

Pathological Demand Avoidance Syndrome: My Daughter Is Not Naughty

What is Pathological Demand Avoidance Syndrome?

Pathological Demand Avoidance Syndrome (PDA) is a neurodevelopmental disorder that affects a child's ability to comply with demands. Children with PDA may refuse to do things that are asked of them, even if they know that they should do them. They may also resist any attempt to control or restrict their behavior.



Pathological Demand Avoidance Syndrome - My Daughter is Not Naughty by Jane Alison Sherwin

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PDA is not the same as oppositional defiant disorder (ODD). Children with ODD are intentionally disobedient and defiant. Children with PDA, on the other hand, are not trying to be difficult. They simply cannot comply with demands due to their neurological wiring.

What are the symptoms of PDA?

The symptoms of PDA can vary from child to child. However, some common symptoms include:

- Refusing to do things that are asked of them
- Resisting any attempt to control or restrict their behavior
- Appearing inflexible and rigid
- Having difficulty with transitions
- Being easily frustrated
- Having meltdowns
- Having difficulty with social interactions

What causes PDA?

The exact cause of PDA is unknown. However, it is thought to be caused by a combination of genetic and environmental factors. Children who have a family history of PDA are more likely to develop the disorder. PDA is also more common in children who have other neurodevelopmental disorders, such as autism spectrum disorder (ASD).

How is PDA diagnosed?

PDA is diagnosed based on a child's symptoms and a clinical evaluation. There is no specific test for PDA. However, a doctor may use various tests to rule out other medical conditions that could be causing the child's symptoms.

How is PDA treated?

There is no cure for PDA. However, there are treatments that can help to manage the symptoms of the disFree Download. These treatments may include:

- **Parent training:** Parent training can help parents to learn how to manage their child's behavior and to support their child's development.
- **Cognitive behavioral therapy (CBT):** CBT can help children to learn how to identify and change their negative thoughts and behaviors.
- **Occupational therapy:** Occupational therapy can help children to develop the skills they need to function in everyday life.
- **Speech therapy:** Speech therapy can help children to develop the communication skills they need to express themselves.

What is the prognosis for PDA?

The prognosis for PDA varies from child to child. However, with early diagnosis and treatment, most children with PDA are able to learn how to manage their symptoms and to live fulfilling lives.

Where can I get more information about PDA?

There are a number of resources available to parents of children with PDA. These resources include:

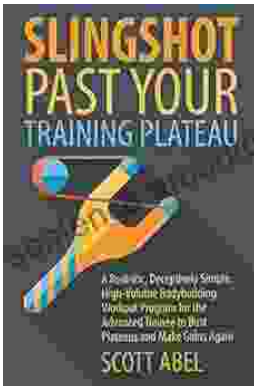
- PDA Society
- National Autistic Society
- National Library of Medicine



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