

Oppositional Defiant Disorder

What is it?

Oppositional Defiant Disorder (ODD) includes a frequent and ongoing pattern of anger, irritability, arguing, and defiance toward parents and other authority figures.

Cause

ODD is thought to be caused by a combination of biological, psychological, and social factors. This tends to occur in families with a history of ADHD, substance use disorders, or mood disorders.

Does ODD get better over time?

For many children, ODD does improve over time. However, research has shown that approximately 30% of children with ODD eventually develop conduct disorder. Preschool children with ODD are also likely to exhibit additional disorders several years later, including ADHD, anxiety or mood disorders.

How is ODD treated?

Treatment will often include both individual therapy and family therapy and may also include medication. Other treatments are individual approaches in the form of problem solving skills training and family interventions in the form of parent management training.

Can ODD be prevented?

There is evidence based on the age of the child such as for preschool children programs such as Head Start and home visitation can have a positive impact.

For more information please visit:

[American Academy of Child & Adolescent Psychiatry.](#)