

# Self-Injurious Behaviour in Rubinstein-Taybi Syndrome

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**The term self-injurious behaviour refers to any non-accidental behaviour (i.e., accidentally bumping your head on the wall would not be classed as self-injury whereas intentionally hitting your head on your wall would) that has the potential to cause some kind of damage such as reddening, bruising, bleeding or hair loss.**

There is little research that has been conducted on self-injurious behaviour in Rubinstein-Taybi syndrome.

However, the little research that has been completed has estimated that between 20-40% of individuals with Rubinstein-Taybi syndrome display self-injurious behaviour.

Research with a wide range of neurodevelopmental disorders has found that individuals that displayed self-injury scored higher on measures of autistic-like repetitive behaviours, overactivity and impulsivity. However, there are a variety of potential causes for self-injurious behaviour – visit our [causes of challenging behaviour](#) page for more information on this.