Oppositional Defiant Disorder (ODD) Checklist

This checklist is designed as a measure of disorder symptomatology. It must be interpreted in the context of individual client circumstances and as such should be used only in combination with a comprehensive medical and clinical assessment. It is NOT a stand-alone diagnostic tool.

ODD is characterised by frequently exhibiting symptoms from any of the following categories:

### Angry or Irritable Mood
- Loses temper
- Touchy or easily annoyed
- Angry and resentful

### Vindictiveness
- Has recently been spiteful or vindictive on multiple occasions

### Argumentative or Defiant Behaviours
- Arguing with authority figures and adults
- Actively defying or refusing to comply with requests from authority figures or rules
- Deliberately annoying others
- Blaming others for one’s own mistakes or misbehaviour

If a child has experienced 4 or more symptoms from any of these categories consistently for at least 6 months, the behaviour has caused significant distress to those around them and is abnormal for their age, they may meet criteria for an ODD diagnosis.

To book an appointment with a psychologist, contact Strategic Psychology on (02) 6262 6157 or email support@strategicpsychology.com.au.

Reference: