

Supplementary Material 4: TaU Treatments (Professionals report)

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

Name of treatment	Exposure therapy (n = 7)	CBT (n = 4)	Medication (n = 4)	Systemic intervention (n = 2)	ACT (n = 1)	Psychoeducation and Behavioural therapy (n = 1)	Primary care support (n = 2)
Rationale for using the treatment	<ul style="list-style-type: none"> Evidence-based (n = 3) Can be individualised (n = 3) Parent/carer involvement (n = 2) Recommended by NICE (n = 1) Concrete way of working with phobias (n = 1) Increased confidence of the young person by familiarisation to the environment (n = 1) 	<ul style="list-style-type: none"> Can be individualised (n = 3) Evidence-based (n = 2) Parent/carer involvement (n = 1) Recommended by NICE (n = 1) 	<ul style="list-style-type: none"> Pharmacological relief of anxiety (n = 2) Evidence-based (n = 2) Helps the person engage in psychological therapies (n = 1) 	<ul style="list-style-type: none"> Can be individualised (n = 1) Difficulties with phobia can arise within families (n = 1) 	<ul style="list-style-type: none"> Can be individualised (n = 1) 	<ul style="list-style-type: none"> Can be individualised (n = 1) 	<ul style="list-style-type: none"> Part of primary care (n = 1)

Name of treatment	Exposure therapy (n = 7)	CBT (n = 4)	Medication (n = 4)	Systemic intervention (n = 2)	ACT (n = 1)	Psychoeducation and Behavioural therapy (n = 1)	Primary care support (n = 2)
Key elements of the treatment	<ul style="list-style-type: none"> • Graded exposure (n = 3) • Relaxation (n = 2) • Fear hierarchy (n = 2) • Individualised assessment (n = 2) • Support from the parent/carer (n = 1) • Regular review of treatment progress (n = 1) • Exposure to a feared stimulus (n = 1) • Praise (n = 1) • Modeling (n = 1) • Parent/carer involvement (n = 2) • Skills teaching (n = 1) • Planning sessions (n = 1) • Family history (n=1) • Exploring feelings (n=1) • Monitoring person's engagement (n=1) • Involvement of 	<ul style="list-style-type: none"> • Graded exposure (n = 2) • Working with thought patterns (n = 1) • Behavioural experiments (n = 1) • Activity scheduling (n = 1) • Parent/carer involvement (n = 1) • Kindness and compassion (n = 1) • Information adapted to the young person's needs (n = 1) • Control for the young person (n = 1) • Sense of safety and support (n = 1) • Praise (n = 1) • Modelling (n = 1) • Skills teaching (n = 1) • Problem formulation (n=1) • Psychoeducation(n=1) • Individualised assessment (n = 1) 	<ul style="list-style-type: none"> • Medication (n = 1) • Psychiatric supervision (n = 1) • Not known (n = 1) • Assessment (n = 1) • Diagnosis (n = 1) • Prescribing (n = 1) 	<ul style="list-style-type: none"> • Exploring narratives within the family (n = 1) • Identifying the family's strengths (n = 1) • Information adapted to the young person's needs (n = 1) • Control for the young person (n = 1) • Sense of safety and support (n = 1) • Kindness and compassion (n = 1) 	<ul style="list-style-type: none"> • Information adapted to the young person's needs (n = 1) • Control for the young person (n = 1) • Sense of safety and support (n = 1) • Kindness and compassion (n = 1) 		<ul style="list-style-type: none"> • Referral to secondary care (n = 1)

