

Dsm-iv-tr



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Summary of DSM IV TR Summary of DSM IV TR DSM IV TR stands for Diagnostic and Statistical Manual of Mental Disorders. The IV stands for Fourth edition while TR means text revision. This manual is published by the American Psychiatric Association which serves as a helpful guide for health professionals who needs a standard criteria in classifying different mental disorders. The first manual was published in 1952 and has undergone numerous revisions as more mental disorders were included in the manuals. DSM IV TR was created in the year 2000. The forthcoming DSM V is scheduled for release by 2013. The DSM IV TR is the manual commonly used by psychiatrists as well as clinicians and other health institutions for identifying and classifying mental disorders. The manual categorically classifies mental disorders; however, the categories are just prototypes that can help mental health professional to make a close approximation of a certain mental condition. It cannot be considered as a complete absolute when diagnosing patients because a person can exhibit complex symptoms that are present in varying mental disorders. One way of classifying a disorder is by indicating its severity – mild, moderate or severe. Also, numerous symptoms must be manifested by the patient before a conclusion is reached. The DM IV differs from past editions because it states that symptoms must be enough to hamper an individual from performing normal activities in relation to his social, occupational or other areas of functioning. DSM IV TR lists 297 disorders in almost 900 pages. It is very exhaustive and contains five dimensions (known as axes) which are all related to mental disorders. For every category, there is a numeric code based on the ICD coding system. This coding system is generally accepted by health professionals in the United States. These are the five dimensions: Axis I:

Clinical Syndromes This section illustrates clinical symptoms that can affect a person's normal routine. Some of the categories mentioned in this axis are: anxiety disorders, adjustment disorders and pervasive developmental disorders.

Axis II: Personality and Mental Retardation This axis looks into problems that can have long-term repercussions when neglected; yet, most of these problems have their roots in Axis I. Most of the disorders here concern the relationship of a person to his external world. For example, antisocial personality disorder is classified in this axis, which could have origins in adjustment disorders of Axis I. Aside from antisocial personality disorder, histrionic personality disorder and mental retardation are part of this axis.

Axis III: Medical Conditions Usually, there are some physical and medical conditions that affect Axis I and Axis II disorders. Brain injuries for example can affect people physiologically so this is included in this Axis.

Axis IV: Psychosocial and Environmental Problems Aside from biological factors, there are socio-economic and psychosocial factors that can affect Axis I or Axis II disorders. For example, depression can happen to people who are unemployed. Even stressful changes in life such as marriage or divorce can have a significant effect on the progress of mental disorders.

Axis V: Global Assessment of Functioning This last axis can be valuable for a clinician to fully assess a patient's level of functioning. The DSM IV includes two criteria for every disorder- exclusion or inclusion. The diagnostic criteria determine how long the symptoms have been persisting. There are also some number of symptoms that must be present for a doctor to properly make a diagnosis. This is very crucial since medications are often involved in the treatment process. What makes DSM IV very useful is that there is descriptive text for every disorder that can provide more specific

characteristics. Nevertheless, this manual provides only guidelines for professionals and should not be used like any normal instruction manual. It is imperative then that DSM IV TR should only be used by well-trained professionals.