

Educational Links (English):

- ❖ http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Conduct-Disorder-033.aspx
- ❖ http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-With-Oppositional-Defiant-Disorder-072.aspx
- ❖ http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-and-Gangs-098.aspx
- ❖ <http://www.nmha.org/conditions/conduct-disorder>
- ❖ <http://www.mayoclinic.org/diseases-conditions/oppositional-defiant-disorder/basics/definition/con-20024559>
- ❖ <https://medlineplus.gov/ency/article/001537.htm>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/dealingwithtantrums.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/restlessexcitablechild.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/goodparenting.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/behaviouralproblems.aspx>

For questions or concerns, discuss it with your doctor.



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Lumos Psychiatric Services



Educational Booklet: Conduct Disorders

Behavioral disorders involve a number of problematic behaviors, including oppositional and challenging behavior and antisocial activities (e.g., lying, stealing, fleeing, physical violence, behaviors coercive sexualities). This disorder is characterized by chronic conflict with parents, teachers and peers and can result in property damage and physical injury to the patient and so on. Many children with behavioral disorders are irritable, have low self-esteem, and tend to have frequent tantrums.

- ❖ **Oppositional Defiant Disorder:** It is a pattern of disobedient, hostile and defiant behavior toward authority figures.
- ❖ **Conduct Disorder:** It is a series of behavioral and emotional problems that occur in children and adolescents. Problems can involve impulsive or challenging behavior, drug use, or criminal activity.

What are the causes?

The exact cause of behavioral disorder is not known, but is believed to be a combination of biological, genetic, environmental, psychological and social factors.

Behavioral disorders have been associated with:

- ❖ Child abuse
- ❖ Drug addiction or alcoholism on the part of parents
- ❖ Family conflict
- ❖ Genetic defects
- ❖ Poverty

It is estimated that 2%-16% of children in the U.S. have behavioral disorders. It is more common in boys than in girls and occurs more often in late childhood or adolescence.

What are the symptoms of behavioral disorders?

Behavioral disorders are characterized by behavior that violates any of the rights of others or the main norms of society. At least 3 symptoms should be present in the last 12 months, with one of the symptoms having been present in the last 6 months.

Features:

- ❖ Aggressiveness
- ❖ Impulsivity
- ❖ Lack of sensitivity to the feelings of others
- ❖ Manipulative character
- ❖ Staying in time for behaviors
- ❖ Lack of response to prizes and punishment
- ❖ Inappropriate character for your age

How is it diagnosed?

To be diagnosed with a behavioral disorder, symptoms must cause significant deterioration in social, academic or work activity. The disorder is usually diagnosed before adulthood.

In addition, behavioral disorders should have a repetitive and persistent pattern of behavior in which other people's basic rights or main or age-appropriate social rules.

These manifests itself as the presence of at least 3 of the criteria in the last 12 months, of any of the following categories. Con at least one criterion in the last 6 months:

The following are in 4 main categories:

- (1) assaulting people and animals
- (2) destruction of property without aggression towards people or animals
- (3) deception, lies and theft
- (4) serious violations are of the rules

Treating Behavioral Disorders

Treatment usually includes medications, teaching skills to parents, family therapy, and consulting with the school. The treatment that has shown greater effectiveness, is the combination of pharmacological treatment with psychotherapy.

Medications: Although not considered effective in the treatment of behavioral disorders, the medication may be used if other signs or disorders are present and respond to medication. Depending on the severity, psychostimulants or antipsychotics can be used. Medications have been shown to be effective in controlling specific symptoms such as inattention, impulsivity and hyperactivity. Although many of the symptoms may improve, therapy is also recommended.

Cognitive-behavioral approaches: The goal of cognitive behavioral therapy is to improve problem-solving skills, communication skills, impulse control and anger management skills. Behavior therapy and psychotherapy are usually needed to help the child express and control his or her anger appropriately. It is still necessary for parents to learn and implement plans to help children at home and school with their behavior.

Family Therapy: Family therapy often focuses on making changes within the family system, such as improving communication skills and family interactions.

Peer Group Therapy: Peer group therapy often focuses on developing social skills and interpersonal skills.