Intermittent Explosive Disorder

Intermittent Explosive Disorder, or IED as it is called, is a major mental disorder that is classified by violent and aggressive behaviors that can harm or destruct property. It is a very serious condition that involves episodes of failure to restrain aggressive impulses and has a degree of aggression that is expressed out of proportion to any other incidents. People with IED can describe strong impulses to act aggressively towards people. They tend to have heightened energy levels during the episodes, and have fatigue and depression following their episode.

While people tend to have to realize not to take out their frustrations on others, there is medication offered to people so that their urges can be subsided. Cognitive therapy is also helpful so that people with IED can continue with their education, employment and relationships.

Before reading this article, I had no idea that a disorder like this was around. I have seen people who have anger problems, but have never connected it to a disorder. As a teacher, if I see something like this in my classroom, I will work hard to prevent it from happening again. I will also help anyone to get the help that they need and deserve. This is important so that people who have IED can live a healthy life. This disorder is being discovered more and more frequently and would be beneficial for more people to live a better life.

For more information you can look at the article about Intermittent Explosive Disorder at www.healthatoz.com