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Mental health disorders are one of the most common types of medical conditions seen in the United States. According to the Centers for Disease Control and Prevention (CDC), more than 50% of people will experience a mental disorder in their lifetime. The American Psychiatric Association (APA) published the DSM-5, the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition, to provide a resource to help healthcare providers diagnose these mental health disorders. Learn more from this overview of the DSM-5. [PeopleImages / Getty Images](#) The DSM-5 is organized into sections. Section one contains information about how to use the manual. Section two includes common signs and symptoms—called “diagnostic criteria”—for specific mental disorders. The third section of the manual includes assessment measures, a guide to cultural formulation, and alternative ways to conceptualize personality disorders to help mental health professionals in the decision-making process. This section also talks about conditions that need to be researched more in the future. The DSM-5 covers a range of diagnoses, including depressive disorders, eating and feeding disorders, personality disorders, and trauma- and stressor-related disorders. According to the APA, information about mental health disorders has been collected since the mid-1800s to track the number of people with these conditions. After World War II, the U.S. Army came up with a new system to better describe mental health conditions in veterans. Around the same time, the World Health Organization (WHO) also included a section on mental health disorders in its International Classification of Diseases and Related Health Problems (ICD)—a resource that collects information about diseases and health conditions across the globe—for the first time. The first edition of the DSM was published in 1952 by the APA Committee on Nomenclature and Statistics. This was the first official manual of mental disorders designed for use by healthcare professionals. Since 1952, updates have been made to the DSM, leading up to its most recent publication in 2013 as the 5th edition. In March of 2022, a text revision for the DSM-5 was published. On its website, the American Psychiatric Association also provides updates to the DSM-5 as they occur. The DSM-5 is a resource that can be used by many different health professionals to assist in the diagnosis of mental disorders. A variety of people use the DSM-5: psychiatrists, clinical psychologists, social workers, and licensed professional counselors most commonly use this resource. Medical doctors and nurses also use the DSM-5, as they often meet with patients who have mental disorders. However, the DSM-5 can be a resource for anyone who wants to learn more about mental health conditions. The text includes a “glossary of technical terms” that can help make the information easier to understand. Although the DSM-5 contains a lot of information about diagnosing mental disorders, it does not tell the reader how to treat these conditions. Hundreds of mental disorders are included in the DSM-5. Each one includes a code that matches the International Classification of Diseases. Mental disorder diagnoses are classified under headings, which are organized into chapters of the DSM-5. These include: Neurodevelopmental Disorders Schizophrenia Spectrum and Other Psychotic Disorders Bipolar and Related Disorders Depressive Disorders Anxiety Disorders Elimination Disorders Other Mental Disorders and Additional Codes Obsessive-Compulsive and Related Disorders Trauma- and Stressor-Related Disorders Dissociative Disorders Somatic Symptoms and Related Disorders Feeding and Eating Disorders Sleep-Wake Disorders Sexual Dysfunctions Gender Dysphoria Disruptive, Impulse Control, and Conduct Disorders Substance-Related and Addictive Disorders Neurocognitive Disorders Personality Disorders Paraphilic Disorders Other Medical Disorders Medication-Induced Movement Disorders and Other Adverse Effects of Medication Other Conditions That May Be a Focus of Clinical Attention Each heading is then broken down into categories on mental health conditions that fall underneath it. For example, there are seven conditions that fall under the heading “Neurodevelopmental Disorders”: Intellectual disabilities Communication disorders Autism spectrum disorders Attention deficit hyperactivity disorder Specific learning disorder Motor disorders Other neurodevelopmental disorders Each of these seven categories contains a list of specific mental conditions. These conditions are listed in the order they are most likely to appear during a person’s life. Disorders that commonly affect children are described first. For example, the “Intellectual disabilities” category lists the following conditions: Intellectual disability (intellectual developmental disorder) Global developmental delay Unspecified intellectual disability The DSM-5 helps healthcare providers diagnose a patient with a mental disorder by providing a list of common signs and symptoms that occur. For example, a diagnosis of “major depressive disorder” can be made if the following conditions are met: Five or more of the following symptoms during the same two-week period, with at least one of the symptoms being depressed mood or loss of interest or pleasure: Depressed mood most of the day Significantly decreased interest or pleasure in activities Major change in weight Insomnia or hypersomnia Restlessness or significant decrease in normal activity levels Feeling exhausted or having a loss of energy Feelings of worthlessness or extreme guilt Difficulty thinking, concentrating, or making decisions Frequent thoughts of death The DSM-5 also provides information about things that can increase a person’s risk of having a mental disorder. These include temperamental, environmental, genetic, and physiological factors. Culture and gender also play a role in mental health disorders. The DSM-5 also contains a section called “Conditions for Further Study.” It talks about mental health disorders that need more research. However, this section of the book is not meant to be used to diagnose patients. Examples include: Attenuated psychosis syndrome Internet gaming disorder Nonsuicidal self-injury While the DSM-5 is a helpful resource, it is not meant to be used for diagnosing yourself or a loved one with a mental health disorder. If you think you might have a mental health condition, see your doctor. [Frequently Asked Questions](#) How many mental health disorders are in the DSM-5? The DSM-5 presents information on hundreds of mental health disorders. When was the DSM-5 published? The DSM-5 was published in 2013. [Thanks for your feedback!](#) What are your concerns? Skip to Main Content 601 West Lombard Street Baltimore MD 21201-1512 Reference: 410-706-7996 Circulation: 410-706-7928 Answered By: Chrisler Pitts Last Updated: Sep 11, 2020 Views: 39766 Yes. Follow the instructions listed below to access the DSM-V Online (Diagnostic and Statistical Manual of Mental Disorders, 5th edition; American Psychiatric Association) from off campus. Go to the Nancy Thompson Learning Commons website Click Databases A-Z (below the Search WorldCat Discovery box) to access the Databases page. Click the letter D on the alphabetical menu. Click DSM-V Online (Diagnostic and Statistical Manual of Mental Disorders, 5th edition; American Psychiatric Association). If you are off campus, you will be prompted for your Kean Google e-mail username and password. [Links & Files Psychology Research Guide](#) Contact Us Email Us: learningcommons@kean.edu The American Psychiatric Association (APA) has updated its Privacy Policy and Terms of Use, including with new information specifically addressed to individuals in the European Economic Area. 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Select the book cover for the DSM-5-TR on the right hand side of the page to access the book. The latest revision, the DSM-5 TR (Text Revision) is available here in its entirety. If you have any additional questions, feel free to reach out to us at (434) 582-2220 or at research@liberty.edu. [Media Related Topics](#)

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