CLÍNICA VIVALDI · FREE SHEET · IMPULSE CONTROL AND CONDUCT

Oppositional defiant disorder

Pattern of anger, irritability, arguments and defiance towards authority figures for at least six months, beyond the normal age.

COMMON SIGNS

- Argues and defies rules
- Gets angry easily
- Blames others for their mistakes

TIPS FOR YOU

1. Clear, few and consistent rules
2. Strongly reinforce positive behaviour
3. Parent training programmes

FOR FAMILY AND FRIENDS

1. Few rules, clear and always the same
2. Praise a lot of what they do well

WHEN TO ASK FOR HELP

1. If living together has become unbearable
2. If aggression appears

TO OBSERVE AND NOTE DOWN

☐ Gets angry very easily
☐ Often argues with adults
☐ Defies or refuses to follow rules
☐ Annoys others on purpose
☐ Blames others for their mistakes
☐ Is spiteful or vindictive
☐ It has been happening for more than six months
☐ It happens more than in other children their age

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-negativista-desafiante
- Free guide: Childhood and youth: clinicavivaldi.com/en/guia-infancia-juventud
- 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