What is the DSM-IV-TR?

The DSM-IV-TR stands for the *Diagnostic and Statistical Manual of the American Psychiatric Association, Volume 4, Text Revision*. The DSM is used by therapists, social workers, psychologists, and psychiatrists to assist in making a diagnosis on a client’s mental disorder. The DSM is used by the legal system to help determine if a person’s mental disorder played a role in a particular case. However, the American Psychiatric Association would caution about the use in forensic situation because the person utilizing the DSM may not be a trained professional. There have been five editions of the DSM published, and the current edition (DSM-5) was published in May of 2013.

A major change between the DSM-IV and the DSM-5 was that the DSM-IV utilized a multiaxial approach, whereas the DSM-5 uses a nonaxial system. The DSM-IV utilizes a multiaxial approach to diagnosis; in other words, there are five separate axes (or classifications) of a patient diagnosis, as follows:

- **Axis I**: Mental disorders
- **Axis II**: Personality disorders and mental retardation
- **Axis III**: Physical conditions and disorders
- **Axis IV**: Psychosocial and environmental problems
- **Axis V**: Global Assessment of Functioning (GAF)

One of the goals of the DSM-5 task force was to make it easier for health care professionals to use the *International Classification of Diseases* (ICD-11) and the DSM-5 in tandem. The DSM-5 went to a nonaxial approach by combining the information that was on Axis I, Axis II, and Axis III into the primary diagnosis. Although the DSM-5 chose to eliminate Axis IV, this information can be still be coded using the Z codes in the ICD-10 and ICD-11. The American Psychiatric Association eliminated Axis V, the GAF scale, because of reliability and validity issues.

In the DSM-5 there was some restructuring of chapters or sections, the adding of new chapters or sections, the deletion of some disorders, and the addition of new disorders. An example of a chapter being restructured is that in DSM-IV, there was a chapter called *Mood Disorders*, which contained diagnoses such as Major Depression, Bipolar I Disorder, and Cyclothymic Disorder. In the DSM-5, the mood disorders are now broken into two separate chapters called *Depressive Disorders* and *Bipolar and Related Disorders*. Disruptive Mood Dysregulation Disorder appears for the first time in the DSM-5 in the Depressive Disorders chapter. Another notable change in
the DSM-5 is the elimination of Pervasive Developmental Disorder NOS, Children Disintegrative Disorder, and Asperger’s Disorder because it is now encompassed in the diagnosis called Autism Spectrum Disorder. There are many more changes that happened from the DSM-IV to the DSM-5, which you can review by visiting the American Psychiatric Association Web site.

References

