

## **APA STATEMENT ON GID AND THE DSM-V**

**May 23, 2008**

The American Psychiatric Association has received inquiries about the DSM-V process, particularly concerns about the Sexual and Gender Identity Disorders Work Group. The APA recognizes that this work group and others will address difficult and sometimes controversial issues. The APA's goal is to develop a diagnostic manual that is based on sound scientific data, but also sensitive to the needs of clinicians and their patients. To this end, the APA has created a process that involves opportunities for review and input from persons with varied backgrounds and opinions.

Thirteen DSM-V work groups have been established to review all existing diagnostic categories in the current DSM. Individual work groups may propose revisions to existing disorder criteria, inclusion of new disorders, removal of existing disorders, or no changes to a disorder or its criteria. They may also propose revisions to the text that accompanies the criteria for each disorder. The Sexual and Gender Identity Disorders Work Group, chaired by Kenneth J. Zucker, Ph.D., has three subworkgroups:

- Gender Identity Disorders, chaired by Peggy T. Cohen-Kettenis, Ph.D.
- Paraphilias, chaired by Ray Blanchard, Ph.D.
- Sexual Dysfunctions, chaired by R. Taylor Graves, M.D., Ph.D.

Each subworkgroup meets regularly, in person or on conference calls. They begin by reviewing DSM-IV's strengths and problems, from which research questions and hypotheses are developed and then investigated through literature reviews and analyses of existing data. They also may further test research questions in field trials involving direct data collection. Because the work groups are limited in size, they may request outside advisors to assist them in these tasks, and to provide reviews and comments from other perspectives. Finally, in order to invite comments from even wider communities of researchers, clinicians, and consumers, the APA launched a web site in 2004, on which these groups can submit questions, comments and research findings, which are then distributed to the relevant work groups.

Based on this comprehensive review of scientific advancements, targeted research analyses and clinical expertise, the subworkgroups will develop draft DSM-V diagnostic criteria. After a period of comment, the subworkgroups will review submitted questions, comments and concerns. The final draft of DSM-V will be submitted to APA's Council on Research, Assembly, and Board of Trustees for their review and approval. The final, approved DSM-V is expected to be released in May, 2012.

In summary, the DSM-V development process was constructed to achieve a thorough, balanced review of scientific data, with multiple levels of approval required, and opportunities for input from stakeholders. It is important to recognize that the DSM is a diagnostic manual and does not provide treatment recommendations or guidelines. The APA is aware of a need for more scientific and clinical knowledge about the best medical and psychiatric care for individuals with Gender Identity Disorder. To address this need, the APA Board of Trustees voted to create a Task Force to review the scientific and clinical literature on GID treatment. The members of this Task Force will be appointed shortly.