

Pediatric Mental Health Care Access Grant

Oppositional Defiant Disorder:

Etiology, Comorbidity, and Understanding the Epigenetic Systems
that Create Oppositional Behavior

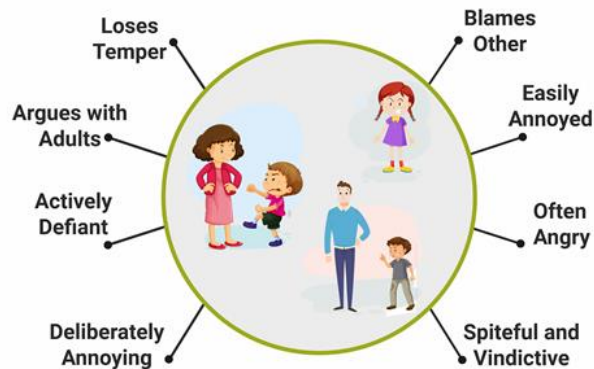
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OBJECTIVES

1. Outline the signs and symptoms of Oppositional Defiant Disorder (ODD)
2. Discuss the consequences of having oppositional behavior
3. Explain best-practice treatments for oppositional behavior

Symptoms of Oppositional Defiant Disorder (ODD)



ASSOCIATED CHARACTERISTICS

- **Many factors are associated with oppositionality in children**
 - **Verbal deficits**
 - **School and learning problems**
 - **Mood disorders**



ASSOCIATED CHARACTERISTICS

- **Many factors are associated with oppositionality in children**
 - **Peer problems**
 - **Family problems**
 - **Health-related problems**



DSM-5 CRITERIA

Angry/Irritable Mood symptoms:

- **Often loses temper**
- **Is often touchy or easily annoyed**
- **Is often angry and resentful**

Vindictiveness

- **Has been spiteful or vindictive at least twice within the past 6 months**



DSM-5 CRITERIA

Argumentative/Defiant Behavior

- Often argues with authority figures or, for children and adolescents, with adults.
- Often actively defies or refuses to comply with requests from authority figures or with rules.
- Often deliberately annoys others
- Often blames others for his/her mistakes or misbehavior



DIFFERENTIAL DIAGNOSIS

- For a diagnosis of ODD to be made, other disorders that might better explain an individual's symptoms should be considered:
 - Conduct Disorder
 - ODD less "severe"
 - ODD does not include aggression, destruction, theft, deceit
 - ODD does include emotional dysregulation



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 - Conduct Disorder
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 - ODD does include emotional dysregulation
 - **ADHD**
 - ODD includes refusal of requests in situations that are not solely when effort is needed to sustain attention



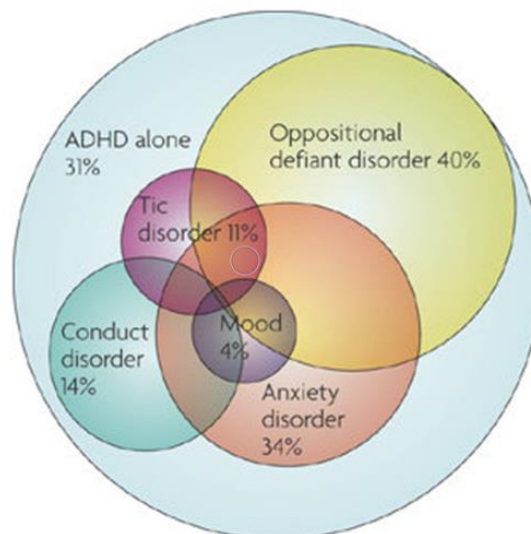
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 - ODD does include emotional dysregulation
 - ADHD
 - ODD includes refusal of requests in situations that are not solely when effort is needed to sustain attention
 - **Depressive and Bipolar Disorders**
 - ODD includes emotional symptoms that do not occur solely during course of mood disorder

DIFFERENTIAL DIAGNOSIS

- For a diagnosis of ODD to be made, other disorders that might better explain an individual's symptoms should be considered:
 - Disruptive Mood Dysregulation
 - Intermittent Explosive Disorder
 - Intellectual Disability
 - Language Disorder
 - Social Anxiety Disorder

COMORBIDITY





PREVALENCE

- Initial symptoms appear during preschool years
- ODD may precede the development of conduct disorder
 - Defiant/argumentative/vindictive symptoms carry most risk for conduct disorder
- Individuals diagnosed with ODD are at greater risk for:
 - Anxiety and depression
 - Antisocial behavior
 - Impulse-control problems
 - Substance abuse
- Angry/irritable mood symptoms carry most risk for emotional disorders



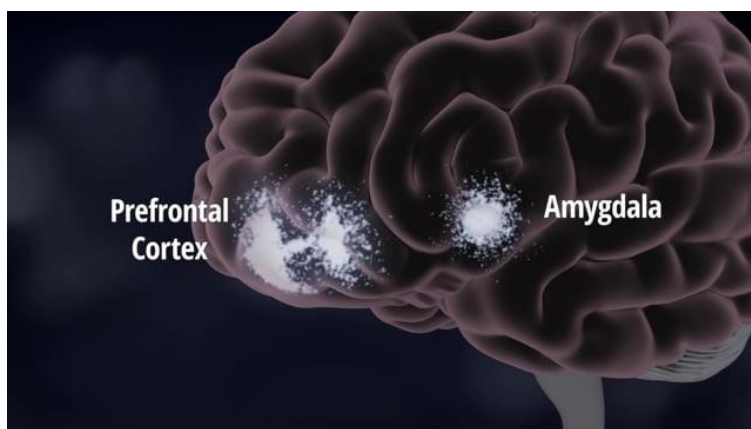
CONSEQUENCES

- Temper tantrums – arguing – active defiance – spiteful attitude
- Experience frequent conflict with parents, teachers, supervisors, peers, and significant others
- Significant impairment in emotional, social, academic, and occupational functioning

PREDICTIVE RISK FACTORS

- High levels of emotional reactivity and poor frustration tolerance
- Harsh, inconsistent, or neglectful child-rearing practices
- Abnormalities in certain areas of the brain
 - Prefrontal cortex and amygdala

PREFRONTAL & AMYGDALA CONNECTION





“TREATMENT”

Neuropsychology
“Study of the Brain behavior Relationship”



“TREATMENT”

- **First Things First**
 - **Sleep**
 - **Nutrition**
 - **Activity/Exercise**
 - **Screen Time – video games**



TREATMENT

- **Best practice treatment for ODD combines:**
- Individual therapy
- Family therapy
- Parent-child interaction therapy (PCIT)
- Peer groups
- Behavior Therapy
- Educational Accommodations
- Medication



TREATMENT

- **Behavior training**
 - Positive Reinforcement
 - Caregiver-child relationships
 - Problem-solving



TREATMENT

- **Parent Management Training**
 - **Increasing positive reinforcements and reducing negative reinforcements**
 - **Using consistent punishment for bad behavior**
 - **Using predictable and immediate parenting responses**
 - **Modeling positive interactions in the household**
 - **Reducing environmental or situational triggers**



TREATMENT

- **Educational accommodations**
- **Know that behavior modification techniques that work on other students may not work with every student.**
 - **Communicate with caregivers to help understand and shape behavior**
- **Have clear expectations and rules. Post classroom rules in a visible place.**
- **Know that any change in the classroom setting, including a fire drill or the order of lessons, can be upsetting to a child with ODD.**
- **Hold the child accountable for their actions.**
- **Try to establish trust with the student by communicating clearly and being consistent.**

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