

DSM & ICD

Psychology

The two classification systems, and the criticisms of both.

The systems

- DSM-5-TR — American Psychiatric Association
- ICD-11 — World Health Organization
- Both are categorical
- Criteria-based, operationalised
- Revised periodically

The criticisms

- Comorbidity is the rule, not the exception
- Heterogeneity within a diagnosis
- Cultural bias in criteria
- Reliability better than validity
- Boundary with normality is a judgement

THE DIFFERENCE THAT MATTERS

Dimensional alternatives — RDoC, HiTOP — model symptoms on continua rather than in categories. Neither has replaced the

Educational reference, not diagnostic guidance. Diagnosis is a clinical judgement made by a qualified professional.