

DISRUPTIVE BEHAVIOR DISORDERS LOG

Describing negative behaviors

Use these terms and their definitions to define problem behaviors

They can also be used with the DBD behavior checklist to monitor behavioral symptoms over time

01. Emotional Dysregulation

Difficulty modulating—easily set off, rapidity of escalation, difficulty recovering
Mismatch between stimulus and intensity of response
Lability—“mood swings”

02. Behavioral disorganization

Activity is choppy, lacks coherence and planfulness
Poor sense of body in space
Behavior may have a frantic or loose quality

03. Negative Affect

Irritability (whining, pouting, sullenness)
Anger (outbursts, shouting, verbal aggression)
Intensity and pervasiveness should be considered

04. Noncompliance/defiance

Passive noncompliance (ignoring)
Active noncompliance (“I don’t want to”)
Blatant noncompliance (“No! you’re not my boss!”)

05. Low frustration tolerance

Lacks persistence
Gives up easily
May become rapidly or unusually distressed in the face of challenge, limits, or delays

06. Provocativeness

Behavior to “get your goat”
Taunting, teasing
Deliberate noncompliance
Monitoring reaction and/or laughing after defying limits

07. Aggression

Physical aggression—hitting, kicking, choking, throwing things, biting
Verbal aggression—shouting, cursing, insulting

08. Destructiveness

Tearing, purposeful destroying, breaking

09. Inflexibility

Trouble shifting, gets stuck, rigid
Reaction to shift or changes is exaggerated or disproportionate

10. Inattention

Poor concentration
Short attention span
Distractibility

11. Overactivity

Fidgety, “on the go” constantly moving, shifting restlessly, trouble sitting still for a sustained period
May include dangerous activity such as climbing
Excessive gross motor activity, such as jumping and running

12. Impulsivity

Acts without thinking
Not deliberate
Lack of self-correction