

MANAGING STUDENTS WITH OPPOSITIONAL DEFIANT DISORDER

What Causes Oppositional Defiant Disorder (ODD)?

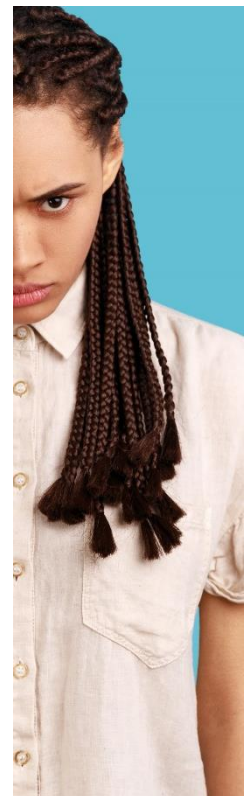


Researchers believe that the cause of Oppositional Defiant Disorder is a complex combination of biological, genetic, and environmental factors:

Genetic factors: Research suggests that genetics account for about 50% of the development of ODD. Many children and teens with ODD have close family members with mental health conditions, including mood disorders, anxiety disorders and personality disorders. Further, many children and teens with ODD also have other mental health conditions, such as ADHD, learning differences, or depression and anxiety disorder, which suggests a genetic link between the conditions.

Biological factors: Some studies suggest that changes to certain areas of your brain can lead to behaviour disorders. In addition, ODD has been linked to issues with certain neurotransmitters, which help nerve cells in your brain communicate with each other. If these chemicals are out of balance or not working properly, messages might not make it through your brain correctly, leading to symptoms.

Environmental factors: Having a chaotic family life, childhood maltreatment and inconsistent parenting can all contribute to the development of ODD. In addition, peer rejection, deviant peer groups, poverty, neighbourhood violence and other unstable social or economic factors may contribute to the development of ODD.



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DIAGNOSIS AND TESTS

How is Oppositional Defiant Disorder diagnosed?

Mental health professionals diagnose Oppositional Defiant Disorder (ODD) if your child meets four or more of the symptom criteria as described in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) for at least six months. The DSM-5, published by the American Psychiatric Association, is the standard reference book for recognised mental illnesses. The symptoms must also be severe and disruptive to daily life.

Your child will likely need to see a child and adolescent psychologist or psychiatrist if they're showing signs of ODD. These mental health professionals use specially designed interview and assessment tools to evaluate your child for a mental health condition.



Psychiatrists and psychologists often rely on reports from the child's parents, siblings, friends, and teachers to get a full understanding of their behaviour.

Your child's psychologist or psychiatrist will carefully assess your child. They must distinguish Oppositional Defiant Disorder from the following conditions, which may cause similar symptoms:

- Mild to moderate oppositional behaviours.
- Untreated Attention-Deficit/Hyperactivity Disorder (ADHD).
- Mood disorders.
- Anxiety disorders and Obsessive-Compulsive Disorder (OCD).

Adapted by Get into Neurodiversity for a global audience.

Source: Cleveland Clinic, a non-profit multispecialty academic medical Centre that integrates clinical and hospital care with research and education US.