

MHLD CONSENSUS QUESTIONNAIRE (case identification)

Name:	Date:
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Case identification: completed in any setting by anyone (including family or carers) to determine if someone should have a formal assessment for a mental health problem

The literature review did not find evidence on the **identification of mental health problems in people with learning disabilities** that was of sufficient methodological quality, as outlined in the review protocols, to include in the review. Therefore statements regarding case identification have been developed to be assessed by the group through the nominal group technique.

Statements are split into two sections: general principles for case identification (p. 2-3) and action following possible identification of a mental health problem (p. 3-4).

Please ensure you have checked both sides of each sheet of paper, so that no items are missed.

For each of the statements please indicate your agreement as to their appropriateness and utility by circling one number in each row. The scale works as follows:

Number 1: Strongly disagree with this adaptation.

Number 5: Neither agree nor disagree.

Number 9: Strongly agree that this is a useful and appropriate adaptation.

There is also room to provide comments, if you wish.

Case identification: general principles									
Statements relating to general principles for case identification of mental health problems in people with learning disabilities.	Scale								
	Strongly disagree						Strongly agree		
	1	2	3	4	5	6	7	8	9
1. All staff who come into contact with people with a learning disability should understand the different ways in which mental health problems may develop and present (compared with in people without a learning disability).									
Comments:									
2. For a person with a mild learning disability, the use of identification questions recommended in relevant NICE guidelines for common mental health problems should be considered.									
Comments:									
3. For a person with a mild learning disability, minor adaptations to the identification questions recommended in relevant NICE guidelines for common mental health problems should be considered, taking into account the individual's level of comprehension and abilities.									
Comments:									
4. Questions designed to identify mental health problems in people with a learning disability should focus not only on signs and symptoms but also on changes in behaviour.									
Comments:									
5. Changes in behaviour that could indicate the presence of a mental health problem in a person with a learning disability include behaviour that challenges, social withdrawal, avoidance and agitation.									
Comments:									
6. In people with a learning disability increased difficulties in communication may indicate the presence of a mental health problem.									
Comments:									
7. When determining if a mental health problem is present in a person with a learning disability, focusing on what has changed for the individual at the personal or environmental level is important.									
Comments:									
8. Records and relevant outcome or behavioural data should be reviewed to help determine if a mental health problem might be present.									

Comments:										
9. Prospective monitoring should be considered to help determine if a mental health problem might be present.	1	2	3	4	5	6	7	8	9	
Comments:										
10. A person with a learning disability should be asked direct questions about their current thoughts and feelings, and whether anything has been bothering them recently.	1	2	3	4	5	6	7	8	9	
Comments:										
11. Family members or carers should be asked if recent changes in behaviour are accompanied by a person changes in mood or anxiety levels.	1	2	3	4	5	6	7	8	9	
Comments:										
12. Family members, carers and support workers who are in contact with people with a severe or profound learning disability should be aware that changes in the persons' behaviour, such as phobic or avoidant behaviour, might indicate the development of a mental health problem.	1	2	3	4	5	6	7	8	9	
Comments:										

Action following possible identification of a mental health problem										
Statements relating to the action following the possible identification of a mental health problems in people with learning disabilities.	Scale									
	Strongly disagree							Strongly agree		
1. If a mental health problem is suspected by a staff member, they should conduct an assessment if they are competent to do so.	1	2	3	4	5	6	7	8	9	
Comments:										
2. If a mental health problem is suspected by a person who is not competent to complete an assessment, the person with a learning disability should be referred to a competent professional for an assessment.	1	2	3	4	5	6	7	8	9	
Comments:										
3. The person with a learning disability or their family or carers should be offered support and advice in obtaining a mental health assessment for the person with a learning disability.	1	2	3	4	5	6	7	8	9	
Comments:										

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 Appendix T: Nominal group technique questionnaires

4. All health and social care workers conducting a mental health assessment should be aware of the nature of the person's learning disability, their strengths and needs and their current care.	1	2	3	4	5	6	7	8	9
Comments:									
5. People with a suspected psychotic disorder should be referred to a psychiatrist with experience or expertise of treating mental health problems in people with a learning disability.	1	2	3	4	5	6	7	8	9
Comments:									

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