

Oppositional Defiant Disorder (ODD)

While many children show disruptive or defiant behavior at some point during their lives, to meet criteria for ODD, children or adolescents must show a pattern of defiant behavior for **6 months directed at individuals other than just their sibling**.

These behaviors may include:

Angry or Irritable Mood

Loses temper frequently
Is touchy or easily annoyed
Angry and Resentful

Vindictiveness

Acting spiteful or wanting revenge

Argumentative and Defiant Behavior

Argues with others including authority figures
Actively defies or refuses to comply with rules or requests
Purposely annoys others
Blames others for their mistakes or behavior

These behaviors are usually the result of several different factors, based on the child's genetics, environment, and past experiences, especially experiences of trauma.

Treatments for this Disorder

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