

[TRANSCRIPT] THE DSM-5: Accessing and Using the DSM-5 in the University of Arizona Global Campus Library

Welcome to this screencast from the UAGC Library on the DSM-5. The DSM-5, or the 5th edition of the Diagnostic and Statistical Manual of Mental Disorders, is a resource with which any student of psychology should be familiar. It is also a resource that you will be asked to use in your coursework. The UAGC Library subscribes to this resource so that students can use it free of charge. Today we'll be talking about what the DSM-5 is, why we use it, how to access it and use it for your research, and how to appropriately cite and reference it in your work. Let's begin.

What is the DSM-5?

The Diagnostic and Statistical Manual of Mental Disorders is usually abbreviated as "DSM" and is designed to be a concise collection of information of the generally accepted list of neuropsychiatric disorders. It contains diagnostic criteria for these disorders, in other words – what signs and symptoms should be present in order to confirm the diagnosis. It also contains information such as recent research into the underlying pathology and treatment recommendations. The American Psychiatric Association (APA) publishes the DSM-5, and they should be considered the overall "author" of the guideline. This resource is revised every few years.

Why do we use the DSM-5?

Any student of psychology should be familiar with this guideline. Its usefulness is manifold, here are some important examples: It's used to diagnose individuals to help guide therapeutic interventions (both drug and non-drug). It's used to provide a diagnosis to authorize third-party (insurance) payments for therapy (such as psychotherapy, medications, and educational interventions). It's used in disability determination proceedings. The Psychology Department faculty at UAGC requested that this resource be made available, full-text, in our library, and thus, through the UAGC Library you have access to the complete DSM-5, so you do not have to purchase it yourself, and you do not need to use other internet sites to access the DSM-5. Please access the complete version through the UAGC Library and do not rely on other sources for the information found in the DSM-5.

What are some changes found in this edition of the DSM?

Each new edition is based on current evidence from the research and clinical literature. If a disorder doesn't appear in the DSM, it is not considered to be officially recognized. Over time, some diagnoses have been re-categorized, re-named, and added or deleted. For example, years ago, one of the more famous deletions was "homosexuality," which was considered a psychiatric disorder in earlier editions. More recently, there has been controversy over the terminology change for Autism Spectrum Disorder, in which the subtype of "Asperger's Syndrome" is deleted. Also, Posttraumatic Stress Disorder (PTSD)

and Obsessive Compulsive Disorder (OCD) are no longer in the category of anxiety syndromes. You should not use editions published before the DSM-5. The previous edition was the DSM-IV-TR. Notice that we now use the "Arabic" numeral when naming the DSM, and not the "Roman" numeral as previously used.

For guidance on how to transition from the prior edition of the DSM, please see the link on this page.

[Description: link on page reads "https://www.psychiatry.org/File%20Library/Psychiatrists/Practice/DSM/APA_DSM_Changes_from_DSM-IV-TR_to_DSM-5.pdf"]

Demonstration

Let's do a brief demo now of how to access and use the DSM-5 from the library homepage.

- You can get to the library homepage through the link in your classroom or your student portal. *[Description: In Canvas, the link to the library is located on the top right of the Writing Center & Library page. In the Student Portal, the library link is the first link in the Learning Resources box.]*
- From the UAGC Library homepage, click on the "Find Articles & More" button at the top of the page. Click on "Databases A to Z" to get to an alphabetical list of databases. *[Description: The Find Articles and More button is located second from the left in the top banner menu on the library homepage.]*
- Jump down to "D" for DSM-5 Library. *[Description: DSM-5 Library is the only entry for D in the Databases A-Z list]*
- When you get to the DSM Library page, click on the link at the top for DSM-5. *[Description: DSM-5 is the first option on the left in the banner menu across the top of the page.]*
- Click on "Section Two" to open a list of the various categories of neuro-psychological disorders. *[Description: The contents for the DSM-5 are listed on the page and hyperlinked. Scroll down the Page about halfway to get to Section II: Diagnostic Criteria and Codes]*
- Clicking on each category will open up to reveal what disorders are included in that category. For instance, in the category of "Trauma-and Stressor-Related Disorders" you'll find many conditions listed, including PTSD. *[Description: Clicking on "Trauma- and Stressor-related disorders opens that section, and disorders in that category are listed to the left side of the screen.]*
- You can also search the DSM for specific disorders by typing words into the search box at the top of the page. *[Description: In the search box in the very top right corner of the screen, type a keyword such as ptsd.]*

Citing your research

As with all your research, it is important to reference your work in the DSM-5 correctly.

Here are some examples:

- Your reference should cite the American Psychiatric Association as the author, and this most recent edition was published in 2013.
- You should include the SECTION from which you took the information, and the “retrieved from” URL you accessed in the DSM-5, shown in the example above.
- In this example, we took the information from the section on Trauma- and Stressor-Related Disorders in Section II of the DSM-5.
- When composing an in-text citation, be sure to cite the author (American Psychiatric Association) and the year published (2013).
- When citing a direct quote within your text, be sure to include the section you are quoting from in your in-text citation.

Conclusion

If you have further questions about citing the DSM-5, please reach out to the Writing Center.

Any time you need additional research help, please reach out to the UAGC Library. You can access 24/7 Library Tutoring through the Library Tutoring button on the library homepage.

[Description: The library tutoring button is located in the top right corner of the library home page. You can also email the library at any time at library@staff.uagc.edu.]

Thank you! That concludes this screencast. Thank you for joining me to learn more about how to access and use the DSM-5.