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Disruptive Mood Dysregulation Disorder (DMDD), ADHD and the Bipolar Child Under DSM-5: A Concise Guide for Parents and Professionals

Todd Finnerty

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In less than 10 years the rate that children are diagnosed with bipolar disorder increased a shocking 4000%! This was due in part to the increased use of “alternative,” unsanctioned approaches to making the diagnosis in children. As more research has been conducted and we’ve gained more experience with “the bipolar child,” it turns out that most don’t grow up to have bipolar disorder and they’re distinctly different from the much smaller number of children who really do have bipolar disorder. These kids not only have not had an “early onset” of bipolar disorder, they haven’t had an onset of bipolar disorder at all. We must move forward with better research and better approaches to treatment. These children can’t afford for us to cling to unsupported diagnoses. Under DSM-5 most of these kids are now better suited for the new DSM-5 diagnosis of Disruptive Mood Dysregulation Disorder (DMDD). DMDD is a unipolar (not bipolar) mood disorder characterized by very severe irritability. Any parent of a DMDD child can tell you that their problems are not simply normal, developmentally appropriate “temper tatrums.” Kids with DMDD are already in need of treatment, they’re just not getting the best treatment that they could be. DMDD shares qualities with ADHD and ODD but also reflects substantial emotional concerns as severe as any bipolar disorder. In this book Dr. Finnerty confronts the popularized notion of “the bipolar child” and offers resources and “less toxic” advice for parents and professionals. If you previously thought that books like "The Bipolar Child" were a "bible" on early-onset bipolar disorder, you need to read this book now.

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