

## Is my child just disobedient, or are there Defiance conditions at play? What are they?

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### What is pda?



Often common in those with ASD, pathological demand avoidance is a condition where people can have poor/adverse reactions to being asked to complete things. Those who fit the PDA profile often are assumed to have willful defiance or intentionally be difficult, but that is not the case; it is better understood that PDA originates from a lack of flexibility and relates to anxiety of an individual. These big emotions can cause a lot of internal discomfort, which causes them to freeze in response and therefore reject what is being requested. A very small example of this which quite a lot of people would relate to is imagine you are a person going to do the dishes, just as you're about to do the dishes you have the water in the tub your mother enters the room and asks you to do the dishes since you were already doing the dishes a lack of defiance would probably have you go yeah I was already doing them whereas a PDA style response would have You Now unable to do the dishes because your brain got so irritated at the fact you will requested to do the dishes. In this scenario, the fact that a question or demand is being asked as pressure on it causes anxiety, making it more difficult to complete the task.

Another large issue that can be executive functioning is the capacity to complete tasks and abilities; those with ASD, anxiety, depression, and other neurological disorders can struggle very heavily with executive functioning. It should be noted that executive functioning, laziness, and procrastination are three different things. Laziness would imply sitting on the couch, overdoing anything else because there is joy or a positivity or a pleasure centre in that task. counterintuitively, procrastination is due to anxiety of starting the task and not wanting to complete the task and maybe doing other things such as cleaning your bathroom.

Executive dysfunction is in a freeze response only couch for example and continuous thoughts in the brain going "I need to study I need to study I need to study I need to study I need to study!" but not completing the task fully stops this would be an example of executive functioning overpressed a nation and over laziness but externally it could present as seemingly lazy.

### ***Ways to support those with pda traits.***

Utilizing unique or alternative means of motivation or less command-based language can help a person not activate a pda response and allow them to help further with tasks. An example of this would instead of being a directive command such as Can you go do the washing editing it to " After this is done would you do the washing or If you do this now can you do this next which allows a kind of aspect of choice which should not trigger the response. Another example would be to give a list or non-verbal commands such as type-out and send in a phone which would allow the person to go ahead with it as they please and if they get it completed maybe an incentive such as allowance for something they enjoy.

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### **What is odd?**



Oppositional defiant disorder is a type of behavioural disorder that is mostly diagnosed in children. Those with the condition show patterns of uncooperative defiant or hostile behavior when being requested of things or completing tasks set by caregivers or authority for most with this condition are more troubling to authority figures rather than themselves. While no exact cause was identified there are two main theories developmental and learning as to why odd impacts an individual.

The first Theory looks at children and says that they may develop it as they grow due to us issue learning how to become independent from a caregiver. Another aspect would be the learning theory and how it would be learned or mirroring negative reinforcement to exhibit displeasure. The use of negative reinforcement can increase the child's behavior because it allows the child one of the needs it may be seeking aka attention or reaction from others. as neither a confirmed Direct means of treating it is more difficult.

Symptoms of odd can be argued as behaviors temper tantrums refusal to complete tasks requested always questioning or refusing to follow rules intentionally doing things to annoy or upset others regardless of age or authority blaming others for their own mistakes, becoming easily aggressive or unkind vindictive tendencies, and seeking revenge. While small-scale exhibition of this behavior does not qualify one as odd it can when more often than not display these behaviors be an indicator. The tier for assessing how severe odd is concerning if it is in one two or three settings. Odd can also be caused by other mental health problems so while it may not be necessarily odd the symptoms can be prevented. Looking into qualified mental health providers and observations is most effective for the easiest care of your child and rolling out any other symptoms or conditions it could be.

### ***Ways to address ODD.***

Treatment can often come in the form of Cognitive Behavioural Therapy it is familial therapy should it be impacted by the parents or peer root therapy which would target specifically the behaviors exhibited in different settings and very very occasionally if odd has come with other conditions medications. Working to provide and create Solutions that work between the person with odd and others is essential for treatment accommodating different changes and producing a solution focus.