



## Disruptive, Impulse Control, and Conduct Disorders

The chapter on disruptive, impulse control, and conduct disorders is new to *DSM-5*. It combines disorders that were previously included among disorders usually first diagnosed in infancy, childhood, or adolescence (that is, oppositional defiant disorder; conduct disorder; other specified and unspecified disruptive, impulse-control, and conduct disorders) or impulse-control disorders not otherwise specified (that is., intermittent explosive disorder). These disorders are all characterized by problems in emotional and behavioral self-control. Of note, attention-deficit/hyperactivity disorder (ADHD) is frequently comorbid with the disorders in this chapter but is listed with neurodevelopmental disorders. The criteria for oppositional defiant disorder (ODD) are largely unchanged from *DSM-IV-TR*. The criteria for conduct disorder are also largely unchanged from *DSM-IV-TR*. A descriptive-features specifier is added for individuals who meet full criteria for the disorder and who also present with limited prosocial emotions. The primary change in *DSM-5* for intermittent explosive disorder is what type of aggressive outbursts should be considered: *DSM-IV-TR* required physical aggression, whereas in *DSM-5* verbal aggression and nondestructive/noninjurious physical aggression also meet criteria. An important departure from past diagnostic manuals is that the substance-related and addictive-disorders chapter is expanded to include gambling disorder. This reflects the increasing and consistent evidence that some behaviors, such as gambling, also activate the same reward system with effects similar to those of drugs of abuse.

The questions below are from *DSM-5 Self-Exam Questions: Test Questions for the Diagnostic Criteria*, which may be preordered from American Psychiatric Publishing here. [<http://www.appi.org/SearchCenter/Pages/SearchDetail.aspx?ItemId=62467>] The answers and rationales are posted here. [[http://www.psychnews.org/pdfs/DSM-5\\_Self\\_Examination\\_QandA\\_18.pdf](http://www.psychnews.org/pdfs/DSM-5_Self_Examination_QandA_18.pdf)] The

book, available in February 2014, contains 500 questions for all the categories of psychiatric disorders and includes Section III. The questions were developed under the leadership of Philip Muskin, M.D., a professor of clinical psychiatry at Columbia University College of Physicians and Surgeons. APA members may purchase the book at a discount.

1. Which of the following is new in *DSM-5* for the diagnosis of ODD?

- a) Categorization of ODD symptoms
- b) Failure to resist an impulse, drive, or temptation to perform an act that is harmful to the person or to others
- c) The individual feels an increasing sense of tension or arousal before the act, pleasure, gratification, or relief during the act
- d) The individual experiences a sense of relief from the urge after the act
- e) Premeditation of the act

**Correct Answer:** A. Categorization of ODD symptoms.

**Rationale:** *DSM-5* has instituted a new categorization of ODD symptoms that groups together symptoms based on whether they have an emotional component (for example, angry, irritable, resentful), a behavioral element (for example, argumentative, defiant), or a spiteful/ vindictive aspect to them. This classification structure is important because recent research suggests that the emotional symptoms are linked to the development of future mood and anxiety disorders and spiteful and vindictive behaviors are predictive of conduct disorder and delinquent behaviors.

2. Which disorder is most commonly comorbid with ODD?

- a) ADHD
- b) Mood disorder
- c) Conduct disorder
- d) Bipolar disorder
- e) Learning disorders

**Correct Answer:** A. ADHD

**Rationale:** The most common disorder

that coexists with ODD is (ADHD, with comorbidity rates reportedly reaching up to 39%. Other disorders that frequently occur with ODD include anxiety and depressive disorders.

3. A 21-year-old male with history of oppositional defiant disorder presents with frequent impulsive behavioral outbursts that are grossly out of proportion to the stressor. He reports that he is unable to control himself and worried that he might lose his job if this behavior continues. What is his most likely diagnosis?

- a) Bipolar disorder
- b) ADHD
- c) Intermittent explosive disorder
- d) Conduct disorder
- e) Adjustment disorder

**Correct Answer:** C. Intermittent explosive disorder

**Rationale:** The diagnosis of intermittent explosive disorder can be made in older adolescents and young adults aged 18 or older in addition to the diagnosis of ADHD, oppositional defiant disorder, conduct disorder, or autistic spectrum disorder when recurrent impulsive aggressive outbursts warrant independent clinical attention. **PN**