

Quick Facts on Oppositional Defiant Disorder

EN ESPAÑOL

A brief overview of the signs and symptoms of oppositional defiant disorder, as well as treatments.

Overview:

Oppositional defiant disorder (ODD) is a behavior disorder that puts children persistently at odds with authority figures. Children with ODD are temperamental, disobedient, spiteful, or vindictive to a highly unusual degree. The disorder significantly undermines the child's ability to get along with family, **peers**, and other adults.

Symptoms:

- Unusually quick to lose his temper
- Ignores or rebels against rules, at **home** or at **school**
- Quick to blame others for mistakes or misbehavior
- Prone to annoy others and be easily annoyed himself
- **Disruptive behavior** appears to be intentional rather than impulsive
- Refuses to cooperate reflexively—even before he knows what is being asked

Treatment:

ODD is usually treated with a type of behavioral therapy that includes parents, or a combination of behavioral intervention and medication. Treatment like **Parent-Child Interaction Therapy** is designed to increase positive parent-child interactions and teach the parent limit-setting skills that enable children to control disruptive behaviors and increase desired behaviors.

Medicines are not specifically indicated for ODD, but may be administered for co-occurring conditions such as **ADHD**, or to help the child get the most out of therapy sessions.

[Learn more about oppositional defiant disorder.](#)