



THE
HOUSSON CENTER
PSYCHOLOGICAL AND EDUCATIONAL SERVICES

8100 Lomo Alto Dr., Suite 100 · Dallas, Texas 75225
Office: (214) 351-0053 · Fax: (214) 351-5581

Oppositional Defiant Disorder (ODD)

Oppositional defiant disorder (ODD) is diagnosed in kids who are unusually angry, throw tantrums, don't follow rules, or purposefully harm others. While all kids do these things from time to time, children with ODD show extreme versions of these behaviors for at least six months. Often, parents feel overwhelmed by their child's behavior and aren't sure how to help them.

Statistics

- ODD is typically diagnosed around early elementary school ages and stops being diagnosed around adolescence
- A child with ODD will have had extreme behavior issues for at least six months
- 10% of people will have ODD

Symptoms

- Being unusually angry and irritable
- Frequently losing their temper
- Being easily annoyed
- Arguing with authority figures
- Refusing to follow rules
- Deliberately annoying people
- Blaming others for mistakes
- Being vindictive

- Another hallmark of ODD is the toll it takes on family relationships. Regular daily frustrations — ignored commands, arguments, explosive outbursts — build up over time, and these negative interactions damage the parent-child bond and reinforce hostile patterns of behavior.

Risk Factors for Children

The primary risk factor for a child to have ODD is the existence of Attention Deficit Hyperactivity Disorder (ADHD). There is a very high overlap in kids who have ADHD who are also diagnosed with ODD. Depending on the study, the overlap could be 30 to 50 percent of kids with ADHD also have ODD.

Treatment

<p>Cognitive behavioral therapy is a special kind of talk therapy that can be used to help with mental health challenges.</p>	<p>Medication is rarely used, but Abilify and Risperdal can be used if the child is removed from the home.</p>
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How Can I Help My Child?

- Parents play a key role in treatment for oppositional defiant disorder. Parent-training programs include:
 - Parent-Child Interaction Therapy (PCIT)
 - Parent Management Training (PMT)
 - Defiant Teens
 - Positive Parenting Program (Triple P)
 - The Incredible Years

Resources:

- [What Is ODD or Oppositional Defiant Disorder? - Child Mind Institute](#)
- [Oppositional defiant disorder \(ODD\) - Symptoms and causes - Mayo Clinic](#)
- [Oppositional Defiant Disorder \(ODD\) in Children | Johns Hopkins Medicine](#)
- [Oppositional Defiant Disorder | Children's Hospital of Philadelphia \(chop.edu\)](#)
- [Oppositional Defiant Disorder \(aacap.org\)](#)

Extra Helpful Resources (Books)

- *The Whole Brain Child* by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.
- *How to Talk so Little Kids Will Listen* by Joanna Faber and Julie King
- *How to Talk so Kids Will Listen and Listen so Kids Will Talk* by Adele Faber and Elaine Mazlish
- *No-Drama Discipline; The Whole-Brain Way to Calm the Chaos and Nurture your Child's Developing Mind* by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.
- *Breaking Free of Child Anxiety and OCD* by Eli R. Lebowitz, Ph.D.
- *Freeing your Child from Anxiety* by Tamar E. Chansky, Ph.D.