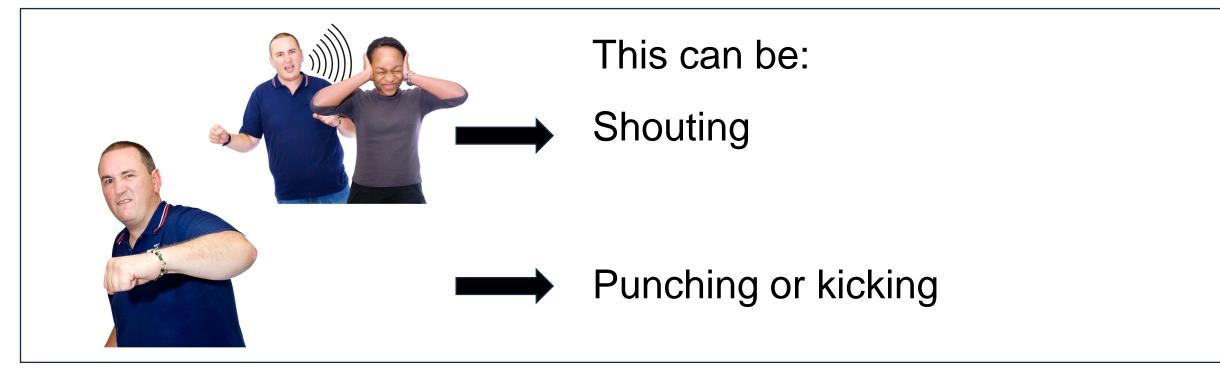


This is an easy read report of research studies looking at
therapies for people with aggressive challenging behaviour

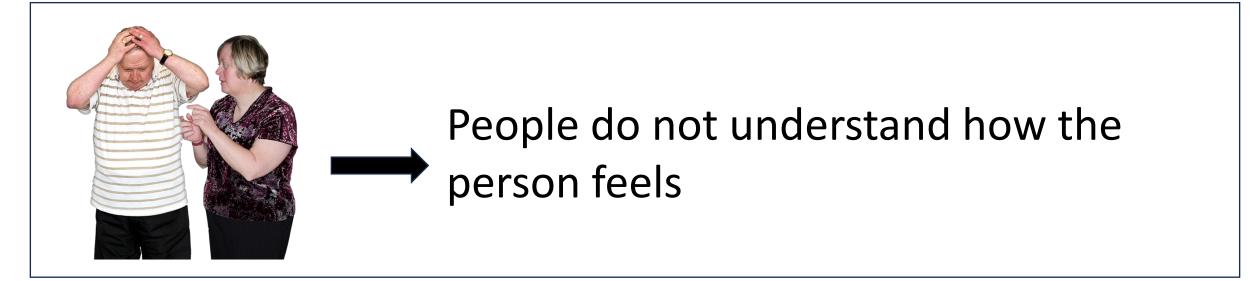


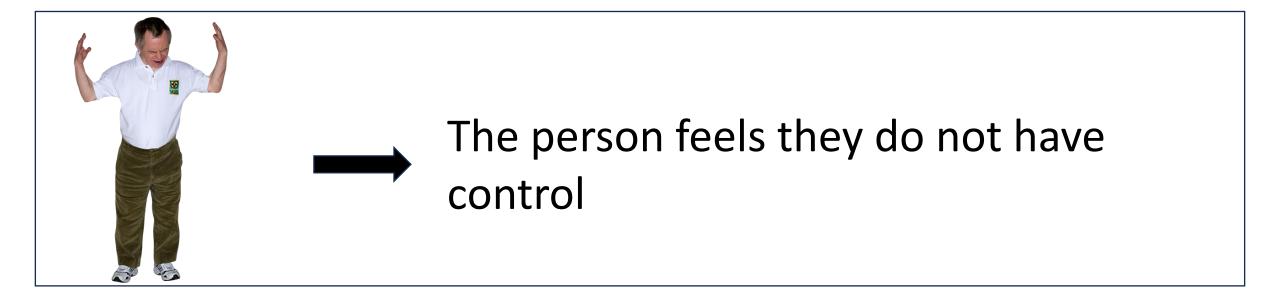


Aggressive challenging behaviour means doing something that hurts you or people around you

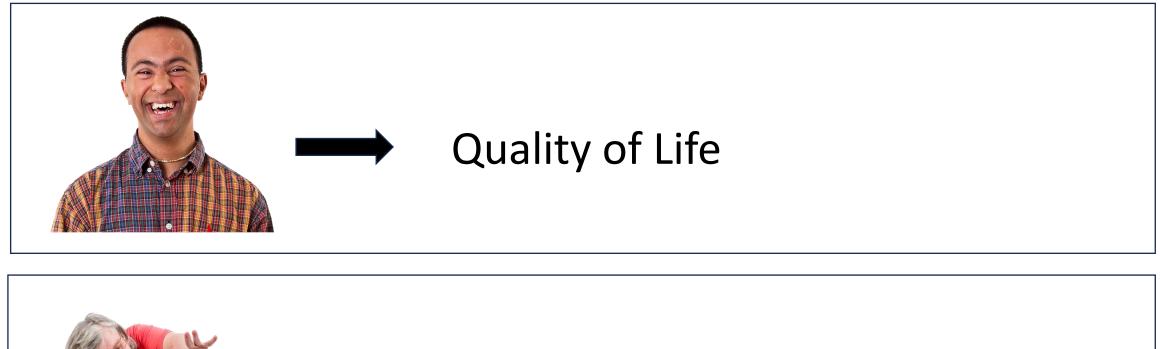


This can happen because:

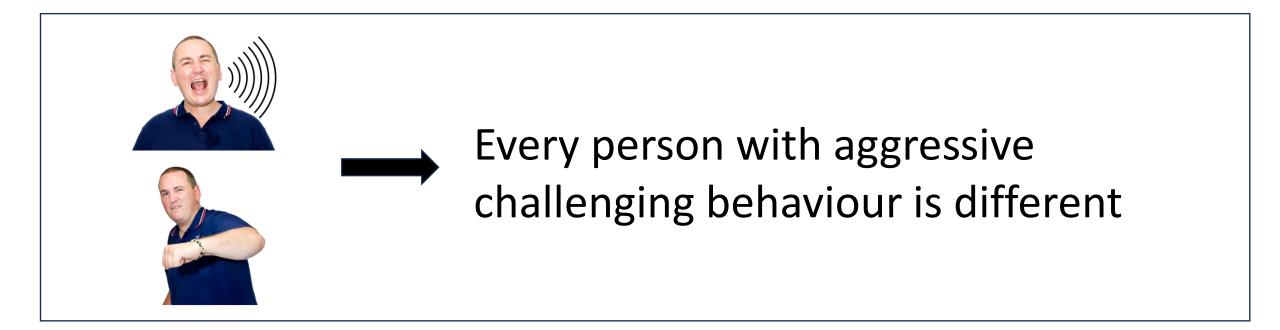




Aggressive challenging behaviour can affect a person's:









