

Disruptive Mood Dysregulation Disorder: A Closer Look

GREENVILLE, SOUTH CAROLINA, USA, August 22, 2023 /EINPresswire.com/ -- Disruptive Mood Dysregulation Disorder (DMDD) is a relatively recent addition to the realm of mental health diagnoses, and [Oceanic Counseling Group](#) aims to shed light on its characteristics and implications. DMDD is a condition primarily affecting children and adolescents, characterized by severe mood swings and frequent temper outbursts that go beyond what's considered developmentally appropriate.



DMDD was introduced to help differentiate between normal childhood mood fluctuations and more severe mood dysregulation that could be misdiagnosed as bipolar disorder. The condition is typically diagnosed between the ages of 6 and 18, and its symptoms may persist over time if left untreated.

Key Features of Disruptive Mood Dysregulation Disorder:

1. **Severe Temper Outbursts:** Children with DMDD often experience intense temper outbursts, which are disproportionate to the situation and may include verbal and physical aggression.
2. **Irritable Mood:** Between outbursts, children with DMDD consistently display irritability, with a gloomy, negative outlook on life.
3. **Chronicity:** The symptoms of DMDD persist over a year or longer, with no period longer than three months being symptom-free.
4. **Impairment:** The mood disturbances and temper outbursts significantly impact the child's ability to function in multiple settings, such as home, school, and social interactions.
5. **Differential Diagnosis:** DMDD is distinguished from bipolar disorder by its chronic irritability and the absence of manic or hypomanic episodes.

Oceanic Counseling Group acknowledges the challenges that families and individuals face when

dealing with DMDD. With its commitment to providing support and guidance, the group aims to promote awareness and effective management strategies for this condition.

To address Disruptive Mood Dysregulation Disorder, Oceanic Counseling Group recommends the following:

1. Professional Assessment: If you suspect a child or adolescent may have DMDD, seeking a professional assessment is crucial to receiving a proper diagnosis.
2. Therapeutic Intervention: Behavioral therapies, cognitive-behavioral therapy, and social skills training can help manage the mood dysregulation and temper outbursts.
3. Family Support: Educating families about DMDD and equipping them with strategies to manage symptoms at home is essential.
4. Communication: Collaboration between caregivers and educational institutions is vital to providing consistent support for children with DMDD.

Oceanic Counseling Group encourages individuals seeking information or support related to Disruptive Mood Dysregulation Disorder to reach out. With the right guidance, families can develop strategies to manage symptoms and enhance their child's well-being.

For more information, please contact Oceanic Counseling Group at (864) 973-7700! We accept most insurances and offer telehealth options. In-office locations available in Myrtle Beach, Carolina Forest, Murrells Inlet, [Columbia](#), and [Greenville \(coming soon\)](#)!

Public Relations Department
Oceanic Counseling Group LLC
+1 843-894-0000

[email us here](#)

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