



Oppositional defiant disorder (ODD)

Symptoms, types, and treatment

Symptoms of oppositional defiant disorder

Anger and irritability

- Throwing temper tantrums
- Intentionally annoying or angering others
- Becoming easily annoyed
- Engaging in physical aggression or violence



Defiant and argumentative behavior

- Questioning and refusing requests
- Intentionally defying rules
- Picking arguments with adults, especially authority figures
- Blaming others for their own mistakes or behavior

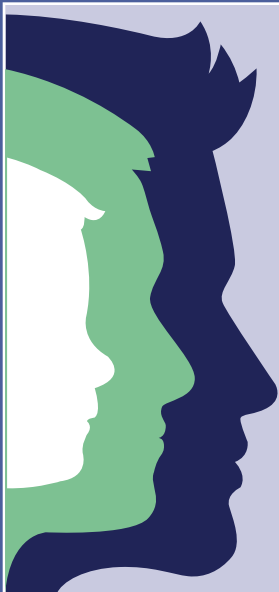


Spite and vindictiveness

- Seeking revenge
- Becoming resentful
- Using harsh, hateful, or obscene language when upset



Types of oppositional defiant disorder



Children: Children with the disorder may have temper tantrums, be physically aggressive toward other kids, and break rules at school and at home.

Adolescents: Teenagers with ODD may lie, disobey orders, question rules in an extreme way, and argue with adults.

Adults: Adults with unresolved ODD may struggle with being overly argumentative, physically aggressive, and irritable. They may identify as “contrarians” and struggle to maintain relationships or jobs. Instead of receiving an ODD diagnosis, adults are more likely to be diagnosed with a personality disorder or a mood disorder.

Treatment options



Psychotherapy

Psychotherapy, also known as talk therapy, can help children, teenagers, and adults learn healthier ways to express and regulate their anger.



Social skills training

Children can benefit from social skills training that teaches them to resolve conflict, build relationships, and interact with peers and adults more appropriately.



Parent-child interaction therapy (PCIT)

Caregivers can learn more effective parenting techniques that reduce unwanted behaviors and improve the parent-child relationship.



Family counseling

Family therapy can help parents address their child’s symptoms in healthy ways and build a positive relationship.



Medication

There are no specific medications for ODD, but its symptoms may overlap with those of other disorders. Medications for those disorders may reduce some ODD symptoms.