



MENTAL HEALTH FAST FACTS ABOUT OPPOSITIONAL DEFIANT DISORDER (ODD)

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WHAT IS OPPOSITIONAL DEFIANT DISORDER?

Oppositional Defiant Disorder (ODD) is one of the most common disorders found in school-age children. Children with ODD display an ongoing pattern of uncooperative, defiant, and hostile behavior toward authority figures. Symptoms of ODD may include frequent temper tantrums, excessive arguing with adults, active defiance and refusal to comply with adult requests and rules, mean and hateful talking when upset, and seeking revenge.

The symptoms are usually seen in multiple settings, but may be more noticeable at home or at school. While the causes of ODD are unknown, biological and environmental factors often play a role in the expressions the disorder. When the defiant and aggressive behaviors begin to seriously interfere with day to day functioning a referral to a mental health providers should be made.

RESOURCES FOR FURTHER INFORMATION ABOUT OPPOSITIONAL DEFIANT DISORDER

Family Self-Help Group for Parents of Children and Adolescents

Sponsored by the National Alliance for the Mentally Ill (NAMI). Offers support, information and advice for parents of children with psychiatric disorders. To see if there is a group in your area, call NAMI at 1-800-950-NAMI or reach them online at www.nami.org.

Family Ties

A self-help group for parents of children with psychiatric or behavior problems. Call your local self-help clearinghouse for information about meetings near you, or call the National Self-Help Clearinghouse at 1-212-817-1822. Not available in all areas.

Toughlove

Provides mutual support for parents whose children are having trouble. A self-help group. You can find their number in your local telephone book, or reach them online at www.toughlove.org.