Name of treatment	Exposure therapy (n = 7)	CBT (n = 4)	Medication (n = 4)	Systemic intervention (n = 2)	ACT (n = 1)	Psychoeducation and Behavioural therapy (n = 1)	Primary care support (n = 2)
	<ul style="list-style-type: none"> family and care staff (n=1) • Problem formulation (n=1) • Psychoeducation (n=1) • Treatment toolkit (n=1) 	<ul style="list-style-type: none"> • Treatment toolkit (n=1) 					
Additional key procedures, activities and processes used within the treatment	<ul style="list-style-type: none"> • Collaboration with other specialists (n = 1) • Pictures (n = 1) • Videos (n = 1) • Clinician or family engagement (n = 1) • Social stories (n = 1) • Explaining treatment to everyone involved (n = 1) 	<ul style="list-style-type: none"> • Individualising (n = 1) • Providing extra training for staff (n = 1) 	<ul style="list-style-type: none"> • Assessment of family's ability to support use of medication (n = 1) • Not known (n = 1) • Not applicable (n = 1) 	<ul style="list-style-type: none"> • Individualising (n = 1) • Providing extra training for staff (n = 1) 	<ul style="list-style-type: none"> • Individualising (n = 1) • Providing extra training for staff (n = 1) 	<ul style="list-style-type: none"> • Flexibility (n = 1) 	

Name of treatment	Exposure therapy (n = 7)	CBT (n = 4)	Medication (n = 4)	Systemic intervention (n = 2)	ACT (n = 1)	Psychoeducation and Behavioural therapy (n = 1)	Primary care support (n = 2)
Treatment materials	<ul style="list-style-type: none"> • Exposure recording forms (n = 4) • Individualised for the young person (n = 3) • Visuals (n = 2) • Pictures (n = 2) • Videos (n = 2) • Photos (n = 1) • Leaflets for parents/carers (n = 1) • Sounds (n = 1) • Visiting the place (n = 1) • Rating scales (n = 1) • Anxiety coping plan (n = 1) • Instructions clearly communicated (n = 1) • Information sheets (n=1) • Social stories (n = 1) • Dental materials (n = 1) 	<ul style="list-style-type: none"> • Individualised for the young person (n = 2) • Exposure recording forms (n = 2) • Thought diaries (n = 1) • Charts (n = 1) • Rating scales (n = 1) • Goal setting forms (n = 1) • Anxiety coping plan (n = 1) • Visuals (n = 1) • Information sheets (n=1) 	<ul style="list-style-type: none"> • Medication (n = 1) • Individualised for the young person (n = 1) • Leaflets for the young person (n = 1) • Easy read information (n = 1) • Information leaflets (n = 1) 	<ul style="list-style-type: none"> • None (n = 1) 		<ul style="list-style-type: none"> • Pictures (n = 1) • Modelling roles (n = 1) 	

Name of treatment	Exposure therapy (n = 7)	CBT (n = 4)	Medication (n = 4)	Systemic intervention (n = 2)	ACT (n = 1)	Psychoeducation and Behavioural therapy (n = 1)	Primary care support (n = 2)
Professional providing the treatment	<ul style="list-style-type: none"> • Psychologist (n = 6) • Nurse (n = 5) • Parent or support care mediated treatment or intervention (n = 3) • Health Care Assistant (n = 2) • Speech and Language Therapist (n = 1) • Other – Any team member (n = 1) • Other – Support Worker (n = 1) • Other - Trainee Clinical Psychologist (n=1) • Other – Dental team (n = 1) 	<ul style="list-style-type: none"> • Psychologist (n = 4) • Nurse (n = 1) • Other – Play Specialist (n = 1) • Other – Trainee Clinical Psychologist (n = 1) 	<ul style="list-style-type: none"> • Psychiatrist (n = 4) • Nurse (n = 1) 	<ul style="list-style-type: none"> • Psychologist (n = 2) • Other – Play Specialist (n = 1) 	<ul style="list-style-type: none"> • Psychologist (n = 1) • Other – Play Specialist (n = 1) 	<ul style="list-style-type: none"> • Psychologist (n = 1) • Nurse (n = 1) 	<ul style="list-style-type: none"> • Medical doctor who is not a psychiatrist (n = 1) • Nurse (n = 1)
How is the treatment provided	<ul style="list-style-type: none"> • Face to face (n = 6) • Online (n = 3) • Over the telephone (n = 1) • Other: Combined contact methods – Face to face, virtual or over the telephone 	<ul style="list-style-type: none"> • Face to face (n = 3) • Online (n = 2) • Over the telephone (n = 1) • Other: Combined contact methods – Face to face, virtual or over the telephone 	<ul style="list-style-type: none"> • Face to face (n = 3) • Online (n = 2) • Over the telephone (n = 1) • Other: Combined contact methods – Face to face or virtual (n = 1) 	<ul style="list-style-type: none"> • Face to face (n = 2) • Online (n = 1) 	<ul style="list-style-type: none"> • Face to face (n = 1) 	<ul style="list-style-type: none"> • Face to face (n = 1) 	<ul style="list-style-type: none"> • Other – GP surgery (n = 1)

