

OPPOSITIONAL DEFIANT DISORDER CHECKLIST

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Name of child or adolescent

Age

Each item should be checked off using the following rating scale

- 0 Not at all, never occurs, does not apply
- 1 Mild, sometimes observed, applies to some extent
- 2 Moderate, often observed, certainly applies
- 3 Severe, frequently observed, strongly applies

Negative, unstable mood

Very irritable, frequently annoyed	0	1	2	3
Has an explosive temper	0	1	2	3
Over-reacts to situations	0	1	2	3
Unpredictable mood, swings from one extreme to the other	0	1	2	3
Takes a long time to get over an upset, hard to 'talk round'	0	1	2	3

Difficult to please

Does not seem to care about being praised or rewarded	0	1	2	3
Finds fault with gifts or treats that are given	0	1	2	3
Does not join in with things that others are enjoying.....	0	1	2	3

Difficult to discipline

Refuses to comply with reasonable requests	0	1	2	3
Deliberately disobeys rules or finds loopholes in rules.....	0	1	2	3
Does not seem to care if punished	0	1	2	3
Becomes defiant when criticized or punished.....	0	1	2	3
Blames others for their own wrongdoing	0	1	2	3
Highly indignant about own innocence if blamed	0	1	2	3
Reluctant to apologize or make good a mistake	0	1	2	3
Justifies behaviour by saying rules or request were unreasonable.....	0	1	2	3

Lack of respect for adults

Uses body language and facial expression to defy adults.....	0	1	2	3
Threatens adults who attempt to impose discipline	0	1	2	3
Scoffs at what adults say or do.....	0	1	2	3
Talks about adults in a disrespectful way	0	1	2	3
Will not accept adult authority.....	0	1	2	3



Tries to make the adult look at fault.....	0	1	2	3
Very demanding of adults; expects them to accept orders.....	0	1	2	3

Deliberately annoys people

Does things which they know will annoy adults.....	0	1	2	3
Goes out of their way to upset or annoy siblings or peers	0	1	2	3
Won't stop annoying behaviour when asked to do so.....	0	1	2	3

Takes things very personally

Takes general criticism very personally.....	0	1	2	3
Cannot take constructive feedback, thinks it is criticism	0	1	2	3
Holds grudges for a long time	0	1	2	3

Undermines others' enjoyment

Will deliberately spoil others' fun	0	1	2	3
Ridicules success or popularity in others.....	0	1	2	3
Spoils surprises or secrets.....	0	1	2	3
Spiteful towards others	0	1	2	3

Associated problems

Has ADHD.....	0	1	2	3
Has learning difficulties.....	0	1	2	3
Has communication difficulties	0	1	2	3

Positive characteristics and strengths (describe at least 3)

Important notes

This checklist can be used to help diagnose and assess Oppositional Defiant Disorder. However, several conditions have similar characteristics and there may a range of explanations for the observations made. Specialist assessment is necessary for a formal diagnosis.

- Supporting notes on Oppositional Defiant Disorder (pages 132–7)
- Guides for discussions with colleagues, parents and students (pages 184–8)

