

Disruptive Behavior Disorders



What are Disruptive Behavior Disorders?

Disruptive behavior disorders involve a pattern of behaviors that are easily observable and often interfere with school performance and/or interpersonal relationships. Disruptive behavior disorders are often co-morbid with other diagnoses, such as ADHD and anxiety, and sensory processing disorders.

What is Oppositional Defiant Disorder (ODD)?

ODD is a pattern of angry and irritable mood, argumentative and defiant behavior, and vindictive attitude towards authority that is diagnosed when symptoms occur on most days for at least six months and are well beyond what would be expected for the child's developmental stage.

What are signs and symptoms of ODD?

- ↘ Often loses temper
- ↘ Is often touchy, angry, irritable, and/or resentful
- ↘ Often argues with authority figures
- ↘ Often actively defies or refuses to comply with requests from authority figures
- ↘ Often deliberately annoys others
- ↘ Often blames others for mistakes or misbehavior
- ↘ Is occasionally spiteful or vindictive

What is Conduct Disorder?

Conduct disorder is a persistent pattern of behavior that is characterized into four different categories:

Aggression to
People and
Animals

Destruction of
Property

Deceitfulness
or Theft

Serious
Violation of
Rules

What are behaviors related to Conduct Disorder?

- ↘ Often bullies, threatens, or intimidates others
- ↘ Often initiates physical fights
- ↘ Has been physically cruel to people or animals
- ↘ Has deliberately engaged in fire-setting or property destruction
- ↘ Has broken into someone's house or car
- ↘ Has stolen items of value
- ↘ Often truant from school
- ↘ Has run away or ignored parental rules and restrictions

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How is ODD or Conduct Disorder treated?

Early intervention for kids diagnosed with a disruptive behavior disorder is crucial to prevent development of more serious problems in adolescence and adulthood. Treatment plans may vary based on a number of factors, including age of the child and presence of other diagnoses or underlying factors. For example, medication may be warranted to treat hyperactivity and impulsivity in ADHD, which may be contributing to other problem behaviors. In general, parent management training has the most evidence to help modify behavior.

How else can I help my child?

- ✓ Set appropriate limits and expectations ahead of time and be consistent.
- ✓ Use clear and simple language and ensure you have your child's full attention when giving him/her a task to do.
- ✓ Tell your child what to do versus what not to do.
- ✓ Prepare for transitions by giving a warning, using a timer, or keeping a visual schedule of daily activities.
- ✓ Praise and reward positive behavior to help reinforce the frequency of it. Praise is most effective when it is specific to the behavior (e.g., "I'm proud of you for listening to me" versus "Good job.")
- ✓ Avoid negotiating or explaining things to your child when he/she is upset. Instead, validate your child's frustration by using empathic statements such as, "I can see you are feeling angry because I asked you to stop playing."
- ✓ Give your child choices whenever possible to facilitate his/her sense of control.



Who do I contact to find out more?

For questions or referrals, please contact us as listed below for more information.



Mind Health Institute, Newport Beach

450 Newport Center Drive, Suite 380 • Newport Beach, CA 92660
949-891-0307 • www.mhi-nb.com

Mind Health Institute, Laguna Beach

361 Forest Avenue, Suite 205 • Laguna Beach, CA 92651
949-391-4669 • www.mhi-lb.com