Disruptive Mood Dysregulation Disorder (DMDD)



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Unknown Etiology
Question Mark
DMDD usually presents in children less than 10 years of age and is typically more common in males. The current etiology is unknown. However, there are studies examining the neurological, physiological (e.g., malnutrition), and psychological (e.g., abuse) etiologies.

Diagnosis

Age 6-18 Years
(6) Sax and (18) ID and Year-calendar
DMDD can only be diagnosed if the patient is between the ages of 6-18. DMDD specifically pertains to pediatric patients with mood dysregulation. DMDD is often misclassified as bipolar disorder, so careful attention must be paid.

Anger and Irritability
Angry and Irritated
DMDD involves continuous anger, irritability, or both between potential eruptions. These eruptions are often observed by parents, peers, or teachers and can often involve difficulty functioning in various social situations (e.g., school or home).

> 1 Year
Greater-than (1) Wand Calendar-year
Anger and irritability must be consistently present at least three times per week, over three months, and for one year.

Treatment

Cognitive Behavioral Therapy
Cog Behavioral Therapist
Either individual or family cognitive behavioral therapy (CBT) is a treatment consideration in those with DMDD.

Medications
Med-Bottle
Pharmacotherapy can be used in those with DMDD and can aid with mood, anger, and irritability. The use of atypical antipsychotics, antidepressants, or stimulants can be considered.

Associations

Increased Risk of Major Depression
Risk-arrow with Major-league Depressed-emo
Those with DMDD are at an increased risk of developing anxiety disorders, major depressive disorder, or both later in life. Depression and oppositional defiant disorder are often common comorbidities seen with DMDD.

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