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Revision of Diagnostic Manual Underway

ARLINGTON, Va. (Jan. 7, 2009) — Hundreds of clinical and neuroscience researchers, clinicians, and health care consumers from a variety of psychiatric specialties and backgrounds are working together to develop the fifth edition of the *Diagnostic and Statistical Manual of Mental Disorders*, scheduled for publication in 2012.

The American Psychiatric Association began the long process of updating the manual with a series of planning conferences in 1999. Years of planning, literature review, conferences, new research and debate among top experts in mental health research and treatment will go into the updated manual, known as *DSM-V*.

“Revising the *DSM* is a massive effort and a responsibility that we take very seriously,” said David J. Kupfer, M.D., chair of the *DSM-V* Task Force. “The APA has worked hard to ensure development of *DSM-V* is the most inclusive and transparent process in the history of the *DSM*.”

The 1999 planning sessions led to 13 NIH-supported international research conferences and the publication of a series of monographs containing research reviews developed in these conferences. More than 400 scientists, clinicians and others with expertise in all areas of psychiatry and from around the world participated.

Because interest in the *DSM* is widespread and its impact far-reaching, the APA created a Web site, DSM5.org, to accept comments for wider research and consumer communities. The general public, clinicians and advocacy groups were invited to submit questions, comments and research, which were distributed to the relevant work groups.

In addition, updates for each work group are published quarterly on DSM5.org. In depth updates and discussion forums are also provided at the APA Annual Meeting, the World Psychiatric Association World Congress of Psychiatry and at many subspecialty meetings — including the American Academy of Child and Adolescent Psychiatry, the American Psychopathological Association, the International Congress on Schizophrenia Research, the International Society for Bipolar Disorders, College on Problems of Drug Dependence, and the International Society for Traumatic Stress Studies.

An options book that lists major diagnostic issues and alternative ways of dealing with them will be available this summer. The options book provides the basis for field testing — a systematic process that evaluates the alternatives with clinicians in various settings. A draft version of *DSM-V* criteria will be released in 2010. A period of comment will

follow the draft, and the work groups will review submitted questions, comments and concerns.

The diagnostic criteria will be revised and the final draft of *DSM-V* will be submitted to the APA's Council on Research, Assembly and Board of Trustees for their review and approval. A release of the final, approved *DSM-V* is expected in 2012.

“Our ultimate goal is to have a manual that is based on the best available science and that is useful in a clinical setting,” Kupfer said.

The *DSM-V* Task Force and Work Groups, which include more than 160 experts in various specialties and sub-specialties from 16 countries, began meeting in 2007 to review research conducted since *DSM-IV* was published in 1994. These scientists, clinicians and patients from all over the world will recommend areas for additional research and ultimately develop the text and diagnostic criteria for *DSM-V*.

To bring the depth and breadth of knowledge to this process, the APA Board of Trustees decided at the outset to establish unprecedented rules for disclosure and limitations on income from certain sources for task force and work group members rather than exclude researchers with any industry relationships.

The members of the *DSM-V* Task Force and Work Groups completed extensive financial disclosures, which are updated and reviewed at least yearly. These disclosures are available on DSM5.org. Task force and work group members agreed to limit their relevant financial interests and to accept less than \$10,000 in aggregate per year from all pharmaceutical companies.

Members of the task force and work groups represent some of the most respected experts in psychiatry. They have authored thousands of research reports, books and white papers. They have a history of leadership and collaboration with the National Institutes of Health and the World Health Organization. Task force and work group members include individuals who address cross-cutting issues such as differences in the expression of mental disorders by developmental stages across the lifespan, by gender, by culture and with different levels of impairment and disability.

It is expected that the release of *DSM-V* in 2012 will be accompanied by a range of clinical assessment and training aids and an infrastructure to accommodate continuous updates of diagnostic criteria as research advances are made that will improve diagnostic precision.

About the American Psychiatric Association

The American Psychiatric Association is the nation's leading medical specialty society whose more than 38,000 physician members specialize in prevention, diagnosis, treatment and research of mental illnesses including substance use disorders. Visit the APA at www.psych.org and www.HealthyMinds.org.

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