabilities, developmental disabilities and/or autistic spectrum disorder: A systematic review. *Research in Developmental Disabilities*.

LeMesurier N, Bathia N, Deb S, & **Unwin G** (2007). *Guide to Services for Young People with Learning Difficulties/Disabilities and Mental Health Problems/Challenging Behaviour: Technical Document*. Birmingham, UK: University of Birmingham. Available at www.LDTransitionGuide.bham.ac.uk.

Roy A, Roy A, Roy M, Deb S & **Unwin G** (accepted). Are opioid antagonists effective in reducing self injury in adults with Intellectual Disability? A systematic review. *Journal of Intellectual Disability Research*.

Sohanpal S, Deb S, Thomas C, Soni R, Lenotre L, & **Unwin G** (2007). The effectiveness of antidepressant medication in the management of behavioural problems in adults with intellectual disabilities: a systematic review. *Journal of Intellectual Disability Research* **51** (10): 750-765.

Taylor A, Deb S, & **Unwin G** (2011). Scales for the identification of adults with Attention Deficit Hyperactivity Disorder (ADHD): A systematic review. *Research in Developmental Disabilities* **32**: 924-938.

Ward F, Tharian P, Roy M, Deb S & **Unwin GL** (2013). Efficacy beta blockers in the management of problem behaviours in people with intellectual disabilities: A systematic review. *Research in Intellectual Disabilities*, **34** (12): 4293-4303.

GRANTS OBTAINED:

Naturalistic observational study of global effectiveness of interventions on aggression (£119,000), The Baily Thomas Charitable Fund (2007-2011), Deb S & **Unwin G**.

Flexibility and Sustainability Funding (£12,292), Mental Health Research Network Heart of England Hub (2011-2012), **Unwin G** & Deb S.

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