



In the Diagnostic and Statistical Manual of Mental Disorders, fifth edition, text revision (DSM-5-TR), the criteria for “substance/medication-induced bipolar and related disorder” were updated to enhance their clarity and consistency. The changes were approved by the DSM Steering Committee and APA Assembly and Board of Trustees.

Rationale for Change

In DSM-IV, criterion A for “substance-induced mood disorder” and “mood disorder due to a general medical condition” (i.e., the criterion that defined the symptoms that must be prominent) were identically worded. Following the elimination of the DSM-IV “mood disorders” grouping in favor of a “bipolar and related disorders” grouping and a “depressive disorders” grouping in DSM-5, a splitting of the DSM-IV categories for substance-induced mood disorders and mood disorder due to a general medical condition into their bipolar and depressive disorder components was required. This led to differences in wording of criterion A which could have resulted in the criterion mistakenly being interpreted as requiring elevated, expansive, or irritable mood or markedly diminished interest or pleasure in all, or almost all, activities, which was not the intent. Moreover, if it is read in the intended way, i.e., that the “with or without” applies both to depressed mood and diminished interest or pleasure in activities, these phrases become superfluous as they carry no diagnostic weight. Hence, the criterion was reworded in DSM-5-TR to be clearer and match that in “bipolar and related disorder due to another medical condition” and “depressive disorder due to another medical condition” to enhance the consistency in its application.

In criterion B.2, the addition of “or withdrawal from” before medication was intended to indicate the context and time frame for the development of the substance/medication-induced symptoms (i.e., during or soon after substance intoxication or withdrawal or after exposure to the medication). The wording in DSM-5 could be confusing since it leaves out the fact that, as is the case with substances, symptoms can arise in the context of taking a medication either while the person is taking the medication or after stopping it, if the medication is prone to causing a withdrawal syndrome.

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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