

Diagnostic Statistical Manual (DSM)

The DSM is used by clinicians and psychiatrists to diagnose psychiatric illnesses and published by the *American Psychiatric Association* covering all categories of mental health disorders for both adults and children. The manual is non-theoretical and focused mostly on describing symptoms as well as statistics concerning which gender is most affected by the illness, the typical age of onset, the effects of treatment and common treatment approaches. Mental health clinicians use the manual to better understand a client's potential needs as well as a tool for assessment and diagnosis.

Mental health disorders originated with two: neurosis and psychosis (1500s), with the first patients admitted into asylums around 1752. The first DSM-I published in 1952 had about two dozen diagnoses. The most recent DSM-5 was published in 2013 with over 265 diagnoses, with the most recent added "Internet Gaming Disorder." Don't let the numbers overwhelm you as many of diagnoses are sub-categories of major disorders, i.e., neurodevelopmental; schizophrenia spectrum; bipolar; depressive; anxiety; obsessive-compulsive; trauma- and stressor; dissociative; somatic symptom; feeding and eating; elimination; sleep-wake; sexual dysfunctions; gender dysphoria; disruptive, impulse-control and conduct; substance- and addictive neurocognitive; personality; paraphilic; other mental disorders; medication-induced movement disorders.

Robin Rosenberg in the *Medical Examiner: Health and Medicine Explained* released an article at the time of the DSM-5 publication called "Abnormal Is the New Normal." When you have a moment it is interesting reading. It states, "the odds will be greater than 50 percent ... that you'll have a mental disorder in your lifetime."

The ICD has been around for many years. But more attention is now given to it as it arrives on the scene about the same time as the release of the DSM-5. The *ICD-10* is published by the *World Health Organization* and is the classification of *Mental and Behavior Disorders: Clinical descriptions and diagnostic guidelines*. These classifications are used worldwide, however new in the U.S. specifically for mental and behavior disorders. The importance of the ICD-10 is that insurance companies are now requiring the classification to obtain third-party

reimbursement fees. So, as a mental health clinician you will need to begin to understand these codes and where they will need to be used in client charting and billing.

Resources

1. DSM-5 ... more in-depth information - paperback \$119.06; hardcover \$126.88 – ISBN: 978-0523232010 (American Psychiatric Association, 2013)
2. Desk References to the Diagnostic Criteria from DSM-5 ... does include ICD codes; paperback \$48.55 - ISBN: 978-0890425633 (American Psychiatric Association, 2013)
3. DSM Overview ... gives basic information for basic diagnoses \$6.36 – ISBN: 978-1423222682 (Quick Study Academic, 2014)
4. ICD-10 Classification of Mental and Behavioral Disorders: Clinical Descriptions and Diagnostic Guidelines ... paperback \$39.93 - ISBN: 9241544228 (World Health Organization, 1994/2004)
5. DSM-5 Made Easy: The Clinician's Guide to Diagnosis ... uses both DSM and ICD codes - \$71.25 – ISBN: 978-1462514427 – (James Morrison, 2014).

References

Cherry, Kendra (Feb 12, 2018). What is the diagnostic statistical manual (DSM)? Retrieved July 7, 2018 from <https://www.verywellmind.com/the-diagnostic-and-statistical-manual-dsm-2795758>.

Rosenberg, Robin S. (Apr 12, 2013). Abnormal is the new normal. Retrieved July 7 2018 from http://www.slate.com/articles/health_and_science/medical_examiner/2013/04/diagnostic_and_statistical_manual_fifth_edition_why_will_half_the_u_s_population.html