

DSM-5 List of Mental Disorders. (This was taken from: <http://www.psychologycharts.com/list-of-mental-disorders.html>)

DSM-5	Disorder Name	Description
A - Neurodevelopmental Disorders		
A05	Autism	The three main characteristics of autism are: 1. impaired social development, 2. diminished communication skills, and 3. restrictive/repetitive behavior. The disorder is highly variable and is now described in terms of a spectrum rather than a set of discrete categories. For example, Asperger's, once classified separately, is now considered by many experts to be a form of high-functioning autism. Males are 4 times more likely to be autistic than females.
A06	ADHD	ADHD (formerly known as ADD) stands for Attention Deficit Hyperactivity Disorder and in most cases is characterized by: 1. a difficulty in focusing one's attention on a single task, and 2. a tendency towards hyperactivity and impulsive behaviors (although some individuals are <i>either</i> predominantly inattentive <i>or</i> predominantly hyperactive-impulsive). Ritalin, a stimulant, is well known as being a common drug used to treat ADHD, particularly in children.
A08	Dyslexia	Dyslexia is a very broad term defining a learning disability that impairs a person's ability to read. It is not connected in any way with intelligence.
A11	Tourette's	Tourette's is characterized by sudden urges to engage in a repetitive behavior (called a tic) such as blinking one's eyes or smacking one's lips. Although usually associated with uncontrollable swearing, this form of the disorder (known as Coprolalia) is actually quite rare.
B - Psychotic Disorders		
B08	Schizophrenia	Schizophrenia is a serious mental illness characterized by auditory hallucinations, paranoia, bizarre delusions, and/or disorganized thinking. It should not be confused with multiple personality disorder (now called dissociative identity disorder), described below.
C, D - Mood Disorders		
C00	Bipolar Disorder	Previously known as Manic-Depression, bipolar disorder is characterized by episodes of significantly elevated mood, arousal, and/or energy levels (mania) often interspersed with contrasting episodes of low mood (depression). It is often noted that there is a significant association between bipolar disorder and creativity
D02	Clinical Depression	Also known as Major Depressive Disorder or Unipolar Depression, this type of recurrent depression is characterized by an all-encompassing low mood, diminished self-esteem, and a loss of interest in normally enjoyable activities. Often misunderstood as being something that individuals should be able to overcome by will-power alone, major depression often requires antidepressant medication such as an SSRI (Selective Serotonin Reuptake Inhibitor).
E, F, G - Anxiety Disorders		
E01	Panic Disorder	A panic attack is a short period (usually 5-10 minutes) of intense fear that comes on suddenly and is characterized by symptoms such as an increased heart rate, shortness of breath, dizziness, numbness, and changes in body temperature. Individuals with panic disorder have recurring panic attacks and often the fear of

		the attacks themselves become the focus of their anxiety. Panic Disorder often occurs together with Agoraphobia (E02), the fear of public places.
E03	Phobias	A phobia is a persistent fear of a certain object or situation in which the individual goes to great lengths to avoid the object or situation in a way that is irrational and disproportional to the actual danger posed. Common phobias include a fear of insects, dogs, boats, needles, airplanes, elevators, etc.). Social Anxiety Disorder (E04) is a special type of phobia in which the individual has an extreme fear of social interaction.
E05	Generalized Anxiety Disorder	Generalized Anxiety Disorder (often shortened to GAD) is characterized by disproportionate worry about everyday things (such as money, health, or relationships) that is ongoing and uncontrollable. It is often expressed in the form of headaches, fidgeting, nausea, irritability, fatigue, or insomnia.
F00	OCD	OCD stands for Obsessive-Compulsive Disorder and is characterized by uncontrollable thoughts (obsessions) that lead to repetitive behaviors (compulsions) aimed at relieving the anxiety brought on by those thoughts. Common compulsions include excessive handwashing, repeated checking, nervous rituals, or extreme hoarding. Unlike those with Obsessive-Compulsive Personality Disorder (OCPD), individuals with OCD often recognize that their obsessions are irrational and therefore experience greater anxiety and feelings of helplessness.
G03	PTSD	PTSD stands for Post-traumatic Stress Disorder and can develop after exposure to extreme trauma such as sexual abuse, physical assault, or certain wartime experiences. Symptoms include flashbacks, nightmares and hypervigilance. Prolonged exposure to trauma in which there was no viable means of escape can lead to a distinct but related disorder known as Complex Post-traumatic Stress Disorder (C-PTSD)
H - Dissociative Disorders		
H00	Depersonalization Disorder	Depersonalization Disorder is characterized by frequent feelings of detachment from oneself combined with an awareness of the detachment. To someone experiencing depersonalization, the external world feels strange and unreal and a person can even get the sense that they are watching themselves from a third person perspective. However, unlike in psychosis, the individual remains very much aware of their own existence and is, in fact, overly aware of it. For this reason, depersonalization disorder is often associated with the philosophy of existentialism.
H02	Dissociative Identity Disorder	Formerly known as Multiple Personality Disorder (MPD), Dissociative Identity Disorder (DID) is a controversial diagnosis in which an individual has two or more distinct personalities, each with their own memories and patterns of behavior. The development of these multiple personalities is a coping mechanism caused by extreme trauma or abuse at an early age (prior to when a sense of a unitary self-forms).
J - Somatic Disorders		
J01	Illness Anxiety Disorder	A person who suffers from Illness Anxiety Disorder is commonly known as a hypochondriac. Such as person constantly worries about their health even when they have no reason to do so and often any minor symptom is perceived as being a sign of a serious illness.

