



# Disruptive Mood Dysregulation Disorder

## The Facts

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Disruptive mood dysregulation disorder (DMDD) a childhood condition of extreme irritability, anger, and frequent, intense temper outbursts. DMDD symptoms go beyond being a “moody” child- children with DMDD experience severe impairment that requires clinical attention.

## The Warning Signs

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- The following symptoms must be present steadily for 12 or more months:
  - Irritable or angry moods most of the day, nearly every day
  - Severe temper outbursts (verbal or behavioral) at an average of three or more times per week that are out of keeping with the situation and the child’s development level.
  - Trouble functioning due to irritability in more than one place.

## Support & Treatment

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- Medication-many medications used to treat adolescents and children are effective in relieving symptoms. Some medications have not been studied in depth and/or do not have FDA approval for use with children or adolescents.
- Psychotherapy-teaches children and adolescents to more effectively regulate and to increase their tolerance for frustration by utilizing coping skills learned in therapy.
- Cognitive behavioral therapy- used to teach children and adolescents how to deal with thoughts and feelings that contribute to their feeling depressed or anxious.
- Parent training and education- teaches parents more effective ways to respond to irritable behavior, such as anticipating events that might lead a child to have a temper outburst and working ahead to avert the outburst.

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Disruptive Mood Dysregulation Disorder. (n.d.). Retrieved from <https://www.nimh.nih.gov/health/topics/disruptive-mood-dysregulation-disorder-dmdd/disruptive-mood-dysregulation-disorder.shtml>