

# ***Impulse-Control Disorders***

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# Definition

- [DSM] a group of mental disorders characterized by repeated failure to resist an impulse to perform some act harmful to oneself or to others. The person feels tension or an irresistible urge to perform the act which, even though ego-dystonic, gives pleasure or emotional release upon performance.

# Tips of Impulse-Control Disorders

- **Intermittent Explosive Disorder**
- **Domestic Violence**
- **Kleptomania**
- **Pyromania**
- **Pathological Gambling**
- **Trichotillomania**

# Intermittent Explosive Disorder

- Episodes of aggressive outbursts resulting in either destruction of property or physical assaults on others.



# Domestic Violence

- **Domestic violence is a particular form of Intermittent Explosive Disorder, because often these individuals only lose control within the context of a close interpersonal relationship.**



**However, many of these individuals have a generalized anger management problem, but control it better outside their own home.**

# Kleptomania

- This impulse control problem involves the compulsive stealing of items not needed for their monetary value.
- Usually, the items are not stolen to express anger or vengeance. There is usually a feeling of tension before stealing, and a sense of pleasure at the time of the theft.



# Pyromania

- **This psychological problem primarily involves setting fires for pleasure, and experiencing a sense of relief or gratification from the experience**



**This does not include fires set for monetary gain, to hide criminal activity, or to express anger.**

**The individual usually has a significant fascination with fire.**



# Pathological Gambling

- This impulse control problem consists in persistent maladaptive gambling that creates serious life problems for the individual.
- This is different from recreational gambling, and is diagnosed by the impact it has on your life, and by the lack of control, rather than the amount of money gambled or lost.





# Trichotillomania

- **Pulling out your own hair habitually, to the point of seeing noticeable hair loss, and experiencing pleasure or tension relief from the behavior.**



**This does not include hair loss as a result of medical conditions, and the disorder must result in clinical distress or impairment in life functioning.**

Thank you very much for your  
attention!