Name of treatment	Exposure therapy (n = 7)	CBT (n = 4)	Medication (n = 4)	Systemic intervention (n = 2)	ACT (n = 1)	Psychoeducation and Behavioural therapy (n = 1)	Primary care support (n = 2)
	(n = 1)	(n = 1)					
Face to face treatment setting	<ul style="list-style-type: none"> • Home (n = 3) • School (n = 3) • Clinic (n = 3) • Short-break service (n = 1) • Individualised to the treatment (n = 1) 	<ul style="list-style-type: none"> • Community clinic (n = 2) • Home (n = 2) • Hospital (n = 1) • Clinic (n = 1) • School (n = 1) 	<ul style="list-style-type: none"> • Clinic (n = 2) • School (n = 1) • Community out-patient unit (n = 1) 	<ul style="list-style-type: none"> • Home (n = 2) • Community centre (n = 1) • Community clinic (n = 1) • Hospital (n = 1) 	<ul style="list-style-type: none"> • Community clinic (n = 1) • Home (n = 1) • Hospital (n = 1) 	<ul style="list-style-type: none"> • Clinic (n = 1) • Home (n = 1) 	
Professionals present at the sessions	<ul style="list-style-type: none"> • Professional delivering the treatment (n = 3) • Clinical Psychologist (n = 1) • Assistant Psychologist (n = 1) • Case Manager (n = 1) • Teacher (n = 1) • Dental Therapist (n = 1) • Dental Nurse (n = 1) • Dentist (n = 1) 	<ul style="list-style-type: none"> • Psychologist (n = 2) • Clinical Psychologist (n = 1) • Assistant Psychologist (n = 1) • Carer (n = 1) • Professional delivering the treatment (n = 1) 	<ul style="list-style-type: none"> • Psychiatrist (n = 4) • Nurse (n = 2) • Care Co-ordinator (n = 1) 	<ul style="list-style-type: none"> • Psychologist (n = 2) • Other professionals supporting the young person (n = 1) • Carer (n = 1) 	<ul style="list-style-type: none"> • Psychologist (n = 1) • Carer (n = 1) 	<ul style="list-style-type: none"> • Psychologist (n = 1) • Nurse (n = 1) 	<ul style="list-style-type: none"> • GP (n = 1) • Nurse (n = 1)

