

Supplementary Material 3: TaU Treatments (parent report)

Treatments for specific phobias offered to children with moderate to severe learning disabilities (parents/carers' views).

Name of the treatment	Exposure therapy			Medication					Sensory integration	Counselling	
Participant ID	1	18	26	2	16	10	45	25	16	40	
Phobia	Shower, certain foods	Animals, especially dogs and cats	Needles	Unknown places, objects, people	Changes to routine, heights	Opening his bowels	Thunder	Needles	Changes to routine, heights	Death	
Brief description of the treatment	Support	Psychoeducation for parent/carer	Positive Behaviour Support	Fluoxetine			Laxatives	Melatonin	Not known	Helping understand body and feelings	Counselling
	Play										
	Desensitisation	Gradual exposure to dogs using images first	Desensitisation								
Treatment materials	No	Yes - Pictures, Worry tree	Yes	Yes - Information (unknown format)	Yes	No			Yes - Handouts	No	
Who provided the treatment	Health Care Assistant	Psychologist		Psychiatrist	Nurse	Medical doctor who is not a psychiatrist			Other - OT designed program and trained school staff to provide	No response	
How was the treatment provided	Face to face – home, school	Face to face	Online	Face to face		Face to face - Community paediatrician centre	No response	Face to face - Hospital	Face to face	No response	
Professionals present at the sessions	Play therapist	Psychologist	Nurse, Psychologist	No response	Nurse	Paediatrician, Nurse	N/A	Not known	Occupational Therapist	No response	
Anyone else present at the	Not known	Parent	No	No response	Child and parents	No response	N/A	Not known	School staff	No response	

sessions										
Number of sessions/contacts	1 to 6			No response	More than 24	1 to 6			More than 24	No response
Frequency of sessions/contacts	Once a week	Once a month	Once a week	No response	No response	Once a month	No response	One-off	Twice daily	No response
Duration of sessions/contacts	15 to 30 minutes	About 1 hour	Less than 15 minutes	No response	15 to 30 minutes	Less than 15 minutes	30 minutes to an hour	More than one hour	15 to 30 minutes	No response
Parent/carer aware of adaptations to the treatment	No			No response	No			No	No	
Additional treatment offered	No			No	Yes	No	Yes	No		