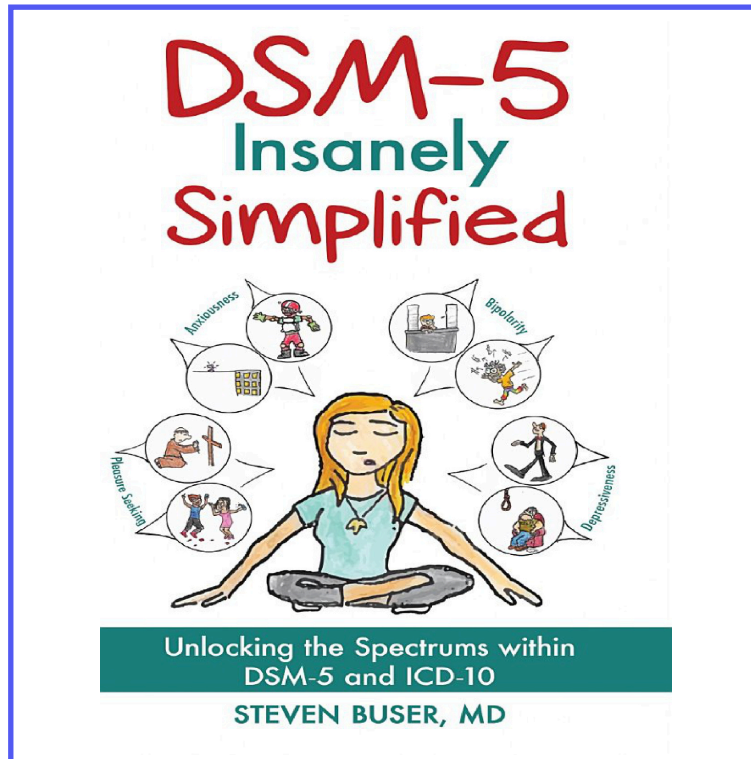




ebookbig.com

or scan the QR code to access the digital study portal.



© 2014 by Chiron Publications. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the publisher, Chiron Publications, 932 Hendersonville Road, Suite 104, Asheville, North Carolina 28803.

www.ChironPublicatons.com

innerQuest is a book imprint of Chiron Publications

Printed in the United States of America

ISBN 978-1-63051-207-1 paperback

ISBN 978-1-63051-208-8 clothbound

ISBN 978-1-63051-209-5 electronic

Library of Congress Cataloging-in-Publication Data

Buser, Steven, 1963- , author.

DSM-5 insanely simplified : unlocking the spectrums within DSM-5 & ICD 10 / Steven Buser, Leonard Cruz.

p. ; cm.

Includes bibliographical references and index.

ISBN 978-1-63051-207-1 (pbk. : alk. paper) -- ISBN 978-1-63051-208-8 (clothbound : alk. paper) --

ISBN 978-1-63051-209-5 (electronic)

I. Cruz, Leonard, 1957- , author. II. Title.

[DNLM: 1. Diagnostic and statistical manual of mental disorders. 5th ed. 2. International statistical classification of diseases and related health problems. 10th revision. 3. Mental Disorders--classification--Handbooks. 4. Mental Disorders--diagnosis--Handbooks. WM 34]

RC455.2.C4

616.89'075--dc23

2014041424

*To our wives, Megan and Vicky, and our children,
Brian, Emily, Saila and Sarah
And all their amazing love and inspiration
that fuel our life's work.*

CONTENTS

DSM-5 Summary Pages

Acknowledgements

Section I: Overview

1. Introduction
2. History of the DSM
3. What is New in DSM-5
4. The 8 Primary Psychiatric Spectrums of Mental Illness

Section II: The 8 Primary Spectrums of Psychiatry

5. The Depression Spectrum: Shallowness versus Despair
6. The Mania Spectrum: Boring versus Bipolar
7. The Anxiety Spectrum: Carelessness versus Anxiousness
8. The Psychosis Spectrum: Visionless versus Psychotic
9. The Focusing Spectrum: Attention Deficit Disorder versus Obsessive Compulsive Disorders
10. The Substance Abuse Spectrum: Ascetic versus Addicted
11. The Autism Spectrum: Codependent versus Autistic
12. The Personality Spectrum: Neurotic versus Obnoxious

Section III: The Secondary Areas of Diagnoses

13. The Secondary Areas (Trauma, Dissociative, Somatic, Eating, Elimination, Sleep, Sexual, Gender, Behavioral, Neurocognitive, Paraphilia).

Section IV: Conclusions

14. The Harmony of the Lotus Flower
15. Carl Jung and his Relationship with DSM-5.

Appendix: On ICD-10 and the DSM-5

Bibliography

Index

DSM-5 SUMMARY PAGES

WARNING! The description of DSM-5 disorders that follows are in a highly simplified and summarized form. They are meant to give a quick overview and a reminder of the disorder. They do not, however, include all of the full diagnostic criterion found in the complete DSM-5 text. The DSM-5 should be purchased as a separate side-by-side text. Please do not use our book to formally reach a diagnosis, but rather as a quick reference and memory tool. All codes begin with DSM-5 and following the backslash include ICD-10 codes. Most of which begin with the letter “F”

DEPRESSIVE DISORDERS

Major Depressive Disorder

- 5 “SIG E CAPSS” symptoms for at least 2 weeks [Sadness, Interest loss, Guilt or worthlessness, Energy loss, Concentration loss, Appetite change, Psychomotor agitation or retardation, Sleep change, Suicidal thoughts]

296.2x / F32.x Major Depressive Disorder, single episode

296.3x / F33.x Major Depressive Disorder, recurrent

Intensity:	Single Episode:	Recurrent Episode:
Mild	296.21 / F32.0	296.31 / F33.0
Moderate	296.22 / F32.1	296.32 / F33.1
Severe	296.23 / F32.2	296.33 / F33.2
Psychotic	296.24 / F32.3	296.34 / F33.3