Name of treatment	Exposure therapy (n = 7)	CBT (n = 4)	Medication (n = 4)	Systemic intervention (n = 2)	ACT (n = 1)	Psychoeducation and Behavioural therapy (n = 1)	Primary care support (n = 2)
Anyone else present at the sessions	<ul style="list-style-type: none"> Parents/carers (n = 3) School staff (n = 2) Young person and parent/carer (n = 1) Family (n = 1) Clinical Psychologist (n = 1) Parents/carers (n = 1) Support staff (n = 1) 	<ul style="list-style-type: none"> Parents/carers (n = 2) Phlebotomist (n = 1) Nurse (n = 1) Doctor (n = 1) Clinical Psychologist (n = 1) 	<ul style="list-style-type: none"> Parents/carers (n = 3) School staff (n = 1) Support staff (n = 1) Nurse (n = 1) Professional involved with the family (n = 1) 	<ul style="list-style-type: none"> Young person and family/carers (n = 1) Phlebotomist (n = 1) Nurse (n = 1) Doctor (n = 1) 	<ul style="list-style-type: none"> Phlebotomist (n = 1) Nurse (n = 1) Doctor (n = 1) 	<ul style="list-style-type: none"> Young person and parent/carer (n = 1) 	
Number of sessions	<ul style="list-style-type: none"> 1 to 6 (n = 1) 6 to 12 (n = 2) 12 to 24 (n = 2) Variable (n = 1) 	<ul style="list-style-type: none"> 6 to 12 (n = 2) 12 to 24 (n = 2) 	<ul style="list-style-type: none"> 6 to 12 (n = 2) 1 to 6 (n = 1) 12 to 24 (n = 1) 	<ul style="list-style-type: none"> 6 to 12 (n = 1) 12 to 24 (n = 1) 	<ul style="list-style-type: none"> 6 to 12 (n = 1) 	<ul style="list-style-type: none"> More than 24 (n = 1) 	<ul style="list-style-type: none"> 1 to 6 (n = 1)
Frequency of sessions/contacts	<ul style="list-style-type: none"> Once a week (n = 4) Once a fortnight (n = 1) Once a month (n = 1) Variable (n = 1) 	<ul style="list-style-type: none"> Once a week (n = 3) Once a fortnight (n = 1) 	<ul style="list-style-type: none"> Once a month (n = 4) 	<ul style="list-style-type: none"> Once a fortnight (n = 1) Once a week (n = 1) 	<ul style="list-style-type: none"> Once a week (n = 1) 	<ul style="list-style-type: none"> Once a fortnight (n = 1) 	<ul style="list-style-type: none"> Once a month (n = 1)
Duration of sessions/contacts	<ul style="list-style-type: none"> 30 minutes to an hour (n = 5) More than one hour (n = 1) 	<ul style="list-style-type: none"> 30 minutes to an hour (n = 4) 	<ul style="list-style-type: none"> 30 minutes to an hour (n = 3) 15 to 30 minutes (n = 1) 	<ul style="list-style-type: none"> 30 minutes to an hour (n = 2) 	<ul style="list-style-type: none"> 30 minutes to an hour (n = 1) 	<ul style="list-style-type: none"> 15 to 30 minutes (n = 1) 	<ul style="list-style-type: none"> Less than 15 minutes (n = 1)

Name of treatment	Exposure therapy (n = 7)	CBT (n = 4)	Medication (n = 4)	Systemic intervention (n = 2)	ACT (n = 1)	Psychoeducation and Behavioural therapy (n = 1)	Primary care support (n = 2)
Monitoring the treatment implementation	<ul style="list-style-type: none"> • Yes (n = 5): • Reviews (n = 2) • Supervision (n = 2) • Outcome measures (n = 2) • Consultations with parents/carers (n = 1) • Patient measures (n = 1) • Videos (n = 1) • No (n = 1) 	<ul style="list-style-type: none"> • Yes (n = 3): • Supervision (n = 2) • Patient measures (n = 1) • Reviews (n = 1) • Outcome measures (n = 1) • No (n = 1) 	<ul style="list-style-type: none"> • Yes (n = 3): • Reviews (n = 1) • Feedback from parents/carers (n = 1) • Outcome measures (n = 1) • Reports from other professionals (n = 1) • No (n = 1) 	<ul style="list-style-type: none"> • Yes (n = 1): • Patient measures (n = 1) • No (n = 1) 	<ul style="list-style-type: none"> • Yes (n = 1): • Patient measures (n = 1) 	<ul style="list-style-type: none"> • Yes (n = 1): • Reviews (n = 1) 	
Any adaptations made	<ul style="list-style-type: none"> • Yes (n = 7) 	<ul style="list-style-type: none"> • Yes (n = 4) 	<ul style="list-style-type: none"> • Yes (n = 3) • No (n = 1) 	<ul style="list-style-type: none"> • Yes (n = 2) 	<ul style="list-style-type: none"> • Yes (n = 1) 	<ul style="list-style-type: none"> • Yes (n = 1) 	<ul style="list-style-type: none"> • Yes (n = 1)
Situations leading to adapting the treatment	<ul style="list-style-type: none"> • Not adapted to the young person (n = 2) • Too challenging for the young person (n = 2) • Needs of the young person and the family (n = 2) • Materials are not relevant for the young person (n = 1) • Family does not understand the treatment (n = 1) • Level of learning 	<ul style="list-style-type: none"> • Too challenging for the young person (n = 2) • Not adapted to the young person (n = 1) • Difficulties with consent and understanding (n = 1) • Family does not understand the treatment (n = 1) • Level of learning disability (n = 1) • Language difficulties (n = 1) 	<ul style="list-style-type: none"> • Sensory issues (n = 1) • Visiting a clinic too challenging for the young person (n = 1) • Not known (n = 1) 	<ul style="list-style-type: none"> • Not adapted to the young person (n = 1) • Too challenging for the young person (n = 1) • Difficulties with consent and understanding (n = 1) 	<ul style="list-style-type: none"> • Too challenging for the young person (n = 1) • Difficulties with consent and understanding (n = 1) 	<ul style="list-style-type: none"> • Psychosocial factors (n = 1) 	<ul style="list-style-type: none"> • Family initiates contact (n = 1) • Not known (n = 1)

