



Intermittent Explosive Disorder

What Is an Intermittent Explosive Disorder?

The Intermittent Explosive Disorder is present when a person has recurrent behavioural outbursts in which he/she has difficulty controlling his/her aggressive impulses.

Symptoms :

- Is verbally or physically aggressive towards property, animals or people ;
- Has frequent temper tantrums or explosions ;
- Argues very often ;
- Has outbursts which result in damage to property ;
- Has outbursts which result in physical assault against people or animals ;
- The level of the aggression expressed is very disproportionate compared to the trigger ;
- Doesn't premeditate the tantrums and doesn't use them to achieve a tangible goal.

Reference : American Psychiatric Association. (2016). Mini DSM-5 : Critères diagnostiques. États-Unis, Elsevier Masson.



Signs that your child needs help

Changes in your child's behaviour could indicate an emotional regulation difficulty and/or a need for support. Here are signs to look out for :

- Frequent behavioral difficulties;
- New unusual behavior;
- Changes in lifestyle habits (ex : diet);
- Unexplained sadness;
- The use of aggressive behavior;
- Persistent irritability;
- Frequent conflicts with others.

Reference : Verdick, E., & Lisovskis, M. (2012). *Grrr!!! Comment surmonter ta colère. / How To Take The GRRRR Out Of Anger*. Québec, Éditions Midi Trente.

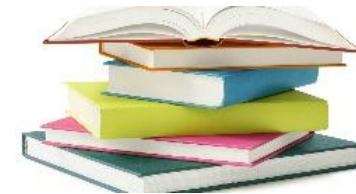


Livres / Books

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- Huebner, D. (2009). *Champion pour maîtriser sa colère*. Dominique et compagnie. / Huebner, D. (2007). *What To do When Your Temper Flares*. Magination Press.
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- Verdick, E., & Lisovskis, M. (2012). *Grrr!!! Comment surmonter ta colère. / How To Take The GRRRR Out Of Anger*. Québec, Éditions Midi Trente.

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Internet

<https://childmind.org/article/angry-kids-dealing-with-explosive-behavior/>

<https://mentalhealthliteracy.org/>

<http://www.mindhealthbc.ca/resources>

<https://ourhealthyminds.com/>

Ressources / Resources

- Ligne Parents (24/7)** : 1-800-361-5085, <https://www.ligneparents.com/LigneParents>
- 8-1-1**: Info-Sociale, <https://www.quebec.ca/sante/trouver-une-ressource/consulter-un-professionnel/info-social-811/>
- Tel-Jeunes (24/7)**: 1-800-263-2266, text 514-600-1002, chat : <https://www.teljeunes.com/Tel-jeunes>
- Jeunesse, J'écoute - Kids Help Phone (24/7)**: 1-800-668-6868, text : 686868, <https://kidshelpphone.ca/>
- Suicide Action Montréal (24/7)**: 1-866-277-3553, <https://suicideactionmontreal.org/>
- L'Autre Maison Crisis Center (24/7)**: 514-768-7225, <https://centredecrise.ca/lautre-maison>
- West Island Crisis Center (24/7)**: 514-684-6160, <https://centredecriseoi.com/>
- Amis de la santé mentale - Friends for Mental Health**: 514-636-6885, <https://info@asmfmh.org>

