Intermittent Explosive Disorder



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Unknown Etiology
Question Mark
Intermittent Explosive Disorder is associated with various biopsychosocial factors and possible genetic and infectious agents. This disorder commonly impacts males, with the onset being around the ages of 14-17. The patient must be at least 6 years old for Intermittent Explosive Disorder to be considered.

Age > 6 Years Old
(6) Sax and Year-calendar
Intermittent Explosive Disorder typically involves children aged 6 years and older.

Aggressive & Out of Proportion
Aggressive Kid with Proportion Potion
Intermittent Explosive Disorder involves physical or verbal outbursts that are often aggressive and out of proportion to the situation. Often, patients feel regret, embarrassment, and remorse after an outburst.

Diagnosis

Twice Weekly For 3 Months
(2) Tutu and Weekly-newspaper with (3) Tree Month-moon
Intermittent Explosive Disorder involves symptoms at least twice a week for three months. This classification involves no property destruction or physical injury to animals or humans.

No Destruction of Property
Intact Window
Intermittent Explosive Disorder involves symptoms at least twice a week for three months. This classification involves no property destruction or physical injury to animals or humans.

3 Times a Year
(3) Tree Year-calendar
Intermittent Explosive Disorder involves symptoms at least three times a year. This classification involves property destruction or physical injury to animals or humans.

Destruction of Property
Broken Window
Intermittent Explosive Disorder involves symptoms at least three times a year. This classification involves property destruction or physical injury to animals or humans.

Associations

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Adjustment Disorder

Adjustable Lamp

Those with intermittent explosive disorder aged 6-18 years old should also have adjustment disorder excluded.

Treatment

Cognitive Behavioral Therapy

Cog Behavioral Therapist

The treatment of intermittent explosive disorder involves the use of Cognitive Behavioral Therapy (CBT) and medications (e.g., mood stabilizers, SSRIs).

Medications

Med-bottle

The treatment of intermittent explosive disorder involves the use of Cognitive Behavioral Therapy (CBT) and medications (e.g., mood stabilizers, SSRIs).

Intermittent Explosive Disorder can present with similar symptoms to intoxication. Hence, urine toxicology should be performed to rule out stimulants, cocaine, PCP, and EtOH.

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