Name of treatment	Exposure therapy (n = 7)	CBT (n = 4)	Medication (n = 4)	Systemic intervention (n = 2)	ACT (n = 1)	Psychoeducation and Behavioural therapy (n = 1)	Primary care support (n = 2)
	<ul style="list-style-type: none"> disability (n = 1) • Language difficulties (n = 1) • Cognitive difficulties (n = 1) • Additional diagnoses (n = 1) 	<ul style="list-style-type: none"> • Cognitive difficulties (n = 1) • Additional diagnoses (n = 1) 					
Treatment adaptations	<ul style="list-style-type: none"> • Parent/carer involvement (n = 4) • Adapting materials (n = 4) • Adapting session number, duration, or frequency (n = 2) • Including the young person in decision making (n = 1) • Repetitions (n = 1) • Adapting language (n = 1) • Recording sessions (n = 1) • Being aware of acquiescence (n = 1) • Adjusting expectations (n = 1) 	<ul style="list-style-type: none"> • Parent/carer involvement (n = 3) • Adapting materials (n = 2) • Adapting language (n = 1) • Repetitions (n = 1) • Recording sessions (n = 1) • Being aware of acquiescence (n = 1) • Depends on the young person's needs (n = 1) • Adapting session number, duration, or frequency (n = 1) • Simplification (n = 1) • Behavioural 	<ul style="list-style-type: none"> • Easy read information (n = 1) • Support from Occupational Therapist (n = 1) • Increasing acceptability of medication (n = 1) • School observation (n = 1) • Virtual session (n = 1) 	<ul style="list-style-type: none"> • Parent/carer involvement (n = 1) • Adapting materials (n = 1) • Adapting language (n = 1) • Repetitions (n = 1) • Recording sessions (n = 1) • Being aware of acquiescence (n = 1) • Depends on the young person's needs (n = 1) 	<ul style="list-style-type: none"> • Depends on the young person's needs (n = 1) 	<ul style="list-style-type: none"> • Support from school (n = 1) 	

Name of treatment	Exposure therapy (n = 7)	CBT (n = 4)	Medication (n = 4)	Systemic intervention (n = 2)	ACT (n = 1)	Psychoeducation and Behavioural therapy (n = 1)	Primary care support (n = 2)
	<ul style="list-style-type: none"> • Simplification (n = 1) • Behavioural approach (n = 1) • Skills teaching (n = 1) • Increased number of breaks (n = 1) • Use of incentives (n = 1) • Inclusion of creative activities (n = 1) 	<ul style="list-style-type: none"> • approach (n = 1) • Skills teaching (n = 1) • Increased number of breaks (n = 1) • Use of incentives (n = 1) • Inclusion of creative activities (n = 1) 					
More than one treatment option offered by the service	<ul style="list-style-type: none"> • No (n = 4) • Yes (n = 3) 	<ul style="list-style-type: none"> • Yes (n = 3) • No (n = 1) 	<ul style="list-style-type: none"> • Yes (n = 4) 	<ul style="list-style-type: none"> • Yes (n = 1) • No (n = 1) 	<ul style="list-style-type: none"> • No (n = 1) 	<ul style="list-style-type: none"> • Yes (n = 1) 	<ul style="list-style-type: none"> • No (n = 2)

