

Redefining Mental Health: The Birth of DSM-5

DSM-5 was made to help doctors better spot and treat mental health issues. It took experts 10 years to update the old rules, add new research, and make the guide easier to use. Now doctors can more clearly tell what condition someone has and how to help them.

First created in 1952

Started as a way to originally collect mental health statistics

Originally listed 106 mental disorders





DSM Through the Decades: A 70-Year Journey

1952: DSM-I debuts - The original "mental health dictionary" that started it all!

1968: DSM-II steps up - Updated with new research and expanded definitions

1980: DSM-III gets serious - Introduced a checklist system to assess biological, psychological, and social factors

1994: DSM-IV keeps it real - Added criteria to check if symptoms significantly impact a person's daily functioning

2013: DSM-5 goes modern - Simplified the system and brought in measuring tools for better understanding



DSM-5-TR: The Mind's New Blueprint 2022

When: Released March 2022, this was the first text revision of DSM-5 since its original publication in 2013.

Why: Updated to include new research and cultural issues from 9 years of clinical use

Key Updates

Added Prolonged Grief Disorder diagnosis

Updated criteria for 70+ disorders

Added codes for suicide and self-injury

Enhanced racial, cultural and gender considerations

Updated diagnostic codes and references





V-Code in DSM-5-TR

V-codes identify conditions that require clinical attention but aren't mental disorders, such as relationship issues, abuse, or educational problems that may impact treatment.

Examples

Bereavement (grief after losing a loved one)

Parent-child relationship problems

Partner relationship problems

History of physical or sexual abuse

Academic problems

