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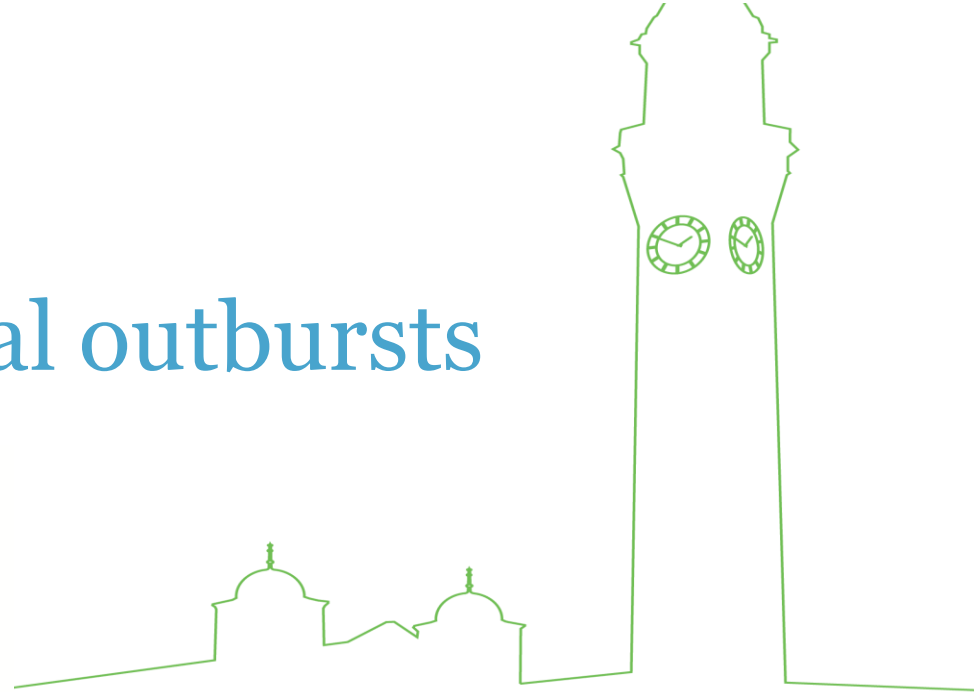
# Stay Calm Project: measuring emotional outbursts

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# Background



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- Emotional outburst
  - Also known as “temper outburst”, “tantrum”, “meltdown”, “rage”
- Outbursts may often be linked to anxiety
  - e.g., change in routine could be a trigger



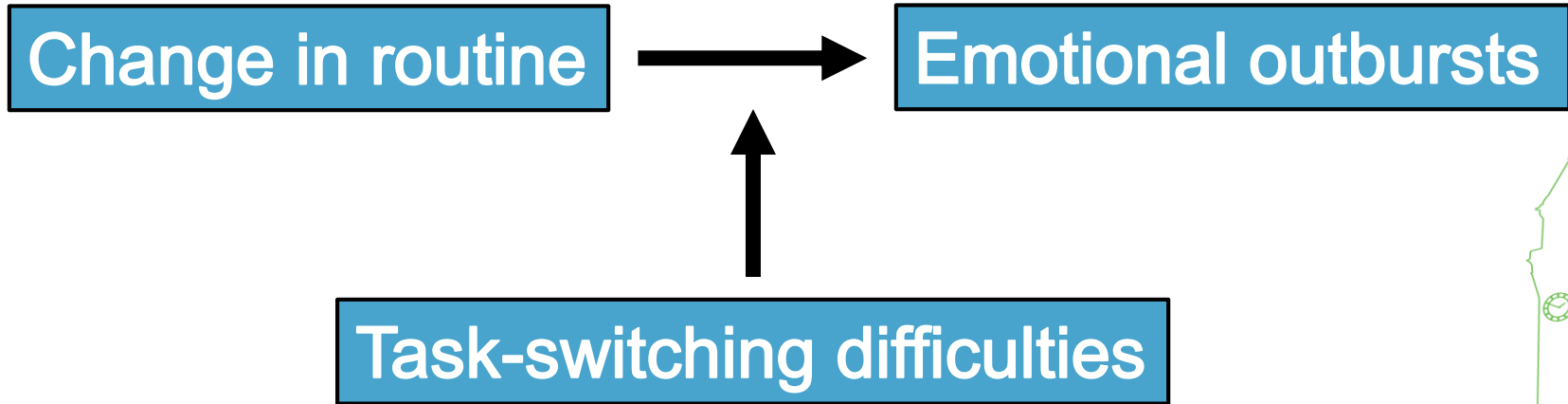
# Pathways to outbursts



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e.g., in Prader-Willi syndrome and fragile X syndrome



# Current challenges



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- Little information about different pathways leading to emotional outbursts
- No standard way of measuring outbursts
  - Interviews often used, but time-consuming



# Stay Calm Project







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- Developed an in-depth questionnaire with feedback from stakeholders
  
- Now inviting parents and caregivers to complete the questionnaire online
  - Between 6-25 years old
  - At least one outburst a month

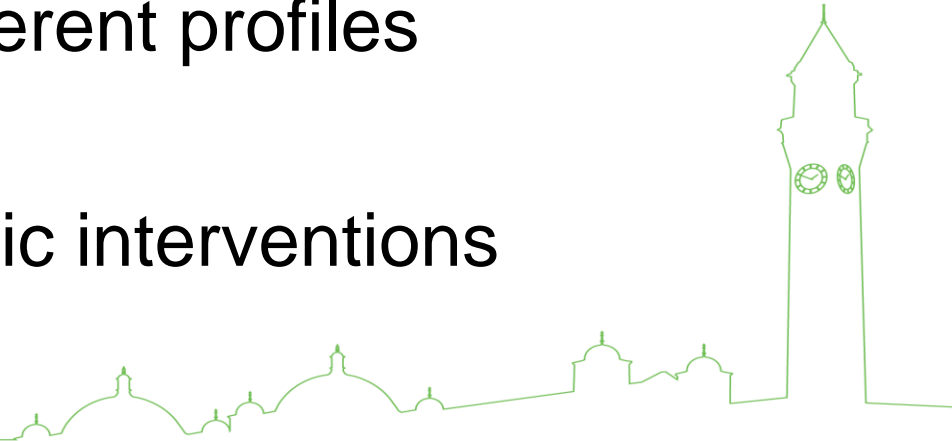


# Future directions



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- Define different types or profiles of outbursts
- Explore the emotional and cognitive difficulties related to different profiles
- Develop pathway-specific interventions



# Acknowledgements

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Jalen Stewart

Colleagues at the School of Psychology

For more information on how to take part:

[katewoodcock.com/staycalm](http://katewoodcock.com/staycalm)



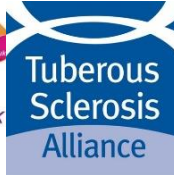
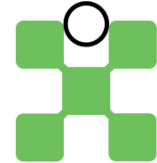
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