



Avoidant/Restrictive Food Intake Disorder

The upcoming text revision of the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR) includes revised diagnostic criteria of avoidant/restrictive food intake disorder to provide more accuracy and clarity.

Rationale for Change

Criterion A was edited to eliminate the text “as manifested by persistent failure to meet appropriate nutritional and/or energy needs.” The edit was made to eliminate an inconsistency in the criteria, in which Criterion A contained the clause “as manifested by persistent failure to meet appropriate nutritional and/or energy needs,” but A.4 allowed Criterion A to be met by “marked interference with psychosocial functioning,” which does not require a failure to meet nutritional needs.

The updates in DSM-5-TR should help the clinical and research communities better implement the criteria in a more accurate and consistent manner.

DSM is the manual used by clinicians and researchers to diagnose and classify mental disorders. The American Psychiatric Association (APA) will publish DSM-5-TR in 2022.

APA is a national medical specialty society whose more than 37,400 physician members specialize in the diagnosis, treatment, prevention, and research of mental illnesses, including substance use disorders. Visit the APA at www.psychiatry.org. For more information, please contact APA Communications at 202-459-9732 or press@psych.org.

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