

# Disruptive Behavior

- Disruptive behaviors refer to a pattern of uncooperative, defiant, argumentative behavior that a child may show. Most children will show some defiant behavior as they grow up, but it can become a problem if it is **interfering at home or at school**.
- Disruptive behavior in children and adolescents is **usually the result of many factors** and many children will show disruptive behaviors at some point in their lives. These factors may include child-level factors, parent-level factors, life events, and consequences for child misbehavior (MATCH-ADTC; Chorpita & Weisz, 2009).
- Parents and other adults in a child's life have the ability to reduce disruptive behavior by changing the consequences for child misbehavior and using a variety of skills that your therapist will teach you that are supported by extensive research.
- These skills can be used in many settings including home, school, or any other setting in which your child shows these behaviors.

## Treatments for this Disorder

- There is an large body of research that suggests that **parent or caregiver-focused therapy** is an effective way to reduce child disruptive behavior.
- This type of cognitive behavioral therapy focuses on changing the consequences for child misbehavior and increasing attention and positive consequences for appropriate child behavior.