

This is a summary of a research article. It tells you about a literature review of everyday harm. A literature review is a summary of what other people have written about a topic. We reviewed a lot of books and articles to find out what other people have written about everyday harm.

What is everyday harm?

Everyday harm is the negative impact on a person when someone does or does not do something. Everyday harm can include things like ignoring another person, talking badly about them behind their back, or not acting on their choices. There are many other examples.

Everyone experiences everyday harm. People with disability experience everyday harm often. We wanted to find out more about what other people had already learnt about everyday harm.

How did we do the research?

We searched online for words with similar meanings to everyday harm. We searched for the words **microaggression**, **emotional abuse** and **psychological abuse**. A **microaggression** is a small comment or action that feels insulting or unfair, even if the person didn't mean to hurt you. Microaggressions are usually about someone's race, gender, disability, culture, or identity. **Emotional abuse** is when someone repeatedly says or does things to make you feel sad, scared, ashamed, or not good enough. **Psychological abuse** is when someone tries to control your thoughts, feelings, or reality to gain power over you.

We reviewed 36 journal articles and book chapters that discussed these ideas. We combined the main ideas in the journal articles and book chapters.

What did we find?

The literature says that:

- Microaggression, emotional and psychological abuse are the things people do and don't do that cause harm.
- They can be on purpose or by accident. They build up, and do not acknowledge or respect a person's rights and identity.
- They happen in everyday interactions, and include things like being ignored, excluded, or disrespected.
- They happen in relationships between support workers and people with disability.
- They also happen because of the way disability support organisations are run.
- They are shaped by disrespectful attitudes and negative stereotypes of people with disability.

What is important to learn from this research?

The literature review told us that everyday harm happens a lot and is serious. It told us that everyday harm is an important topic to keep learning about. After we wrote the literature review, we did more research on everyday harm. You can read more about the research in other article summaries on this website.

Want to read more? You can find the full research article here [\[LINK\]](#)

Idle, J., Robinson, S., Fisher, K. R., Ikäheimo, H., Smyth, C., & Yoon, J. (2025). Conceptualising the everyday harm experienced by people with cognitive disability: A scoping review of microaggression and emotional and psychological abuse. *Journal of Intellectual & Developmental Disability*, 50(1), 59–71.