Anxiety Disorders:  
1. Excessive worrying  
2. Feeling restless or on edge  
3. Irritability  
4. Difficulty concentrating  
5. Muscle tension  
6. Difficulty falling asleep or staying asleep  
7. Fatigue  
8. Racing thoughts  
9. Feeling overwhelmed  
10. Restlessness  
11. Feeling constantly on high alert  
12. Palpitations or rapid heart rate  
13. Shortness of breath  
14. Chest pain or discomfort  
15. Nausea or upset stomach  
16. Dizziness or lightheadedness  
17. Trembling or shaking  
18. Sweating excessively  
19. Feeling faint  
20. Dry mouth  
21. Difficulty swallowing  
22. Feeling hot or cold flashes  
23. Head  
--------------------------------------------------

Mood Disorders:  
1. Sadness  
2. Loss of interest or pleasure in activities  
3. Fatigue  
4. Sleep disturbances (insomnia or excessive sleep)  
5. Appetite changes (overeating or loss of appetite)  
6. Restlessness or feeling slowed down  
7. Difficulty concentrating or making decisions  
8. Feelings of guilt or worthlessness  
9. Irritability or anger  
10. Decreased energy levels  
11. Frequent crying or tearfulness  
12. Social withdrawal or isolation  
13. Feeling hopeless or pessimistic  
14. Thoughts of death or suicide  
15. Physical aches and pains with no apparent cause  
16. Changes in sexual desire or functioning  
17. Difficulty managing daily tasks or responsibilities  
18.  
--------------------------------------------------

Psychotic Disorders:  
1. Delusions  
2. Hallucinations (visual, auditory, tactile, olfactory)  
3. Disorganized thinking  
4. Disorganized speech  
5. Paranoia  
6. Incoherence  
7. Eccentric behavior  
8. Social withdrawal  
9. Lack of emotional expression  
10. Flat affect  
11. Catatonic behavior  
12. Bizarre or unusual beliefs  
13. Thought broadcasting (belief that one's thoughts are being projected to others)  
14. Thought insertion (belief that external forces are inserting thoughts into one's mind)  
15. Thought withdrawal (belief that thoughts are being taken away by external forces)  
16. Persecutory delusions (belief that one is being targeted, followed, or harmed)  
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Personality Disorders:  
1. Chronic feelings of emptiness  
2. Impulsive and reckless behavior  
3. Difficulty forming and maintaining relationships  
4. Extreme mood swings  
5. Lack of empathy for others  
6. Intense fear of abandonment  
7. Excessive need for attention and validation  
8. Grandiose sense of self-importance  
9. Strong belief in one's own superiority  
10. Difficulty controlling anger and aggression  
11. Chronic feelings of sadness or hopelessness  
12. Inability to trust others  
13. Persistent feelings of anxiety or worry  
14. Extreme sensitivity to criticism or rejection  
15. Difficulty expressing emotions appropriately  
16. Tendency to manipulate or exploit others  
17. Unstable sense of self-image and identity  
18  
--------------------------------------------------

Neurodevelopmental Disorders:  
1. Difficulty with social interactions  
2. Lack of eye contact  
3. Delayed language development  
4. Repetitive behaviors or movements  
5. Difficulty understanding nonverbal cues  
6. Inability to maintain friendships  
7. Sensitivity to sensory stimuli (e.g. loud noises, bright lights)  
8. Trouble with transitions or changes in routine  
9. Difficulty with impulse control  
10. Emotional outbursts or tantrums  
11. Fixation on certain objects or topics  
12. Developmental delays in motor skills  
13. Trouble with organization and planning  
14. Limited or unusual interests  
15. Difficulty with problem-solving or abstract thinking  
16. Uneven or atypical cognitive abilities  
17. Challenges with executive  
--------------------------------------------------

Sleep Disorders:  
1. Insomnia  
2. Excessive daytime sleepiness  
3. Irritability  
4. Difficulty falling asleep  
5. Waking up frequently during the night  
6. Snoring  
7. Difficulty staying asleep  
8. Restless leg syndrome  
9. Sleepwalking  
10. Night sweats  
11. Sleep apnea  
12. Morning headaches  
13. Difficulty concentrating  
14. Fatigue  
15. Forgetfulness  
16. Depression  
17. Anxiety  
18. Mood swings  
19. Decreased libido  
20. Weight gain  
21. Loud or irregular breathing during sleep  
22. Teeth grinding  
23. Dry mouth  
24. Frequent awakenings to urinate  
25. Frequent nighttime awakenings  
--------------------------------------------------

Trauma and Stressor-Related Disorders:  
1. Flashbacks  
2. Nightmares  
3. Intrusive thoughts  
4. Avoidance of trauma-related stimuli  
5. Difficulty concentrating  
6. Trouble sleeping  
7. Irritability  
8. Hypervigilance  
9. Feeling on edge  
10. Jumpiness  
11. Startling easily  
12. Racing heartbeat  
13. Sweating  
14. Trembling or shaking  
15. Nausea or upset stomach  
16. Shortness of breath  
17. Dizziness  
18. Feeling disconnected from others  
19. Feeling numb or detached  
20. Feeling guilty or responsible for the trauma  
21. Experiencing a sense of doom or impending danger  
22. Memory problems  
23. Self-destruct  
--------------------------------------------------

Substance-Related and Addictive Disorders:  
1. Cravings for the substance  
2. Withdrawal symptoms when not using the substance  
3. Increased tolerance to the substance  
4. Failed attempts to cut down or control substance use  
5. Spending excessive time obtaining, using, or recovering from substance use  
6. Neglecting social, occupational, or recreational activities due to substance use  
7. Continued substance use despite persistent physical or psychological problems related to its use  
8. Needing larger amounts of the substance to achieve desired effects  
9. Experiencing legal problems as a result of substance use  
10. Continued substance use despite negative effects on relationships  
11. Engaging in risky behaviors while under the influence of the substance  
12. Loss of interest in previously pleasurable  
--------------------------------------------------

Feeding and Eating Disorders of Infancy or Early Childhood:  
1. Refusal to eat  
2. Difficulty swallowing  
3. Weight loss  
4. Failure to gain weight  
5. Fear or anxiety around food  
6. Avoidance of certain textures or types of food  
7. Frequent gagging or choking while eating  
8. Excessive drooling  
9. Difficulty coordinating chewing and swallowing  
10. Vomiting after meals  
11. Irritability during or after meals  
12. Excessive fussiness during feeding  
13. Distress or crying before or during meals  
14. Leaning back or arching away from the bottle or spoon  
15. Lack of interest in food or eating  
16. Delayed development of self-feeding skills  
17. Slow eating or taking  
--------------------------------------------------

Obsessive-Compulsive and Related Disorders:  
1. Excessive handwashing  
2. Counting rituals  
3. Fear of contamination  
4. Hoarding excessive amounts of objects  
5. Checking and rechecking locks or appliances  
6. Fear of causing harm to oneself or others  
7. Constant need for reassurance  
8. Intrusive thoughts or images  
9. Avoidance of particular places or objects  
10. Compulsive organizing or arranging items  
11. Need for symmetry or orderliness  
12. Excessive cleaning or tidying  
13. Fear of making a mistake  
14. Ritualized eating patterns  
15. Need to touch or tap objects a certain number of times  
16. Uncontrollable impulses to shout or curse  
17. Sensation of needing to confess  
--------------------------------------------------

Paraphilic Disorders:  
1. Persistent and intense sexual fantasies involving non-human objects  
2. Repeatedly engaging in sexual activities that involve humiliation or degradation  
3. Recurrent sexual attraction to corpses or dead bodies  
4. Sexual interest in animals, including bestiality  
5. Persistent and intense sexual desire for children or prepubescent individuals  
6. Repeatedly exposing one's genitals to unsuspecting strangers  
7. Recurrent sexual arousal from urinating or defecating on oneself or others  
8. Sexual attraction to individuals who are unable to give consent, such as unconscious or drugged individuals  
9. Persistent and intense sexual obsession with a specific body part (e.g., feet, hands, etc.)  
10. Repeatedly seeking sexual grat  
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Gender Dysphoria:  
1. Strong desire to be the opposite gender  
2. Persistent discomfort or distress about assigned gender  
3. Feeling like one was born into the wrong body  
4. Frequent thoughts about being the opposite gender  
5. Persistent preoccupation with gender identity  
6. Discomfort or distress in gender-specific roles or activities  
7. Strong preference for cross-gender clothing or hairstyles  
8. Frequent fantasies or daydreams about being the opposite gender  
9. Anxiety or depression related to gender identity  
10. Feeling like one's body is incongruent with one's gender identity  
11. Strong discomfort or distress during puberty related to gender changes  
12. Avoidance of social situations where one's assigned gender is emphasized  
13. Desire  
--------------------------------------------------

