

Anxiety Disorders						
	Separation Anxiety Disorder	Selective Mutism	Specific Phobia	Social Anxiety Disorder	Panic Disorder	Agoraphobia
	<p>EXCESSIVE FEAR/ANXIETY SEPARATING from attached individuals/figures (3+)</p> <ol style="list-style-type: none"> <li>1. Distress anticipating/experiencing separation from attachment figures</li> <li>2. Worry re: losing attachment figures, harm coming to them</li> <li>3. Worry re: events causing separation</li> <li>4. Reluctance to go out d/t separation</li> <li>5. Reluctance being without figures</li> <li>6. Reluctance to sleep without figures</li> <li>7. Nightmares re: separation</li> <li>8. Physical c/o if separation/anticipated</li> </ol>	<ul style="list-style-type: none"> <li>• Consistent failure to speak in specific social situations when expected, but speaking in other situations</li> <li>• Not due to language difficulties</li> </ul>	<ul style="list-style-type: none"> <li>• Fear about specific object/situation</li> </ul>	<ul style="list-style-type: none"> <li>• Fear about social situations where exposed to possible scrutiny</li> <li>• Social interactions, being observed, performing</li> <li>• In children, must be in peer settings</li> </ul>	<p>RECURRENT PANIC ATTACKS (4+)</p> <p>Unexpected, abrupt, peak in minutes</p> <ol style="list-style-type: none"> <li>1. Palpitations</li> <li>2. Sweating</li> <li>3. Shaking</li> <li>4. Shortness of breath</li> <li>5. Choking feeling</li> <li>6. Chest pain</li> <li>7. Nausea</li> <li>8. Dizziness</li> <li>9. Chills/heat sensation</li> <li>10. Parasthesias</li> <li>11. Derealization/depersonalization</li> <li>12. Fear of losing control</li> <li>13. Fear of dying</li> </ol>	<p>FEAR OF 5 SPECIFIC SITUATIONS (2+)</p> <ol style="list-style-type: none"> <li>1. Public transportation</li> <li>2. Open spaces</li> <li>3. Enclosed spaces</li> <li>4. Crowds</li> <li>5. Outside home alone</li> </ol>
				<ul style="list-style-type: none"> <li>• Fear of negative evaluation due to behavior/anxiety sx</li> </ul>		
			<ul style="list-style-type: none"> <li>• Phobic object almost always provokes immediate fear/anxiety</li> </ul>	<ul style="list-style-type: none"> <li>• Social situations almost always provoke fear/anxiety</li> </ul>		<ul style="list-style-type: none"> <li>• Fears b/c escape may be difficult, or help may not be available (in event of developing panic sx, incapacity sx, embarrassing sx)</li> </ul>
			<ul style="list-style-type: none"> <li>• Phobic object actively avoided or endured with intense fear/anxiety</li> </ul>	<ul style="list-style-type: none"> <li>• Social situations avoided or endured with intense fear/anxiety</li> </ul>		<ul style="list-style-type: none"> <li>• Agoraphobic situations almost always provoke fear/anxiety</li> </ul>
			<ul style="list-style-type: none"> <li>• Fear/anxiety out of proportion to actual danger of phobic object</li> </ul>	<ul style="list-style-type: none"> <li>• Fear/anxiety out of proportion to actual threat of social situation</li> </ul>		<ul style="list-style-type: none"> <li>• Agoraphobic situations actively avoided, endured with intense fear/anxiety, or require companion</li> </ul>
	<ul style="list-style-type: none"> <li>• Duration &gt;4 weeks in children</li> <li>• Duration &gt;6 months in adults</li> </ul>	<ul style="list-style-type: none"> <li>• Duration &gt;1 month</li> <li>• Not first month of school</li> </ul>	<ul style="list-style-type: none"> <li>• Duration &gt;6 months</li> </ul>	<ul style="list-style-type: none"> <li>• Duration &gt;6 months</li> </ul>	<p>&gt;1 MONTH OF RELATED SX (1+)</p> <ol style="list-style-type: none"> <li>1. Worry about more panic attacks or their consequences</li> <li>2. Maladaptive behavior change related to attacks (avoidance)</li> </ol>	<ul style="list-style-type: none"> <li>• Agoraphobic situations out of proportion to actual threat of agoraphobic situation</li> </ul>
	<ul style="list-style-type: none"> <li>• Sig distress/fxnal impairment</li> </ul>	<ul style="list-style-type: none"> <li>• Interferes with social/school/work</li> </ul>	<ul style="list-style-type: none"> <li>• Sig distress/fxnal impairment</li> </ul>	<ul style="list-style-type: none"> <li>• Sig distress/fxnal impairment</li> </ul>		<ul style="list-style-type: none"> <li>• Duration &gt;6 months</li> </ul>
