The Diagnostic and Statistical Manual of Mental Disorders (DSM) is the authoritative guide to the diagnosis of mental disorders for health care professionals around the world. In the United States alone, it influences the care millions of people of all ages receive for mental health issues. Clinicians use DSM to accurately and consistently diagnose disorders affecting mood, personality, identity, cognition, and more. The manual does not address treatment, including use of medications.

Published by the American Psychiatric Association (APA), DSM has been updated several times since its first release in 1952. It standardizes diagnoses by psychiatrists, psychologists, social workers, nurses, and other health and mental health professionals, but it also informs research, public health policy, education, reimbursement systems, and forensic science.

The publication of DSM-5-TR in March 2022 comes nine years after the publication of DSM-5. This revision reflects the scientific advances that have been made in the years since the publication of DSM-5.

Development of DSM-5-TR

The APA started work on DSM-5-TR in Spring 2019, with Michael B. First, M.D., and Philip Wang, M.D., Dr.P.H., as Revision Subcommittee Co-Chairs and Wilson M. Compton, M.D., and Daniel S. Pine, M.D., as Revision Subcommittee Vice Chairs. The development of DSM-5-TR involved the work of over 200 subject matter experts, including many who were involved in the development of DSM-5. These subject matter experts comprise diverse, internationally recognized clinicians and scientific researchers with backgrounds in psychiatry, psychology, social work, pediatrics, neurology, nursing, epidemiology, and anthropology.

DSM-5-TR is the product of the following three separate revision processes, each one overseen by separate (but overlapping) groups of experts:

- The development of the original DSM-5 diagnostic criteria and text by the DSM-5 Task Force that was published in 2013
- Updates to the DSM-5 diagnostic criteria and text, overseen by the DSM Steering Committee, which has overseen the iterative revision process
- Full updates to the DSM-5 text that were overseen by the Revision Subcommittee

A review of conflicts of interest for all proposed changes to the text was conducted to eliminate any possible compromise of the objectivity of the content. In addition, proposals for changes in diagnostic criteria or specifier definitions resulting from the text revision process were reviewed and approved by the DSM Steering Committee, as well as the APA Assembly and Board of Trustees.

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.