J02	Conversion Disorder	Formerly known as hysteria (a common 19th century diagnosis made exclusively in women), conversion disorder occurs when patients suffer apparently neurological symptoms -- such as numbness, paralysis, or fits - but without a neurological cause. The term originates in Freud's belief that, in such cases, a person's anxiety is being 'converted' into physical symptoms.
K - Eating Disorders		
K03	Anorexia Nervosa	Anorexia nervosa is characterized by a distorted self-perception and an irrational fear of gaining weight resulting in excessive food restriction and extreme weight loss. It usually develops during adolescence and early adulthood and can lead to serious metabolic and hormonal problems.
K04	Bulimia Nervosa	Bulimia nervosa is characterized by bingeing (eating a large amount of food in a short amount of time) followed by purging (an attempt to rid oneself of the food consumed -- typically by vomiting, taking a laxative, and/or exercising excessively). The binge/purge cycle is often followed by periods of fasting.
M - Sleep Disorders		
M02	Narcolepsy	Narcolepsy is a chronic sleep disorder characterized by excessive sleepiness and sudden sleep attacks at inappropriate times during the day. People with narcolepsy usually also experience disturbed night-time sleep (insomnia). It is related to cataplexy -- a sudden but short-lasting loss of muscle tone, often triggered by emotions
Q - Impulse Control Disorders		
Q00	Oppositional Defiant Disorder	Oppositional Defiant Disorder, or ODD, is characterized by an ongoing pattern of anger-guided disobedience and defiant behavior toward authority figures which goes beyond the bounds of normal childhood behavior
Q02	Conduct Disorder	Some examples of conduct disorder include kleptomaniacs, who suffer from an uncontrollable urge to steal items even though they do not need them (nor even lack the money to pay for them), and pyromaniacs who deliberately start fires for gratification or relief.

DSM-5 Personality Disorders This chart arranges personality disorder symptoms according to the new DSM-5 (*Diagnostic & Statistical Manual of Mental Disorders, 5th Edition*, American Psychiatric Association, 2013). Taken from <http://www.psychologycharts.com/personality-disorders-dsm5.html>

Personality Disorder:	Five Main Psychopathology Domains (corresponding to the Big Five Personality Traits)				
	Negative Emotionality	Detachment	Psychoticism	Aggressiveness	Disinhibition
Borderline	Emotional Lability Emotions that are easily aroused, intense, and/or out of proportion Anxiousness			Hostility Anger or irritability in response to minor slights and insults.	Impulsivity Acting on a momentary basis without a plan or consideration of outcomes

	<p>Intense feelings of nervousness or panic</p> <p>Separation insecurity Fears of rejection by, and/or separation from, significant others</p> <p>Depressivity Frequent feelings of being down, miserable, and/or hopeless</p>				<p>Risk taking Engagement in dangerous, risky, and potentially self-damaging activities</p>
Obsessive-Compulsive	<p>Perseveration Persistence at tasks long after the behavior has ceased to be effective</p>				<p>Rigid perfectionism Rigid insistence on everything being flawless, perfect, without errors or faults</p>
Avoidant	<p>Anxiousness Intense feelings of nervousness or panic</p>	<p>Withdrawal Avoidance of social contacts and activity</p> <p>Intimacy avoidance Avoidance of close or romantic relationships</p> <p>Anhedonia Lack of enjoyment from life's experiences</p>			
Schizotypal		<p>Restricted affectivity Little reaction to emotionally arousing situations</p> <p>Withdrawal Avoidance of social contacts and activity</p> <p>Suspiciousness Doubts about loyalty and fidelity of others</p>	<p>Eccentricity Odd, unusual, or bizarre behavior or appearance</p> <p>Cognitive/perceptual dysregulation Vague, circumstantial, or overelaborate speech</p> <p>Unusual beliefs and experiences Unusual experiences of reality.</p>		

Antisocial				<p>Manipulativeness Use of seduction or charm to achieve one's ends.</p> <p>Deceitfulness Dishonesty and fraudulence</p> <p>Callousness Lack of concern for feelings or problems of others</p> <p>Hostility Anger or irritability in response to minor slights and insults</p>	<p>Irresponsibility Lack of respect for agreements and promises.</p> <p>Impulsivity Acting on a momentary basis without a plan or consideration of outcomes</p> <p>Risk taking Engagement in dangerous, risky, and potentially self-damaging activities</p>
Narcissistic				<p>Grandiosity Feelings of entitlement; self-centeredness; belief that one is better than others</p> <p>Attention seeking Excessive attempts to attract and be the focus of the attention of others</p>	
Personality Disorder Trait Specified	<p>Any trait or combination of traits at a pathological level that does not fall into one of the above categories. Note: Paranoid, Schizoid, Histrionic, and Dependent personality disorders, all of which were categorized separately in the DSM-IV, now fall under 'Personality Disorder Trait Specified' in the DSM-5.</p>				