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## ORGANIZATIONALLY SPEAKING

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### **American Psychiatric Association Board of Trustees Approves DSM-5** *Diagnostic manual passes major milestone before May 2013 publication*

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In early December 2012, the American Psychiatric Association (APA) Board of Trustees approved the final diagnostic criteria for the fifth edition of the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*. The trustees' action marks the end of the manual's comprehensive revision process, which has spanned over a decade and included contributions from more than 1,500 experts in psychiatry, psychology, social work, psychiatric nursing, pediatrics, neurology, and other related fields from 39 countries.

Now that the criteria have been approved, review of the criteria and text describing the disorders will continue to undergo final editing and then publication by American Psychiatric Publishing. The final criteria will be available when *DSM-5* is completed and published in spring 2013.

As the guidebook used by clinicians and researchers to diagnose and classify mental disorders, *DSM* has been updated several times since its first release in 1952. The overarching goal of the *DSM-5* revision has been to take into account the scientific and clinical advances that have been made over the past 20 years since the last revision. The aim has been to, wherever possible, make appropriate changes in criteria and establish new diagnoses that would make the *DSM* more useful to clinicians and the patients they serve.

The manual will include approximately the same number of disorders that were included in *DSM-IV*. This goes against the trend from other areas of medicine that increase the number of diagnoses annually. While the number of disorders will not rise from past editions, several important changes will be reflected in the final *DSM-5*:

- **Book organization:** The manual will be composed of three sections. Section I will give an introduction to the manual. Section II will outline the categorical diagnoses according to a revised 20 chapter organization based on disorders' apparent relatedness to one another, as reflected by similarities in disorders' underlying vulnerabilities and symptom characteristics. Section III will include conditions that require further research before their consideration as formal disorders, as well as cultural formulations, glossary, the names of individuals involved in *DSM-5*'s development and other information.
- **New and revised disorders:** While APA and *DSM-5* leadership have sought to be conservative with changes to the manual, there are several new or substantially modified diagnoses including autism spectrum disorder, binge eating disorder, disruptive mood dysregulation disorder, excoriation (skin-picking) disorder, gender dysphoria, hoarding disorder, substance use disorder, and others.
- **Conditions for further study:** One of the more exciting areas of the manual will be the conditions added to Section III for further study. We are encouraging clinicians and researchers alike to study particular conditions which may ultimately wind up in the next edition of *DSM*.

*The American Psychiatric Association is a national medical specialty society whose physician members specialize in the diagnosis, treatment, prevention and research of mental illnesses, including substance use disorders. Visit the APA at [www.psychiatry.org](http://www.psychiatry.org).*