CLÍNICA VIVALDI · FREE SHEET · DEPRESSIVE

Disruptive mood dysregulation disorder

Diagnosis of childhood (6 to 18 years) with intense and frequent, disproportionate tantrums, and an irritable mood almost every day.

COMMON SIGNS

- Outbursts of rage several times a week
- Constant irritability between outbursts
- Problems at home and at school

TIPS FOR YOU

1. See a child psychologist
2. Guidance for the family: calm, clear limits and preparing ahead
3. Teach them to recognise and name anger

FOR FAMILY AND FRIENDS

1. Stay calm and wait for the wave to pass before talking
2. Prepare them for changes and difficult situations

WHEN TO ASK FOR HELP

1. If they hurt themselves or others
2. If they talk about dying or disappearing: 024

TO OBSERVE AND NOTE DOWN

☐ Has very intense, disproportionate tantrums

☐ The outbursts happen several times a week

☐ Between outbursts they are irritable or angry

☐ The tantrums are more intense than those of other children their age

☐ They happen at home, at school or with friends

☐ Finds it hard to calm down once angry

☐ Hits, breaks things or screams a lot

☐ Living together has become very difficult

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-desregulacion-disruptiva-del-estado-de-animo
- Free guide: Childhood and youth: clinicavivaldi.com/en/guia-infancia-juventud
- Illustrated books about emotions for children: clinicavivaldi.com/guias#libros
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com