						<ul style="list-style-type: none"> <li>• Sig distress/fxnal impairment</li> </ul>
	<ul style="list-style-type: none"> <li>• Not due to another mental disorder (autism, psychosis, agoraphobia, GAD, IAD)</li> </ul>	<ul style="list-style-type: none"> <li>• Not due to communication disorder, autism, schizophrenia, psychosis</li> </ul>	<ul style="list-style-type: none"> <li>• Not due to another mental disorder (agoraphobia, OCD, PTSD, SAD, separation anxiety)</li> </ul>	<ul style="list-style-type: none"> <li>• Not due to another mental disorder (panic, body dysmorphic, autism)</li> </ul>	<ul style="list-style-type: none"> <li>• Not due to another mental disorder (specific phobia, OCD, PTSD, SAD, separation anxiety)</li> </ul>	<ul style="list-style-type: none"> <li>• Not due to another mental disorder (specific phobia, body dysmorphia, OCD, PTSD, SAD, separation anxiety)</li> </ul>
		<ul style="list-style-type: none"> <li>• Not due to language difficulties</li> </ul>		<ul style="list-style-type: none"> <li>• Not due to substance or AMC</li> </ul>	<ul style="list-style-type: none"> <li>• Not due to substance or AMC</li> </ul>	
				<ul style="list-style-type: none"> <li>• If AMC present, fear is excessive or unrelated</li> </ul>		
SPECIFIERS	None	None	<ul style="list-style-type: none"> <li>• Animal</li> <li>• Natural environment</li> <li>• Blood-injection-injury</li> <li>• Situational</li> <li>• Other</li> </ul>	<ul style="list-style-type: none"> <li>• Performance only</li> </ul>	None	Can have both panic disorder and agoraphobia

Anxiety Disorders						
	Generalized Anxiety Disorder	Substance/Medication-Induced	Due to AMC	Other specified	Unspecified	
SPECIFIERS	<ul style="list-style-type: none"><li>Excessive anxiety/worry</li><li>About number of things</li><li>More days than not</li><li>Duration &gt;6 months</li></ul>	<ul style="list-style-type: none"><li>Panic attacks or anxiety predominate clinical picture</li></ul>	<ul style="list-style-type: none"><li>Panic attacks or anxiety predominated clinical picture</li></ul>	<ul style="list-style-type: none"><li>Does not meet any full criteria</li><li>Choose TO communicate specific reason</li></ul> 1. Limited-symptom attacks  2. Generalized anxiety not occurring more days than not  3. Khyâl cap (wind attacks)  4. Ataque de nervios (attack of nerves)	<ul style="list-style-type: none"><li>Does not meet any full criteria</li><li>Choose NOT to communicate specific reason</li><li>Insufficient information for dx</li></ul>	
	<ul style="list-style-type: none"><li>Difficult to control worry</li></ul>	Hx, P/E, lab findings of both: 1. Sx onset during/soon after substance intox/withdrawal or medication exposure 2. Sub/med capable of producing sx	<ul style="list-style-type: none"><li>Direct pathophysiological consequence of AMC, as per evidence from Hx, P/E, labs</li></ul>			
	ASSOCIATED SYMPTOMS (3+) 1. Restlessness, keyed up, on edge 2. Fatigued easily 3. Concentration difficulties 4. Irritability 5. Muscle tension 6. Sleep disturbance					
	<ul style="list-style-type: none"><li>Sig distress/fxnal impairment</li></ul>	<ul style="list-style-type: none"><li>Sig distress/fxnal impairment</li></ul>	<ul style="list-style-type: none"><li>Sig distress/fxnal impairment</li></ul>			
	<ul style="list-style-type: none"><li>Not due to another mental disorder (autism, psychosis, agoraphobia, GAD, IAD)</li></ul>	<ul style="list-style-type: none"><li>Not due to another anxiety disorder (Sx precede sub/med use, symptoms &gt;1 month after stopping, other evidence)</li></ul>	<ul style="list-style-type: none"><li>Not due to another mental disorder</li></ul>			
	<ul style="list-style-type: none"><li>Not due to substance or AMC</li></ul>	<ul style="list-style-type: none"><li>Not during delirium</li></ul>	<ul style="list-style-type: none"><li>Not during delirium</li></ul>			
	None	Indicate substance <ul style="list-style-type: none"><li>With onset during intoxication</li><li>With onset during withdrawal</li><li>With onset after medication use</li></ul>	Indicate name of AMC			