

## Oppositional Defiant Disorder

Oppositional defiant disorder (ODD) is when a child displays a pattern of argumentative, irritable, and angry attitudes towards an authoritative figure. Common behaviors are defiant actions, temper tantrums, and excessive arguing.

### Signs & Symptoms

It's normal to exhibit oppositional behavior at certain stages of a child's development, but children with oppositional defiant disorder have extreme emotional and behavioral responses that last at least six months. A child with oppositional defiant disorder might:

- Easily and frequently lose their temper
- Argue with adults or people of authority frequently
- Deliberately annoy or upset people
- Be spiteful or vindictive
- Blame others for their mistakes or misbehavior

### Causes & Risk Factors

There is no exact known cause of oppositional defiant disorder, but it is thought to develop from a combination of inherited and environmental factors. Risk factors for developing ODD include but are not limited to:

- Having a bad temperament or issues regulating emotions
- Being abused, neglected, or having inconsistent discipline
- Reinforcement of bad behavior due to attention from peers or others
- A child living with a parent who has unaddressed mental health or substance use issues

### Diagnosis & Treatment

In order to diagnose oppositional defiant disorder, a physician or mental health professional may complete a clinical assessment including questions about how frequent and intense the behaviors are, interactions between family members, other mental health or communication disorders present, and emotions and behaviors in different settings and relationships. Treatment plans commonly consist of a combination of parent training, parent-child interaction therapy (PCIT), family and individual therapy, cognitive problem solving, and social skills training. Recognizing and praising good behavior is important for the child to improve their behaviors and learn to regulate their emotions.

Source – Mayo Clinic: <https://www.mayoclinic.org/diseases-conditions/oppositional-defiant-disorder/diagnosis-treatment/drc-20375837>

