

Oppositional Defiant Disorder

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OPPOSITIONAL DEFIANT DISORDER

Oppositional Defiant Disorder (ODD) is characterised as "a pattern of angry/irritable mood, argumentative/defiant behaviour, or vindictiveness" in the DSM-5 under Disruptive, impulse-control, and conduct disorders. This type of conduct is typically directed against classmates, parents, teachers, and other authority figures. Those with oppositional defiant disorder, unlike those with Conduct Disorder (CD), are not hostile toward people or animals, do not harm property, and do not engage in a habit of stealing or deception. It is linked to ADHD (Attention Deficit Hyperactivity Disorder), and up to half of children with ODD are also diagnosed with ADHD.

The DSM-III was the first to define oppositional defiant disorder (1980). Since the establishment of ODD as a separate condition, the field experiments used to determine its definition have primarily featured male individuals. Some physicians have questioned whether the diagnostic criteria would be clinically applicable in the case of females. Furthermore, some have questioned the inclusion of gender-specific criteria and thresholds. Furthermore, some doctors have questioned the exclusion of ODD in the presence of behaviour disorder. The DSM-5, according to Dickstein, aims to "redefine ODD by stressing a 'chronic pattern of angry and irritable mood together with spiteful conduct,' rather than the DSM-focus IV's only on negativistic, hostile, and rebellious behaviour." Although DSM-IV indicated but did not explicitly address irritability, DSM-5 now contains three symptom clusters, one of which is 'angry/irritable mood'—defined as 'loses temper, is touchy/easily bothered by others, and is angry/resentful.'

The fourth version of the Diagnostic and Statistical Manual (DSM-IV-TR) (now replaced by DSM-5) specified that a person must display four of the eight signs and symptoms to satisfy the diagnostic threshold for oppositional defiant disorder. These are some of the symptoms:

Frequently loses his cool

Is often sensitive or easily irritated

Is frequently irritated and resentful

Frequently disputes with authority people or, on behalf of children and adolescents, with adults

Has been bitter or nasty at least twice in the last six months

These acts are typically directed against an authority person, such as a teacher or a parent. Although these behaviours are common among siblings, they must be witnessed in persons other than siblings in order to be diagnosed with ODD.

Children with ODD might be violent verbally. They do not, however, exhibit physical aggression, which is seen in conduct disorder. Furthermore, they must be sustained for more than six months and must extend beyond a typical child's age, gender, and culture in order to fulfil the diagnostic. They occur on most days for children under the age of five throughout a six-month period. They occur at least once a week for at least 6 months in children over the age of 5. These symptoms can be observed in only one place, most typically at home. As a result, the severity would be modest. If the symptoms are detected in two settings, they are deemed moderate; if the symptoms are reported in three or more settings, they are termed severe.

These patterns of conduct hamper performance at school and/or in other social settings. To qualify for an ODD diagnosis, a child or adolescent's actions must create severe distress for the family or interfere considerably with academic or social functioning. Interference might include stopping the kid or teenager from studying at school, establishing friends, or putting him or her in dangerous circumstances. These habits must also be maintained for a minimum of six months. Other diseases in comorbidity, such as ADHD, can dramatically amplify the effects of ODD. Depression and drug use disorders are two more prevalent comorbid conditions. Adults who were diagnosed with ODD as children have a larger probability of having additional mental illnesses later in life, as well as a higher risk of developing social and emotional issues.

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