Oppositional Defiant Disorder (ODD)

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Unknown Etiology
Question Mark
There is no single etiology contributing to the development of ODD. Hence, various psychological, environmental, genetic, and social factors are involved. Examples include neglect, family history, abuse, toxin exposure, and family instability.

Diagnosis

Symptoms > 6 Months
Greater-than Sign with (6) Sax and Month Moon
ODD is characterized by symptoms that last longer than six months and occur when interacting with more than one individual (other than a sibling), such as a parent or teacher. ODD can begin in the first few years of elementary school and is frequently accompanied by anxiety and mood disorders, ADHD, or learning disabilities.

Argumentative with Authority
Arguing with Teacher
ODD is diagnosed when at least four symptoms are present. These symptoms include arguing with authority figures, rule defiance (especially when requested by an authority figure), loss of temper, anger, annoyance, moodiness, vindictiveness, spitefulness, and blaming others for their misfortunes.

Angry and Annoyed
Angry and Annoying-poking-teacher
ODD is diagnosed when at least four symptoms are present. These symptoms include arguing with authority figures, rule defiance (especially when requested by an authority figure), loss of temper, anger, annoyance, moodiness, vindictiveness, spitefulness, and blaming others for their misfortunes.

Vindictive Behavior
Behavioral-mask Laughing
The vindictive or spiteful behavior would specifically need to have occurred at least twice over the last six months.

Association

Conduct Disorder
Bad Conduct
ODD frequently appears before the onset of conduct disorder.

Treatment

Cognitive Behavioral Therapy
Cog Behavioral Therapist
ODD can be treated with psychotherapy (e.g., cognitive behavioral therapy/CBT) and specific social training.

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