

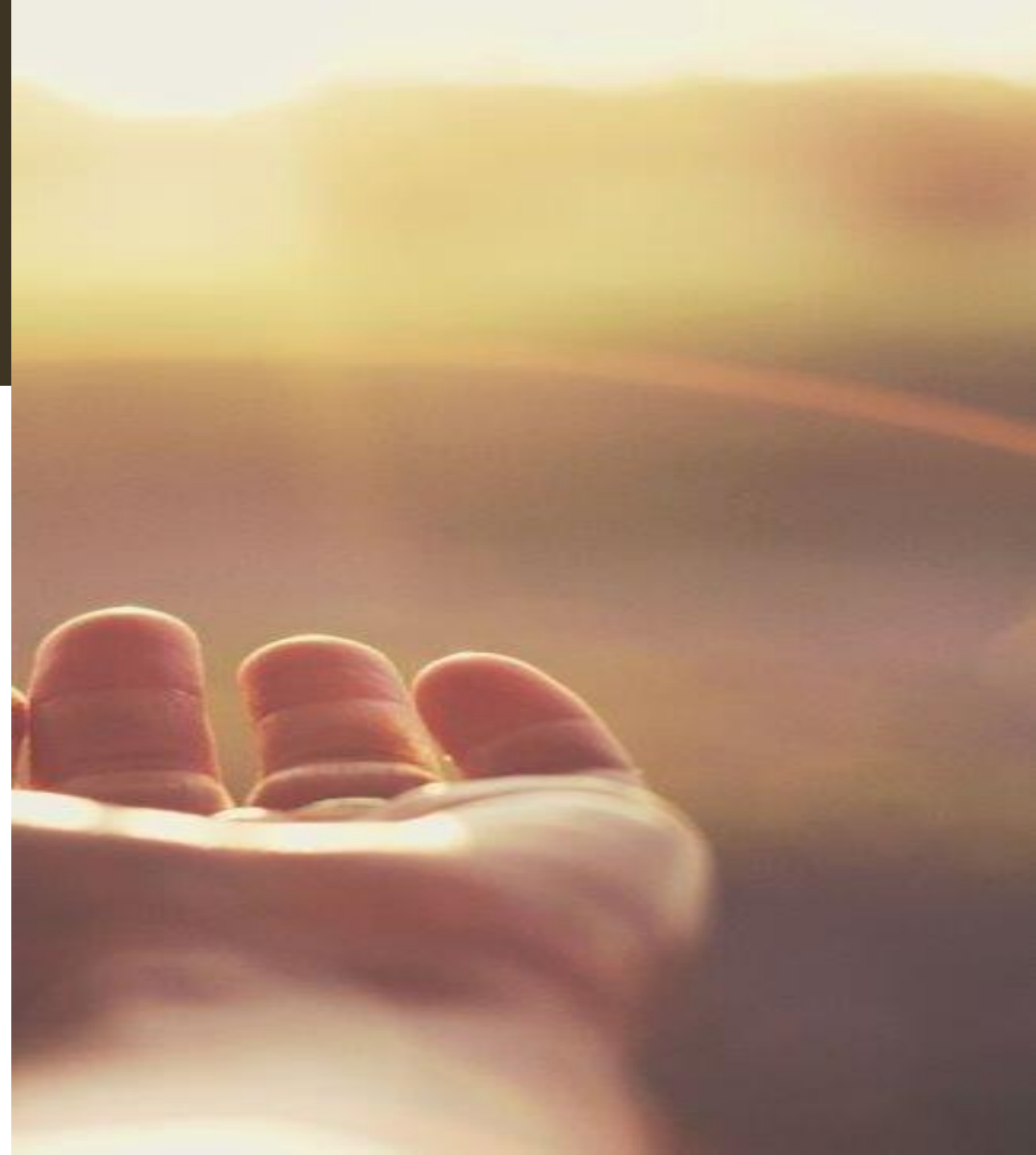
# UNDERSTANDING AGGRESSION.

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10<sup>TH</sup> JAN. 2024



# OUTLINE

- INTRODUCTION /DEFINITION
- TYPES OF AGGRESSION
- EARLY WARNING SIGNS
- COMMON TRIGGERS OF AGGRESSION  
IN PSYCHIATRIC SETTINGS.
- CONCLUSION



# AGGRESSION

- A Behaviour
- Intent : cause harm (physical/psychological)
- Could be directed at oneself or another person/animal
- Violence is extreme physical aggression
- IT IS USUALLY INTENDED TO COMMUNICATE SOMETHING ESP WHEN NOT USUAL FOR A PERSON.





# TYPES OF AGGRESSION

- Physical
- Verbal
- Passive
- Instrumental
- Impulsive



## EARLY WARNING SIGNS.

- Pacing up and down
- **Raised voice**
- Facial indicators eg frowning, rubbing forehead
- Clenched fists
- Table banging
- Becoming Argumentative
- Undue silence
- Issuing out threats
- Pointing
- Accelerated breathing



# Common triggers of Aggression (1)

- None at all
- Perception of being unfairly treated
- Discomfort of any sort
- Overstimulation
- Positive re enforcement etc



# Common triggers of Aggression 2.

- Poor sleep
- Use of Psychoactive substances
- Hearing of voices
- Anxiety, fear, stress
- Genetic predisposition



# CONCLUSION

VERY IMPORTANT TO RECOGNIZE  
EARLY WARNING SIGNS OF  
AGGRESSION.

2) THERE IS USUALLY A MESSAGE  
BEHIND MOST AGGRESSIVE  
BEHAVIOUR. PLEASE, BE  
ATTENTIVE.

3) WE OWE PATIENTS OUR TIME,  
KNOWLEDGE, SKILL ETC. WE  
HOWEVER DO NOT OWE THEM  
OUR LIVES.





THANK YOU



# REFERENCES

1. The World Health Organization.