

## Impulse Control Disorder

I have bipolar disorder, and there were times in my life where I had episodes of hypomania, which triggered my emotions and precipitated behavior unbecoming of my normal behavior. Impulse Control Disorder is a condition in which a person has trouble controlling emotions or behavior. There is no single cause for Impulse Control Disorder. Temperamental, physiological, environmental and genetic factors may play a role in the development of this disorder. This disorder usually appears in childhood or adolescence.

According to statistics, about 35% to 48% of people with intermittent explosive disorders also have substance use. About 19.7 million people in the United States aged 12 and older battle a substance use disorder. In 2017 the "The National Survey on Drug Use and Health " (NSDUH), reports about 8.5 million Americans ages 18 and older suffer from co-occurring substance abuse and mental health disorders.

The 2 types of disorder also share similar features. For example, both impulse control and substance use disorder are characterized by compulsion and a lack of control over the behavior or use of repetitive substance abuse. People with either disorder also experience a craving to use the substance or carry out the behavior.

Depression and anxiety disorders are also conditions with impulse control disorder. The National Institute of Health reports that as many as 82% of people suffering intermittent explosive disorder have a co-occurring substance abuse, anxiety or depression disorder. As you can see, most of the articles I have written have many similarities which can be confusing in disseminating which disorders define one from another. It is my intention to only report my findings and break down in layman's terms their defined characteristics. Only a qualified health care professional can diagnose and prepare a treatment plan for you or your loved ones to receive the proper treatment. Often a loved one or family member may be able to help the person recognize the need for treatment. Typically, the intervention is planned in advance. Loved ones may write down specific instances where the person's negative behaviors have impacted them and share them during the meeting. The intervention is meant to be unconventional. Parents should stick to one statement, talking about how certain situations made them feel and not point fingers.

Outpatient programs can vary in their structure, partial hospitalizations are like residential programs in structure and schedule during the day, with the main difference being that the person returns home each night. More flexible outpatient programs can be structured to fit a person's existing schedule and life obligations. Therapy can take place in an individual, group or family setting. For parents of adolescents or children with impulse control issues, treatment may also include working with the parents on how to respond to the child 's behaviors in a positive manner.

The intensity and duration of symptoms, substance abuse and other factors dictates what type of treatment program would be best. For example, some people may require a period of detox before they begin treatment. In the case of co-occurring disorders, integrated treatment is considered best when compared to separate treatment for each disorder. This type of treatment takes both disorders into account. Please remember and keep in mind that this disorder exposes the relationship between thoughts and behaviors, and if this is understood, we may better understand Impulse Control Disorder.

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