Table 10.1  Major Diagnostic Categories in the DSM-IV

Disorders usually first diagnosed in infancy, childhood, or adolescence include mental retardation, attention deficit disorders (such as hyperactivity or an inability to concentrate), and developmental problems.

Delirium, dementia, amnesia, and other cognitive disorders are those resulting from brain damage, degenerative diseases such as syphilis or Alzheimer’s, toxic substances, or drugs.

Substance-related disorders are problems associated with excessive use of or withdrawal from alcohol, amphetamines, caffeine, cocaine, hallucinogens, nicotine, opiates, or other drugs.

Schizophrenia and other psychotic disorders are disorders characterized by delusions, hallucinations, and severe disturbances in thinking and emotion.

Mood disorders include major depression, bipolar disorder (manic depression), and dysthymia (chronic depressed mood).

Anxiety disorders include generalized anxiety disorder, phobias, panic attacks with or without agoraphobia, posttraumatic stress disorder, and obsessive thoughts or compulsive rituals.

Eating disorders include anorexia nervosa (self-starvation because of an irrational fear of being or becoming fat) and bulimia nervosa (episodes of binge eating and vomiting).

Somatoform disorders involve physical symptoms (e.g., paralysis, heart palpitations, fatigue) for which no organic cause can be found. This category includes hypochondria (an extreme preoccupation with health and the unfounded conviction that one is ill) and conversion disorder (in which a physical symptom, such as a paralyzed arm or blindness, serves a psychological function).

Dissociative disorders include dissociative amnesia (in which important events cannot be remembered after a traumatic event) and dissociative identity disorder (formerly “multiple personality disorder”), characterized by the presence of two or more distinct identities or personalities.

Sexual and gender identity disorders include problems of sexual (gender) identity, such as transsexualism (wanting to be the other gender), problems of sexual performance (such as premature ejaculation or lack of orgasm), and paraphilias (unusual or bizarre imagery or acts that are necessary for sexual arousal, as in sadomasochism or exhibitionism).

Impulse-control disorders involve an inability to resist an impulse to perform some act that is harmful to the individual or to others, such as pathological gambling, stealing (kleptomania), setting fires (pyromania), or having violent rages.

Personality disorders are inflexible and maladaptive patterns that cause distress to the individual or impair the ability to function; they include paranoid, narcissistic, and antisocial personality disorders.

Additional conditions that may be a focus of clinical attention include “problems in living” such as bereavement, academic difficulties, spiritual problems, and acculturation problems.