



The parenthetical “(Social Phobia)” in social anxiety disorder was removed in the upcoming Diagnostic and Statistical Manual of Mental Disorders, fifth edition, text revision (DSM-5-TR).

Background

The convention in DSM, going back to DSM-III, is to put alternative names for a category in parentheses after the main name. The parenthetical names are included to help the DSM user with the transition from an older term to a newer term. In some cases, however, a parenthetical name is employed as a way to encourage the field to eventually adopt the new name as the primary name in a future edition of the DSM; for example, in DSM-IV, the parenthetical “(social anxiety disorder)” was placed after social phobia in recognition of the fact that the field was beginning to prefer this alternative name. In DSM-5, however, the terms were flipped so that social phobia is the parenthetical term and social anxiety disorder the primary term. It was decided in DSM-5-TR that the parenthetical “(social phobia)” provides no ongoing clinical utility since the field has completely adopted the term “Social Anxiety Disorder.”

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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