300.4 / F34.1 Persistent Depressive Disorder (Dysthymia)

- Sad most days for 2 years
- 2 or more of: sleep change, hopelessness, appetite change, low self-esteem, concentration loss
- Never 2 months symptom free in first 2 years

- Significant distress or impairment

296.99 / F34.8 Disruptive Mood Dysregulation Disorder

- Severe recurrent temper outbursts (verbal or physical)
- Out of proportion to context
- 3 or more per week; persists more than a year; began as child (6-18)
- Persistent irritability
- (not better explained by mania, depression, autism, substance abuse, etc)

625.4 / N94.3 Premenstrual Dysphoric Disorder

- Symptoms present one week prior to menses
- At least 1 of the 4 following: mood swings, irritability/anger, sadness, anxiety/tension
- At least 5 total: mood swings, irritability/anger, sadness, anxiety/tension, loss of interest, poor concentration, fatigue, appetite change, sleep change, overwhelmed, physical symptoms (breast tenderness, bloating, pain, weight gain)
- Significant distress or impairment

BIPOLAR DISORDERS

296.7 / F31.9 Bipolar I Disorder

- Euphoric or irritable mood and increased energy or activity for 1 week
- 3 out of 7: grandiose, decreased sleep, talkative, racing thoughts, distractibility, increased goal-directed activity, impulsive)
- Social or work impairment

296.89 / F31.81 Bipolar II Disorder

- At least 1 Hypomanic episode and at least 1 Major Depressive episode
- No full Manic episodes

Hypomanic Episode:

- Same as Bipolar I Manic episode except: at least 4 days duration (instead of 7)
- And **NO marked impairment** in social or occupational functioning

301.13 / F34.0 Cyclothymic Disorder

- Numerous hypomania and depression symptoms for most of the time for 2 years
- Never reaches full diagnosis for either hypomanic, manic or depressive episodes
- Not without symptoms for 2 months in 1st 2 years.
- Clinically significant distress or impairment

May Add Specifiers:

with Anxious Distress

with Mixed Features (mania and depression)

with Rapid Cycling (for Bipolar I and II: > 4 episodes per year)

with Melancholic Features (loss of pleasure, lack of reactivity, despair, worse in a.m., early morning awakening)

with Atypical Features (weight gain, increased sleep, leaden paralysis, interpersonal rejection sensitivity, mood reactivity)

with Psychotic Features, with Catatonia, with Peripartum Onset, with Seasonal Pattern

PSYCHOTIC DISORDERS

295.90 / F20.9 Schizophrenia

- Must have 1 positive symptom (hallucinations, delusions or disorganized speech) for 1 month
- 2 of the following: hallucinations, delusions, disorganized speech, disorganized behavior, or negative symptoms (low emotion, low motivation)
- Prior or residual poor functioning for at least 6 months
- Social or work impairment

295.40 / F20.81 Schizophreniform Disorder

- Schizophrenic symptoms between 1-6 months duration

295.70 / F25.0 Schizoaffective Disorder, Bipolar type

- Schizophrenic symptoms and Bipolar I symptoms present most of the time.

- At least 2 weeks of delusions or hallucinations without Bipolar symptoms
- Must have Bipolar symptoms for the majority of time.

295.70 / F25.1 Schizoaffective Disorder, Depressive type

- Schizophrenic symptoms and Depression symptoms present most of the time.
- At least 2 weeks of delusions or hallucinations without Depression symptoms
- Must have Depression symptoms for the majority of time.

297.1 / F22 Delusional Disorder

- Moderate delusions at least 1 month, not Schizophrenic level
- Otherwise good functioning; no bizarre behavior
 - Erotomaniac type
 - Grandiose type
 - Jealous type
 - Persecutory type
 - Somatic type
 - Mixed type
 - Unspecified type

298.8 / F23 Brief Psychotic Disorder

- Schizophrenic symptoms for less than 1 month
- Full return to premorbid level.
 - with marked stressors
 - without marked stressors
 - with postpartum onset
 - with Catatonia

ANXIETY DISORDERS

300.01 / F41.0 Panic Disorder

- Recurrent, abrupt, unexpected intense fear or discomfort
- Persistent worry of additional attacks for 1 month

- 4 out of 13 symptoms: (palpitations, sweating, trembling, shortness of breath, choking, chest pain, nausea, dizziness, derealization, fear of “going crazy”, fear of dying, numbness/tingling, hot/cold flashes)
- “Panic Attack” can also be a specifier for other diagnoses (i.e. “PTSD with Panic Attacks”)

300.22 / F40.00 Agoraphobia

- Intense fear of 2 or more of: public transportation, open spaces (markets, bridges), enclosed spaces (theaters, shops), crowds, being away from home.
- Avoids these areas
- Greater than 6 months; interferes with work or social functioning

300.02 / F41.1 Generalized Anxiety Disorder

- Excessive worry most days for 6 months
- 3 out of 6: (restless, fatigue, decreased concentration, irritability, tense, insomnia)
- Interferes with work / social functioning

300.29 Specific Phobia

- Intense unreasonable fear
- Interferes with work / social functioning

F40.218 - Animal fear (insects, snakes, dogs, etc)

F40.228 - Natural environment (heights, thunderstorms, etc)

F40.231 - Needle injections

F40.248 - Situational (elevators, planes, tight spaces)

F40.298 - Other

300.23 / F40.10 Social Anxiety Disorder

- Formerly “Social Phobia”
- Persistent fear of social interaction or performance
- Interferes with work / social functioning

309.21 / F93.0 Separation Anxiety Disorder

- Excessive anxiety over separation from home or parents

