



**This is an easy read report of research studies looking at therapies for people with aggressive challenging behaviour**





Aggressive challenging behaviour means doing something that hurts you or people around you



This can be:  
Shouting



Punching or kicking

This can happen because:



People do not understand how the person feels



The person feels they do not have control

# Aggressive challenging behaviour can affect a person's:



Quality of Life



Safety



Every person with aggressive challenging behaviour is different



We do not know much about what therapies work for aggressive challenging behaviour



We looked at 59 research studies that have already happened



These studies were with people with learning disabilities, dementia and mental illness



We looked at these studies to find out what makes therapies work

We found:



The therapy should look at emotions and how to deal with them



The therapy should suit everyone



The therapy should include fun and enjoyable activities





The therapy should match the person's needs



The therapy should be fun



The person should feel respected and valued



There should be good communication between the person and their carers



There should be good communication between staff and the family



Staff should feel supported by health professionals



New staff should be trained to deliver the therapy



Staff members should work together

# All good therapies should:



Build new skills



Address unmet needs

# All good therapies should:



Improve how we understand  
aggressive challenging behaviour



Carers should be kind to service  
users

# All good therapies should:



Encourage therapists



Build trust



Therapies that do these things  
tend to work the best



An easy read summary is important because it ensures that content of research papers can be read and understood by people with varying degrees of comprehension. It is important that the content of research papers like the one in this easy read reaches the target population of the research.

**Original paper:**

Royston R, Naughton S, Hassiotis A, Jahoda A, Ali A, Chauhan U, et al. (2023)

Complex interventions for aggressive challenging behaviour in adults with intellectual disability: A rapid realist review informed by multiple populations.

PLoS ONE 18(5): e0285590. <https://doi.org/10.1371/journal.pone.0285590>

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