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Disruptive Mood Dysregulation Disorder (DMDD)

- General
 - Established in DSM-V
 - Hallmark is severe, nonepisodic irritability
 - 6-month to 1-year prevalence in youth estimated at 2-5%
 - Male-predominant
 - Persistent, impairing
 - Associated with later development of depression and anxiety disorders in adulthood (Axelson et al, 2011; Axelson et al, 2012; Liebenluft, 2011)
- Diagnosis
 - Severe temper outbursts at least 3 times a week
 - Sad, irritable, or angry mood almost every day
 - Reaction is bigger than expected
 - > 6 years old
 - Symptoms begin < 10 years old
 - Symptoms are present > or = 1 year
 - Never a distinct period lasting more than 1 day of a manic/hypomanic episode
 - Cannot have oppositional defiant disorder, intermittent explosive disorder, or bipolar disorder
 - Can have major depression (but symptoms above can't only occur within major depressive episodes), ADHD, conduct disorder, substance use disorder
- Differences between bipolar disorder (BP) and DMDD
 - Episodes of mania and depression in BP vs. non-episodic irritability in DMDD
 - Lifelong illness in BP vs. outcome not BP in DMDD
 - Elation/expansive mood present in majority in BP manic episodes vs. severe outbursts/tantrums in DMDD
 - Uncommon onset < 10 yo in BP vs. first diagnosis b/w 6-18 in DMDD
 - May have psychotic symptoms in BP vs. no psychosis in DMDD
 - Family history of BP (35-50% of time) vs. unlikely in DMDD
 - Co-morbidity
 - ADHD 86% in BP and 62% in DMDD
 - ODD 85% in BP and 41% in DMDD
 - Anxiety 58% in BP and 31% in DMDD
 - MDD 16% in BP and 43% in DMDD
 - Conduct D/O 5% in BP and 12% in DMDD

- Young adults with a ho childhood DMDD:
 - Elevated rates (relative to those without childhood DMDD) of
 - Anxiety
 - Depression
 - > 1 adult psychiatric disorder
 - adverse health outcomes
 - impoverishment
 - reported police contact
 - low educational attainment