

# A Look at Conduct Disorder

## General Information

“Conduct disorder” is a complicated group of behavioral and emotional problems in youngsters. Children and adolescents with this disorder have great difficulty following rules and behaving in a socially acceptable way. They are often viewed by other children, adults and social agencies as “bad” or delinquent, rather than mentally ill. Their behaviors are classically disruption with often little response to interventions, rules or the reasonable expectations of others. Children or adolescents with conduct disorder may exhibit some of the following behaviors:

## Aggression to People and Animals

1. Bullies, threatens or intimidates others.
2. Often initiates physical fights.
3. Has used a weapon that could cause serious physical harm to others (e.g. a bat, brick, broken bottle, knife or gun).
4. Is physically cruel to people or animals.
5. Steals from a victim while confronting them (e.g. assault).
6. Forces someone into sexual activity.

## Destruction of Property

1. Deliberately engaged in fire setting with the intention to cause damage.
2. Deliberately destroys other's property

## Deceitfulness, Lying, or Stealing

1. Has broken into someone else's building, house, or car.
2. Lies to obtain goods, or favors or to avoid obligations.
3. Steals items without confronting a victim (e.g. shoplifting, but without breaking and entering).

## Serious Violations of Rules

1. Often stays out at night despite parental objections.
2. Runs away from home.
3. Often truant from school.

Children who exhibit these behaviors should receive a comprehensive evaluation. Many children with a conduct disorder may have coexisting conditions such as mood disorders, anxiety, PTSD, substance abuse, ADHD, learning problems, or thought disorders which can also be treated.

Research shows that youngsters with conduct disorder are likely to have ongoing problems if they and their families do not receive early and comprehensive treatment. Without treatment, many youngsters with conduct disorder are unable to adapt to the demands of adulthood and continue to have problems with relationships and holding a job. They often break laws or behave in an antisocial manner.

Many factors may contribute to a child developing conduct disorder, including brain damage, child abuse, genetic vulnerability, school failure, and traumatic life experiences.

Treatment of children with conduct disorder can be complex and challenging. Treatment can be provided in a variety of different settings depending on the severity of the behaviors. Adding to the challenge of treatment are the child's uncooperative attitude, fear and distrust of adults. In developing a comprehensive treatment plan, a child and adolescent psychiatrist may use information from the child, family, teachers, and other medical specialties to understand the causes of the disorder.

Behavior therapy and psychotherapy are usually necessary to help the child appropriately express and control anger. Special education may be needed for youngsters with learning disabilities.

Parents often need expert assistance in devising and carrying out special management and educational programs in the home and at school. Treatment may also include medication in some youngsters, such as those with difficulty paying attention, impulse problems, or those with depression.

Treatment is rarely brief since establishing new attitudes and behavior patterns takes time. However, early treatment offers a child a better chance for considerable improvement and hope for a more successful future.

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We have been helping people find solutions since 1988.*

## **HOW DO YOU KNOW IF YOU WOULD BENEFIT FROM COUNSELING?**

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These conditions or situations are widely experienced and may indicate the need for professional counseling:

- Depression, discouragement
- Lack of motivation, apathy
- Anger, bitterness, resentment
- General dissatisfaction with life or relationships
- Difficulties in handling life events
- Marriage and family conflicts
- Sexual dysfunction
- Difficulties in decision making
- Physical ailments for which no medical cause can be found, such as headaches and lower back pain. (Medical consultation may be required in conjunction with therapy.)
- Difficulty in building and maintaining satisfying relationships
- Job stress, inability to keep jobs
- Inability to deal with a child's misbehavior or school problems
- Compulsive behaviors (eating disorders, spending, sexual issues)
- Issues related to low self-esteem or lack of self-worth
- Excessive dependence upon the approval or validation of others

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Every Journey,  
One Mission*

# CONDUCT DISORDER



*Characteristics  
And  
Treatments for  
Conduct Disorder*