# Behavioral Disorders

Summary:

**Behavioral disorders** are patterns or behaviors that violate social rules and disrupt an individual's life. They can begin at any time in a person's life (they can even be born with it) and can last throughout their life. Behavioral disorders include a consistent pattern of disruptive behaviors in children that last for at least 6 months. There are many causes of behavioral disorders, including genetics, environmental interactions, and medical trauma (brain trauma).

Some examples of behavioral disorders include attention deficit hyperactivity disorder (**ADHD**), oppositional defiant disorder (**ODD**), conduct disorder (**CD**), autism spectrum disorder (**ASD**), and obsessive-compulsive disorder (**OCD**).

Traits of those with ADHD are often seen as daydreaming, forgetting or misplacing items, restlessness, giving into impulsive thoughts, and/or taking unnecessary risks.

Oppositional defiant disorder shows signs through behaviors of irritability, purposeful frustration with others, blaming others, and vindictiveness.

Conduct disorder is seen through aggression towards others, destruction of property, and violation of rules.

Symptoms of obsessive-compulsive disorder are fear of germs (excessive handwashing), unwanted thoughts, having things in a specific order (varies depending on the individual), repeated checking on things like locks, and compulsive counting.

Autism spectrum disorder may be recognized through symptoms of restricted interests and repetitive behaviors, difficulty in interacting socially, and struggle to function in school.

The most commonly used treatment for these disorders is cognitive behavioral therapy (CBT), which teaches the individual to recognize unwanted behaviors, gain a better understanding of others, and become more confident in themselves. CBT usually alleviates symptoms of these disorders but does not completely cure them.

### Vocabulary:

Behavioral disorder: Persistent or repetitive behavior patterns that violate social rules and norms, impair the function of a person, and distress others.

ADHD: Attention deficit hyperactivity disorder is an overabundance of energy with a low ability to control focus.

ODD: Oppositional defiant disorder is an individual that feels they must defy authority, through aggression or defiance.

CD: Conduct disorder is when an individual feels the uncontrollable urge to break rules and laws set upon them.

OCD: Obsessive-compulsive disorder is chronic, where an individual has uncontrollable reoccurring thoughts or behaviors that they feel the urge to repeat. These behaviors are unwanted and do not bring satisfaction.

ASD: Autism spectrum disorder is a developmental disability caused by differences in brain structure and can result in difficulty learning (socially and academically).

CBT: Cognitive behavioral therapy is a psychological treatment that can be used to alleviate behavioral disorders.

Read More: <https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Disruptive-Behavior-Disorders.aspx>

<https://www.mentalhealth.gov/what-to-look-for/behavioral-disorders#:~:text=in%20social%20situations.-,Behavioral%20disorders%20involve%20a%20pattern%20of%20disruptive%20behaviors%20in%20children,Inattention>

Resources:

Centers for Disease Control and Prevention. (2023, March 8). Behavior or conduct problems in children. Centers for Disease Control and Prevention. Retrieved June 21, 2023. [https://www.cdc.gov/childrensmentalhealth/behavior. html#:~:text=It%20is%20known%20that%20children,%2C%20or%20attention%2Ddeficit%2Fhyperactivity](https://www.cdc.gov/childrensmentalhealth/behavior.html#:~:text=It%20is%20known%20that%20children,%2C%20or%20attention%2Ddeficit%2Fhyperactivity)

National Institute of Medical Health. (2023, February). Autism Spectrum Disorder. National Institute of Medical Health. Retrieved June 21, 2023. https://www.nimh.nih.gov/health/topics/autism-spectrum-disorders-asd#:~:text=Autism%20spectrum%20disorder%20(ASD)%20is,first%202%20years%20of%20life.

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