

Oppositional Defiant Disorder

Oppositional Defiant Disorder (ODD) refers to frequent and persistent attitudes of defiance that can disrupt normal daily functioning. This can look like an ongoing pattern of anger, arguing, irritability and defiance towards authority figures. Signs and symptoms to look out for with ODD include:

- Deliberate attempts to annoy or upset others, especially those in authority
- Heightened sensitivity and irritability, becoming easily annoyed
- Regular recurrent anger and resentment
- Difficulty regulating emotions
- Poor ability to tolerate frustration
- Blaming others for mistakes or behaviour
- Chronic questioning of rules and boundaries
- Blatant defiance and refusal to comply with requests or rules
- Purposeful meanness and hateful words when upset
- Spiteful and vindictive attitudes and intentions
- Revenge-seeking behaviour

If left without intervention, ODD can progress into Conduct Disorder, which can present with physical violence, stealing, running away from home, fire setting, and other illegal and destructive behaviours.

Who is at risk of developing ODD?

ODD often occurs in young children, and usually will set in before children reach their teen years. 16% of all children struggle with ODD, and 40% of children with ADHD. ODD is also common alongside mood disorders, such as anxiety, depression and bipolar, as well as those with learning difficulties.

ODD can be caused by genetic causes, socially cultivated behaviour, developmental and learning theories. This can also come from an inconsistency in requirements, a lack of supervision or boundaries, overly harsh discipline, abuse or neglect.

Notes: