

DSM-5 Diagnostic Criteria Reference

Psychology Treatment and Diagnostics Board

Essential Diagnostic Criteria for Clinical Practice

Major Depressive Disorder (296.2x-296.3x)

Diagnostic Criteria

A. Five (or more) of the following symptoms present during the same 2-week period and represent a change from previous functioning; at least one symptom is either (1) or (2):

- Depressed mood most of the day, nearly every day
- Markedly diminished interest or pleasure in all/almost all activities
- Significant weight loss/gain or decrease/increase in appetite
- Insomnia or hypersomnia nearly every day
- Psychomotor agitation or retardation
- Fatigue or loss of energy nearly every day
- Feelings of worthlessness or excessive/inappropriate guilt
- Diminished ability to think/concentrate or indecisiveness
- Recurrent thoughts of death or suicidal ideation

B. Symptoms cause clinically significant distress or impairment

C. Episode not attributable to substance use or medical condition

D. Not better explained by schizoaffective, schizophrenia, or other psychotic disorders

E. No history of manic or hypomanic episode

Specifiers

- With anxious distress
- With mixed features
- With melancholic features
- With atypical features
- With mood-congruent/incongruent psychotic features
- With catatonia
- With peripartum onset

- With seasonal pattern

Severity Ratings

- **Mild:** Few symptoms beyond minimum, minor functional impairment
- **Moderate:** Symptoms/functional impairment between mild and severe
- **Severe:** Most symptoms present, marked functional impairment

Generalized Anxiety Disorder (300.02)

Diagnostic Criteria

- A.** Excessive anxiety and worry about various events/activities, occurring more days than not for at least 6 months
- B.** Individual finds it difficult to control the worry
- C.** Anxiety/worry associated with three (or more) of the following:
 - Restlessness or feeling keyed up or on edge
 - Being easily fatigued
 - Difficulty concentrating or mind going blank
 - Irritability
 - Muscle tension
 - Sleep disturbance
- D.** Causes clinically significant distress or impairment
- E.** Not attributable to substance use or medical condition
- F.** Not better explained by another mental disorder

Specifiers

- With anxious distress
- Specify current severity: Mild, Moderate, Severe

Post-Traumatic Stress Disorder (309.81)

Diagnostic Criteria

A. Exposure to actual/threatened death, serious injury, or sexual violence

B. Presence of one (or more) intrusion symptoms:

- Recurrent, involuntary distressing memories
- Recurrent distressing dreams
- Dissociative reactions (flashbacks)
- Intense psychological distress at exposure to trauma cues
- Marked physiological reactions to trauma reminders

C. Persistent avoidance of trauma-associated stimuli (1 or more):

- Avoidance of distressing memories, thoughts, or feelings
- Avoidance of external reminders

D. Negative alterations in cognitions and mood (2 or more):

- Inability to remember important aspect of trauma
- Persistent negative beliefs about self/others/world
- Distorted cognitions about cause/consequences of trauma
- Persistent negative emotional state
- Markedly diminished interest/participation in activities
- Feelings of detachment or estrangement
- Persistent inability to experience positive emotions

E. Marked alterations in arousal and reactivity (2 or more):

- Irritable behavior and angry outbursts
- Reckless or self-destructive behavior
- Hypervigilance
- Exaggerated startle response
- Problems with concentration
- Sleep disturbance

F. Duration more than 1 month

G. Clinically significant distress or impairment

H. Not attributable to substance use or medical condition

Specifiers

- With dissociative symptoms (depersonalization/derealization)
- With delayed expression (full criteria not met until 6+ months)

Attention-Deficit/Hyperactivity Disorder (314.0x)

Diagnostic Criteria

A. Persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning

Inattention (6 or more for children, 5+ for adolescents/adults):

- Fails to give close attention to details or makes careless mistakes
- Difficulty sustaining attention in tasks or play
- Does not seem to listen when spoken to directly
- Does not follow through on instructions and fails to finish tasks
- Difficulty organizing tasks and activities
- Avoids/dislikes tasks requiring sustained mental effort
- Loses things necessary for tasks/activities
- Easily distracted by extraneous stimuli
- Forgetful in daily activities

Hyperactivity/Impulsivity (6 or more for children, 5+ for adolescents/adults):

- Fidgets or squirms in seat
- Leaves seat when remaining seated is expected
- Runs/climbs excessively in inappropriate situations
- Unable to play or engage in leisure activities quietly
- Acts as if "driven by a motor"
- Talks excessively
- Blurts out answers before questions completed
- Difficulty waiting turn
- Interrupts or intrudes on others

B. Several symptoms present before age 12

C. Several symptoms present in 2+ settings

D. Clear evidence symptoms interfere with functioning

E. Not better explained by another mental disorder

Presentation Specifiers

- Combined presentation (314.01)
- Predominantly inattentive presentation (314.00)
- Predominantly hyperactive/impulsive presentation (314.01)
- Other specified ADHD (314.00)
- Unspecified ADHD (314.01)

Diagnostic Process Guidelines

General Assessment Principles

- **Multi-source Information:** Use clinical interview, standardized assessments, collateral information
- **Differential Diagnosis:** Rule out medical conditions and substance use
- **Functional Impairment:** Document specific areas of life impacted
- **Timeline Clarification:** Establish onset, duration, and course of symptoms
- **Cultural Considerations:** Account for cultural expressions of distress

Documentation Requirements

DIAGNOSTIC FORMULATION Primary Diagnosis: _____
(DSM-5 Code: _____) Specifiers: _____ Severity: _____
Secondary Diagnoses: 1. _____ (Code: _____)
2. _____ (Code: _____) Rule-Out Diagnoses
Considered: _____ Supporting Evidence: _____
Functional Impairment Areas: ☐ Work/School ☐ Relationships ☐ Self-care ☐ Social functioning ☐ Financial management ☐ Legal issues ☐ Other: _____
Risk Factors Present: ☐ Suicide risk ☐ Homicide risk ☐ Self-harm ☐ Substance use ☐ Medical concerns ☐ Other: _____

***Important:** This reference provides key diagnostic criteria for common conditions. For complete criteria, differential diagnoses, and less common disorders, consult the full DSM-5-TR. All diagnoses must be made by qualified licensed professionals.*

Diagnostic Coding Guidelines

ICD-10-CM Codes

DSM-5 diagnostic codes correspond to ICD-10-CM codes for billing and record-keeping. Ensure accuracy in code selection for proper documentation and reimbursement.

Severity and Course Specifiers

- **Mild:** Few symptoms beyond minimum criteria, minor functional impairment
- **Moderate:** Symptoms/impairment between mild and severe
- **Severe:** Many symptoms beyond minimum, substantial functional impairment
- **In partial remission:** Previous full criteria met, some symptoms remain
- **In full remission:** No significant symptoms for appropriate time period