

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 at **strategicpsychology.com.au**.

Reference:

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (DSM-5)*. Washington, D.C.: American Psychiatric Association.