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



We looked at 59 research studies that have already happened

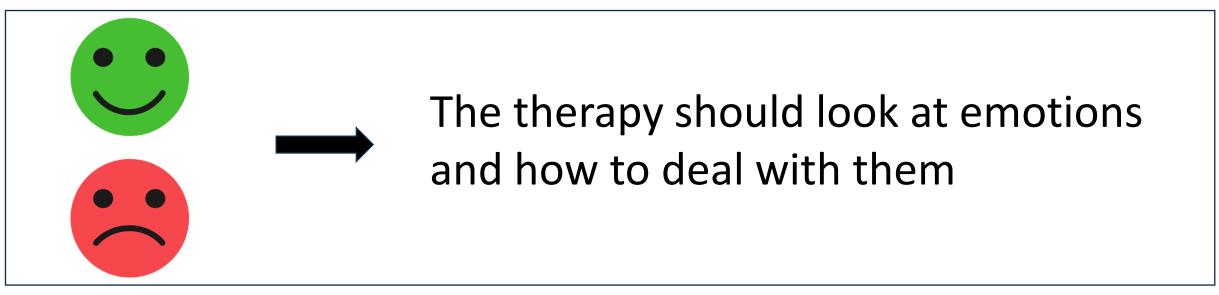


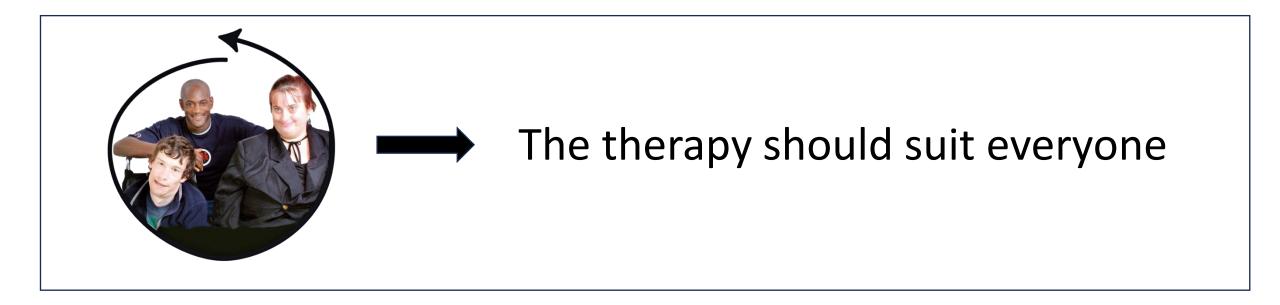
These studies were with people with learning disabilities, dementia and mental illness

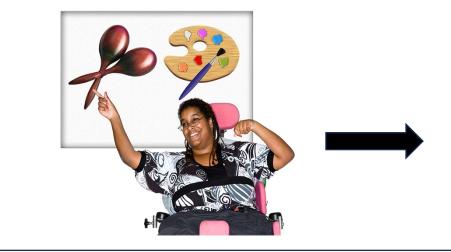


We looked at these studies to find out what makes therapies work

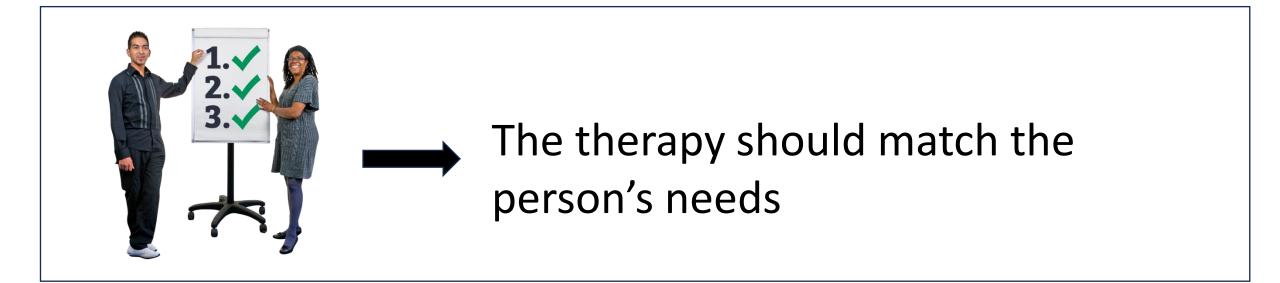
We found:

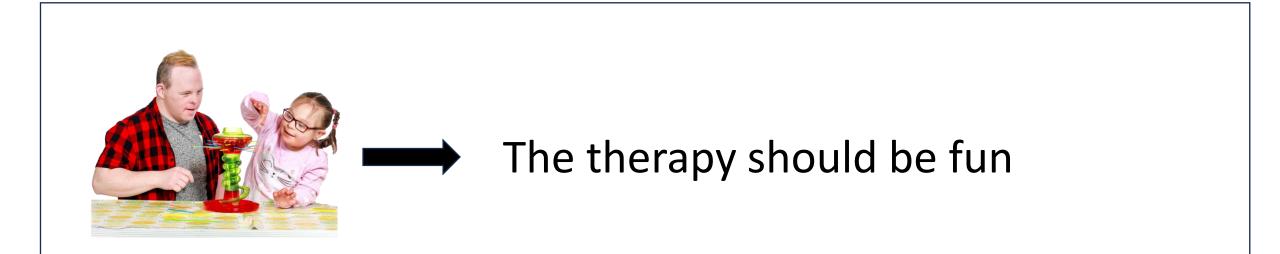






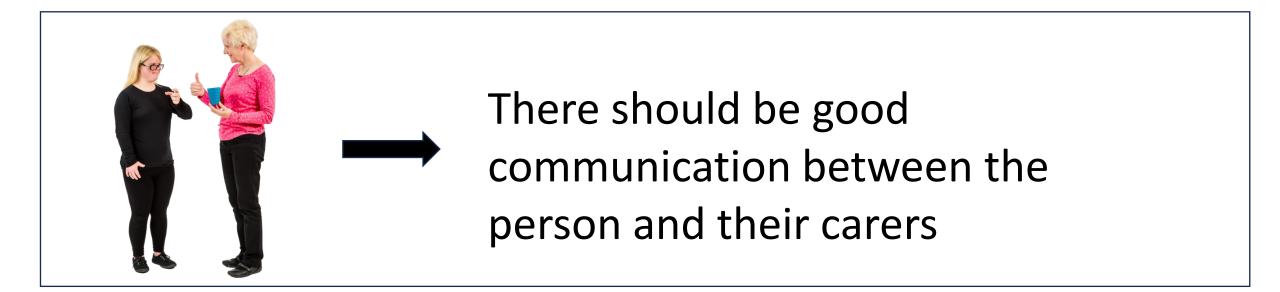
The therapy should include fun and enjoyable activities





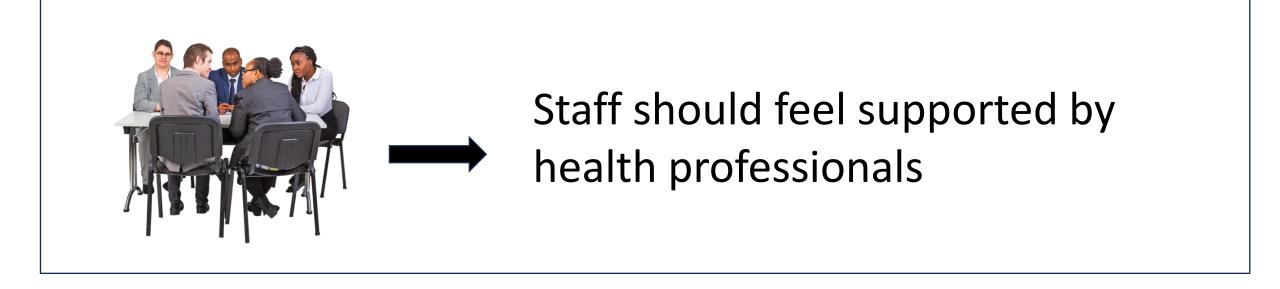


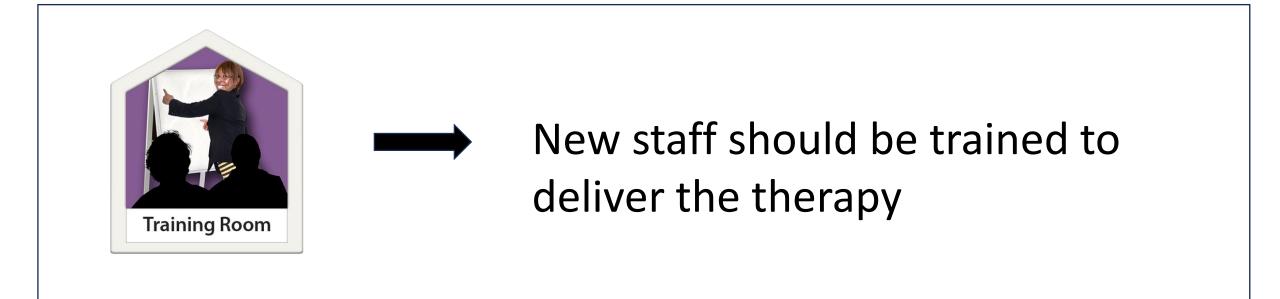
The person should feel respected and valued

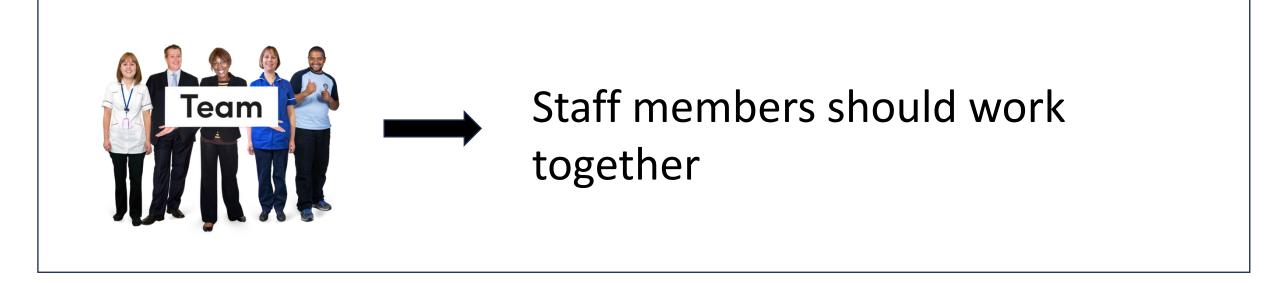




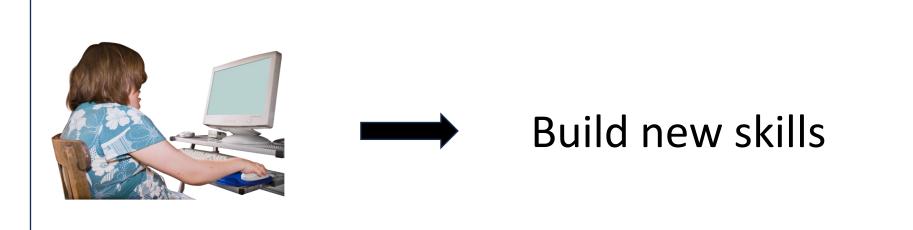
There should be goodcommunication between staff and the family

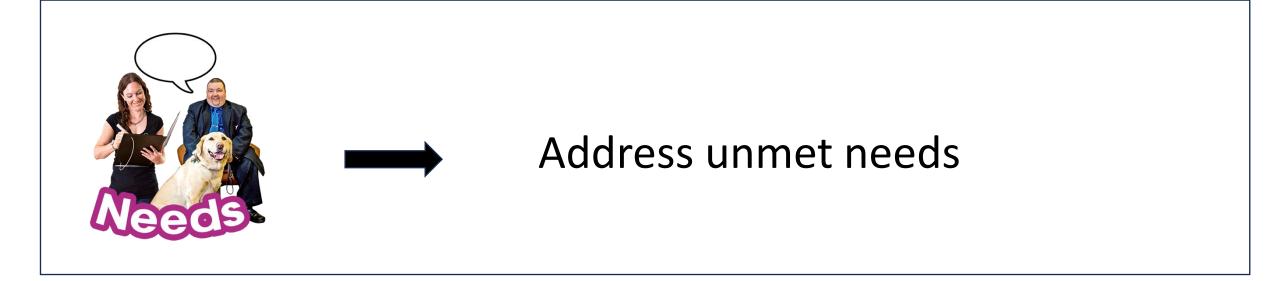




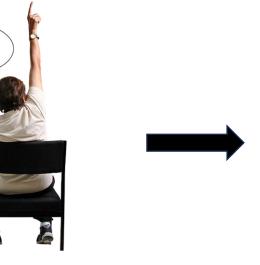


All good therapies should:

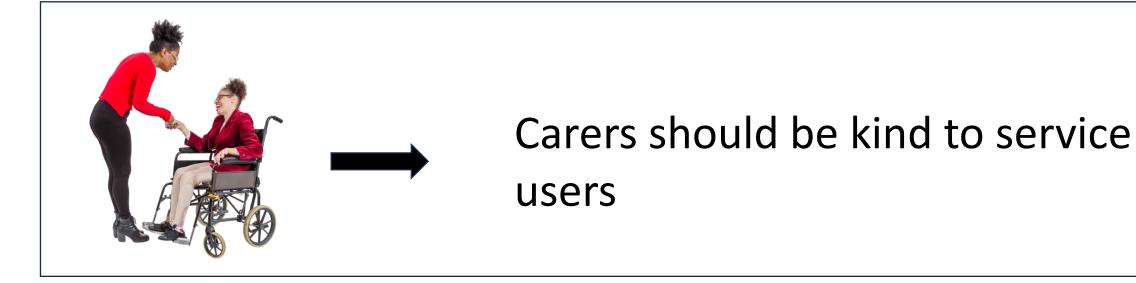




All good therapies should:



Improve how we understand aggressive challenging behaviour



All good therapies should:

Encourage therapists





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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This easy read document was written in collaboration with Robert, Ola, Lisa from the PETAL service user PPI group and Brendan Leahy (PPI group facilitator).