Factitious Disorders:  
1. Exaggerated or fabricated physical symptoms  
2. Frequent doctor visits with no clear medical reason  
3. Inconsistent or contradictory medical test results  
4. Dramatic and emotional presentations of symptoms  
5. Knowledge of medical terminology and conditions  
6. Seeking multiple medical opinions  
7. Claiming to have rare or unusual conditions  
8. Frequent hospitalizations without clear medical cause  
9. Involvement in online support groups for rare illnesses  
10. Demanding unnecessary medical tests or procedures  
11. Reluctance to seek mental health treatment  
12. Frequent claims of severe pain or discomfort  
13. Engaging in self-harm or self-inflicted injuries  
14. Constant need for attention and sympathy from others  
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Psychosomatic Disorders:  
1. Headaches  
2. Stomachaches  
3. Chest pain  
4. Palpitations  
5. Shortness of breath  
6. Dizziness  
7. Fatigue  
8. Muscle aches  
9. Joint pain  
10. Back pain  
11. Nausea  
12. Vomiting  
13. Diarrhea  
14. Constipation  
15. Loss of appetite  
16. Weight loss  
17. Weight gain  
18. Insomnia  
19. Difficulty falling asleep  
20. Difficulty staying asleep  
21. Excessive dreaming  
22. Nightmares  
23. Frequent urination  
24. Urinary retention  
25. Painful urination  
26. Blurred vision  
27  
--------------------------------------------------

Adjustment Disorders:  
1. Persistent feelings of sadness  
2. Excessive worrying  
3. Difficulty concentrating  
4. Changes in appetite  
5. Weight loss or gain  
6. Insomnia or excessive sleeping  
7. Fatigue  
8. Irritability  
9. Anxiety  
10. Restlessness  
11. Feeling overwhelmed  
12. A sense of hopelessness or helplessness  
13. Social withdrawal or isolation  
14. Decreased interest or pleasure in previously enjoyed activities  
15. Difficulty forming or maintaining relationships  
16. Excessive guilt or self-blame  
17. Difficulty making decisions  
18. Physical aches and pains with no clear medical cause  
19. Changes in energy levels  
20. Inability to relax or unwind  
21. Decre  
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Sleep-Wake Disorders:  
1. Difficulty falling asleep  
2. Excessive daytime sleepiness  
3. Insomnia  
4. Hypersomnia  
5. Restless leg syndrome  
6. Periodic limb movement disorder  
7. Sleep apnea  
8. Snoring  
9. Gasping or choking during sleep  
10. Frequent awakening during the night  
11. Sleep talking  
12. Sleepwalking  
13. Nightmares  
14. Excessive tossing and turning in bed  
15. Feeling unrefreshed upon waking  
16. Difficulty maintaining sleep  
17. Abnormal sleep schedule (e.g., going to bed very late and waking up very late)  
18. Abnormal sleep behaviors (e.g., kicking, punching, or thrashing while asleep)  
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Communication Disorders:  
1. Difficulty pronouncing words correctly  
2. Trouble understanding or following directions  
3. Limited vocabulary  
4. Difficulty expressing ideas or thoughts  
5. Repeating words or phrases  
6. Stuttering or stumbling over words  
7. Difficulty understanding or using grammar rules  
8. Inconsistent or inappropriate use of speech sounds  
9. Difficulty forming sentences or organizing thoughts  
10. Trouble engaging in conversation or social interactions  
11. Limited eye contact during communication  
12. Avoidance of verbal communication  
13. Difficulty initiating or maintaining a conversation  
14. Inability to understand non-literal language (e.g. sarcasm, idioms)  
15. Challenges with storytelling or narrative skills  
16. Difficulty answering questions appropriately  
17. Trouble  
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Obsessive-Compulsive Spectrum Disorders:  
1. Excessive handwashing  
2. Counting rituals  
3. Fear of contamination  
4. Need for symmetry and order  
5. Intrusive thoughts  
6. Checking behaviors  
7. Hoarding  
8. Fear of harming oneself or others  
9. Fear of making mistakes  
10. Constant need for reassurance  
11. Mental rituals  
12. Avoidance of certain triggers  
13. Difficulty throwing away items  
14. Need to arrange things in a specific way  
15. Fear of germs or dirt  
16. Unwanted urges to harm oneself or others  
17. Need for perfection  
18. Excessive grooming or primping  
19. Repeating words or phrases  
20. Unwanted sexual thoughts or images  
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Impulse Control Disorders Not Elsewhere Classified:  
1. Frequent bouts of anger or aggression  
2. Compulsive gambling  
3. Uncontrolled shopping or spending  
4. Repeatedly stealing or kleptomania  
5. Difficulty resisting urges or impulses  
6. Impulsive substance abuse or drug use  
7. Excessive risk-taking behavior  
8. Compulsive hair pulling or trichotillomania  
9. Compulsive skin picking or dermatillomania  
10. Reckless driving or road rage  
11. Excessive eating or binge eating  
12. Compulsive sexual behaviors or hypersexuality  
13. Excessive internet or gaming use  
14. Hoarding or compulsive collecting  
15. Repeatedly engaging in unsafe sexual practices  
16. Imp  
--------------------------------------------------

