

FROM THE MOADD APP: AGGRESSION

The MOADD mobile app provides clinicians with best practice guidelines and approaches in supporting individuals with co-occurring intellectual, developmental and behavioral health diagnoses. The app can be downloaded from Google Play or iTunes, follow the links below.

[Google Play Store](#)

[iTunes Store](#)

Aggression

Aggression is not a diagnosis; it is rather referring to behaviors in response to environment. Environment is defined as not only the individual's current setting but the individual's medical, physical, social, and historical background. Aggression occurs at increased rates in individual's with I/DD compared to their typically developing peers.

Recognition

A wide range of physical and verbal/communicative actions might be characterized as aggressive, including:

- cursing, name calling, and threat-making
- posting violent images online
- hitting, kicking, or other actions to injure
- head banging, picking, biting, cutting, or other self-harm

In this context, behaviors are characterized as aggressive when behaviors result in or risk for physical and/or emotional harm to self, others, or property whether intentional or not. Neuro-psychiatric conditions such as ADHD, ODD/CD, Bipolar Disorder, Anxiety, Mood Disorders or SUDs can all involve aggression as a symptom.

Treatment Approach

The approach to management of aggression or self-injurious behavior in an individual with a dual diagnosis involves consideration of the individual's functional communication and coping skills. The treatment approach should assist the individual in developing skills for each setting.

Biological Factors

A medical evaluation and ensuring indicated medical treatment is a mandatory first step when addressing aggressive behavior. Untreated medical conditions in individuals with I/DD may result in increased problem behaviors.