

Executive Summary

Practice Parameter for the Assessment and Treatment of Children and Adolescents with Oppositional Defiant Disorder (ODD)

The purpose of this document is to introduce PerformCare’s practice parameter for the treatment and assessment of children and adolescents with oppositional defiant disorder (ODD). These practice parameters are meant to provide medical and psychological health providers with useful, quick reference tools for treating clients with ODD. They are intended to extend, not replace, sound clinical judgment. In particular, these adopted guidelines do not supersede the responsibility of the treating clinician to remain current on medications and informed on key regulatory and professional organizations when making important treatment decisions.

PerformCare has adopted the American Academy Child and Adolescent Psychiatry’s “Practice Parameter for the Assessment and Treatment of Children and Adolescents with Oppositional Defiant Disorder (2007).” The following guide is designed to help Providers, practitioners, and interested readers become familiar with key features of the documents and find the sections that will be most useful to them.

The parameter was developed by the completion of a scientific literature review of the following topics related to ODD: oppositional defiant disorder, oppositional defiant disorder and adolescence, oppositional defiant disorder and delinquency, disruptive behavior disorder, aggressive behavior and adolescence, aggressive behavior and delinquency, and treatment of delinquency. Based on the literature review, the parameter explores the epidemiology, etiology, clinical presentation, course of the disorder, differential diagnosis, preventive intervention, and recommendations. The recommendations section lists eight different recommendations for the assessment and treatment of children and adolescents with ODD. Two tables are listed in the parameter as well. Table 1 examines Parent Management Training Packages, noting that for school-age children, parent management techniques are the most supported programs through empirical research. Table 2 examines instruments used as diagnostic aids and tools for tracking progress in ODD.