

Open Your Class With This Tomorrow

DSM-5 Essentials: The Savvy Clinician's Guide to the Changes in Criteria

Background: The publication of the DSM-5 has sparked an intense debate among practitioners; the changes were made as a result of twelve years of research to measure, and determine the diagnostic criteria. The intended purpose of the changes is to improve the reliability and validity of diagnosis and develop more effective treatments for each respective disorder.

Directions: Divide the class into groups. Have each group discuss the following topics related to new diagnoses and indicate their perspective on the changes. Each group will then present their findings to the class to facilitate a larger group discussion.

Changes:

1. The addition of a new disorder called disruptive mood dysregulation to replace a diagnosis of bipolar disorder in children.
2. The addition of a new feeding and eating disorder called binge eating disorder.
3. The addition of hoarding disorder as a stand-alone condition within the category of obsessive-compulsive disorders rather than an example of OCD.
4. The elimination of schizophrenic subtypes.
5. The addition of caffeine withdrawal as a diagnosis. How does this reflect the prevalence of caffeine use in society?
6. The creation of two new categories (obsessive-compulsive related disorders and trauma- and stressor-related disorders) consisting of conditions formerly characterized as anxiety disorders.
7. The inclusion of caffeine use disorder in the appendix as a condition that warrants further study.
8. The inclusion of Internet gaming disorder in the appendix as a condition that warrants further study.

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