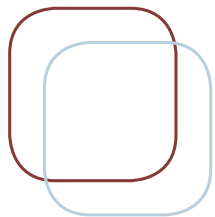


Where To Get Help

If your child has not yet seen a doctor and you suspect that he may be showing signs of Disruptive Behaviour Disorders, you may raise your concerns with your child's school counsellors. School counsellors are connected to our community mental health service, **REACH** (Response, Early intervention, Assessment in Community mental Health), which can provide further advice and assistance.

If your child is seeking help at our clinic, please raise your concerns with your child's doctor, nurse, or allied health professional.



Department of Child & Adolescent Psychiatry

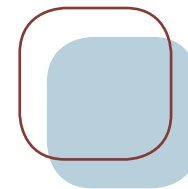
Institute of Mental Health
Buangkok Green Medical Park
10 Buangkok View
Singapore 539747
General Enquiries: 6389 2000
Appointment Line: 6389 2200
Mental Health Helpline: 6389 2222

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DISRUPTIVE BEHAVIOUR DISORDERS



WHAT ARE DISRUPTIVE BEHAVIOUR DISORDERS?

Disruptive Behaviour Disorders involve behaviours more severe than ordinary childhood mischief or teenage rebellion. Such disorders are characterised by some or all of the following:

- *repetitive and persistent patterns of aggressive behaviour*
- *disruptive behaviour towards authority figures*
- *destruction of property*
- *significant deceit or theft*
- *serious violation of rules, e.g. truancy, breaking curfews or running away*



There are two types of Disruptive Behaviour Disorders: Oppositional Defiant Disorder (ODD); and Conduct Disorder (CD). These classifications differ in severity and the type of disruptive behaviours present, with CD being a more extreme condition than ODD.

Children or adolescents with Disruptive Behaviour Disorders tend also to have other conditions, such as Attention Deficit Hyperactivity Disorder (ADHD), depression, anxiety or learning and communication disorders.

What Causes Disruptive Behaviour Disorders?

There is no known clear cause of Disruptive Behaviour Disorders. Contributing causes may be a combination of inherited and environmental factors, including:

- chemical imbalances in the brain
- the temperament of the child or adolescent
- skill deficits in learning, language or communication
- history of abuse or neglect
- lack of supervision
- inconsistent or harsh discipline
- family instability, such as parental divorce or frequent disruption to routines, e.g. frequent change of schools or of childcare providers



MANAGEMENT OF DISRUPTIVE BEHAVIOURS

Children or adolescents with Disruptive Behaviour Disorders often benefit from a range of treatment methods used in combination. One such multi-modal approach is **STOP**, which stands for:

- **STRUCTURE.** Depending on the severity of your child's behaviour, a secure and structured environment may help him or her cooperate better with others and participate more in social activities.
- **TALKING THERAPY.** This includes cognitive behavioural therapy (a type of talking therapy that aims to change the way a person thinks and behaves) and training in collaborative problem solving skills (skills that equip an adult caregiver to better understand the child or adolescent's behaviour and work together with him or her at changing). Individual or group training in social and anger management skills could also be helpful.
- **ORGANISED ACTIVITIES.** These include sports and recreational activities that encourage socially acceptable behaviour and participation in peer groups.
- **PARENTING SKILLS.** Parents should be equipped to provide consistent and effective discipline. Collaborative problem solving and behavioural management strategies can also help parents better care for their child.

