

Potential Treatments for Conduct Disorder and Oppositional Defiant Disorder

Intervention	Details
Psychosocial interventions	
Parent management training (PMT)	Teaches parents how to: <ul style="list-style-type: none"> •Set clear expectations •Incentivize appropriate behavior •Give consistent, positive reinforcement
Multisystemic therapy (MST)	Teaches parents how to: <ul style="list-style-type: none"> •Monitor for problematic behaviors •Work effectively with teachers, probation officers, case workers, etc.
Medications <i>(No medications are FDA approved for the treatment of CD or ODD)</i>	
Lithium	For aggression
Anticonvulsants <ul style="list-style-type: none"> • valproic acid • carbamazepine 	For aggression
Atypical antipsychotics <ul style="list-style-type: none"> • risperidone • aripiprazole 	For aggression
Stimulants	For impulsivity

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 by **Michael B. Kelly, MD**
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