

**ADOLESCENT**
**ANGRY ADOLESCENT**

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**Abstract:** *Anger is common in adolescence. Anger outbursts may present for the first time in adolescence or may be a part of the continuum since childhood. It can lead to aggression, violence, high risk behavior, crime and death. It has many causes. A thorough clinical evaluation is essential to make a precise diagnosis and plan further management. A multidisciplinary team involving pediatrician, parents, teacher and mental health professional is required for appropriate management.*

**Keywords:** *Specific learning disability, Attention deficit hyperactivity disorder, Oppositional defiant disorder, Screening for childhood anxiety related emotional disorders.*

**Points to Remember**

- *Anger is a common behavioural in adolescence.*
- *Uncontrolled anger can lead to aggression, violence, crime and death.*
- *Causes of anger are multi factorial.*
- *Frequent anger outbursts are pointers towards mental disorders.*
- *Pediatricians should provide anticipatory guidance regarding anger management.*
- *Evidence based anger management programs for adolescents that include parents are effective.*

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