Suicide-Related Disorders:  
1. Feeling hopeless  
2. Persistent sadness or low mood  
3. Loss of interest or pleasure in activities  
4. Trouble sleeping or sleeping too much  
5. Changes in appetite or weight  
6. Fatigue or lack of energy  
7. Difficulty concentrating or making decisions  
8. Feeling guilty or worthless  
9. Irritability or anger  
10. Withdrawal from social activities or isolating oneself  
11. Physical aches and pains  
12. Increase in alcohol or drug use  
13. Thoughts of death or suicide  
14. Preoccupation with death or suicide  
15. Feeling like a burden to others  
16. Excessive guilt or self-blame  
17. Feeling trapped or without options  
18. Loss of hope  
--------------------------------------------------

Sleep-Related Disorders:  
1. Difficulty falling asleep  
2. Frequent or prolonged waking during the night  
3. Excessive daytime sleepiness  
4. Unrefreshing sleep  
5. Loud snoring  
6. Gasping or choking during sleep  
7. Restless legs during sleep  
8. Sleepwalking  
9. Sleep talking  
10. Nightmares  
11. Sleep paralysis  
12. Cataplexy (sudden loss of muscle tone)  
13. Hypnagogic hallucinations (vivid dream-like experiences when falling asleep)  
14. Hypnopompic hallucinations (vivid dream-like experiences when waking up)  
15. Fragmented sleep  
16. Daytime fatigue  
17. Difficulty concentrating  
18. Trouble remembering things  
19.  
--------------------------------------------------

Tic Disorders:  
1. Repetitive twitches or movements of the face  
2. Blinking excessively  
3. Grimacing  
4. Head jerking  
5. Shoulder shrugging  
6. Neck twisting  
7. Eye rolling  
8. Sniffing repeatedly  
9. Throat clearing  
10. Grunting  
11. Snorting  
12. Coughing  
13. Hiccupping  
14. Abdominal tensing  
15. Limb tremors or shaking  
16. Finger tapping  
17. Foot tapping  
18. Toe wiggling  
19. Nose wrinkling  
20. Lip smacking  
21. Tongue clicking  
22. Teeth grinding  
23. Jaw clenching  
24. Shoulder rolling  
--------------------------------------------------

Stereotypic Movement Disorder:  
1. Repetitive body rocking  
2. Head banging  
3. Hand flapping  
4. Finger flicking  
5. Toe tapping  
6. Leg bouncing  
7. Teeth grinding  
8. Nail biting  
9. Lip biting  
10. Tongue thrusting  
11. Eye blinking  
12. Hand clapping  
13. Arm slapping  
14. Knee shaking  
15. Body twirling  
16. Hair pulling  
17. Ear tugging  
18. Shoulder shrugging  
19. Hip swaying  
20. Foot stomping  
21. Elbow hitting  
22. Knuckle cracking  
23. Thigh slapping  
24. Heel bouncing  
25. Chest thumping  
26. Wrist twisting  
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