

ACCOMODATIONS

- Give students with odd clear instructions and appropriate consequences when needed
- Praise good behaviors and positive characteristics to promote the use of them
- Instead of just mentioning rules, teach them how to apply rules to their actions. This will keep them from finding loopholes.
- Ask questions instead of using directives- seeming to put control in their hands.
- Turn arguments into discussions.
- Give Choices
- When Possible, ignore disruptive behaviors.

"WARN A KID WITH
OPPOSITIONAL DEFIANT
DISORDER NOT TO DO
SOMETHING, AND YOU'VE
PRETTY MUCH
GUARANTEED THE CRIME."

-Lisa Gardner

SOURCES

<https://www.mayoclinic.org/diseases-conditions/oppositional-defiant-disorder/diagnosis-treatment/drc-20375837>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/oppositional-defiant-disorder>

<https://www.education.udel.edu/wp-content/uploads/2013/01/ODD-011807.pdf>

OPPOSITIONAL DEFIANT DISORDER

A behavior disorder mostly diagnosed in childhood.

ODD is characterized by uncooperative, hostile, and defiant behavior towards anyone.

DEFINITIONS AND CAUSES



Children with ODD are known to be uncooperative, defiant, and hostile towards peers, parents, teachers, and other authority figures



A child with ODD is more dangerous and troubling to others, rather than to themselves.

However, their behavior is something that they cannot help or change on their own.



There is no clear cause of ODD. Some possible risk factors include genetics and environment. A child might be naturally “hot headed” or have neurobiological differences that make them angrier easier. Their environment may also contribute to emotional issues, such as inconsistent parenting, lack of supervision, harsh discipline, abuse, or neglect. These factors are not always present.

IDENTIFYING BEHAVIORS

The DSM-5 lists the following emotional and behavioral symptoms that must last at least six months for diagnosis:

- **ANGRY AND IRRITABLE MOOD**
Often and easily loses temper. Frequently touchy and easily annoyed by others. Often angry and resentful
- **ARGUMENTATIVE AND DEFIANT BEHAVIOR:**
Often argues with adults or people in authority. Often actively defies or refuses to comply with adults’ requests or rules. Often deliberately annoys or upsets people. Often blames other for his or her mistakes or behaviors.
- **VINDICTIVENESS:**
Is often spiteful or vindictive. Has shown spiteful or vindictive behavior at least twice in the past six months.

TREATMENTS

- **PEER AND GROUP THERAPY**
- **PARENT TRAINING:**
Providing parents with skills to be consistent, positive, and less frustrating for themselves and their child
- **PARENT-CHILD INTERACTION THERAPY**
- **INDIVIDUAL AND FAMILY THERAPY**
- **COGNITIVE PROBLEM-SOLVING TRAINING**
Helps the child identify and change thought patterns that lead to behavior problems
- **SOCIAL SKILLS TRAINING**