

DSM-5-TR Rapid Review

The durations, thresholds and edition changes most tested on licensing exams — on one page for your final review.

DURATIONS & THRESHOLDS TO KNOW COLD

Major depressive episode	≥5 of 9 symptoms, 2 weeks; must include depressed mood OR anhedonia.
Persistent depressive disorder	2 years (1 year in children/adolescents).
Manic episode	≥1 week (any duration if hospitalization is needed) + increased activity/energy.
Hypomanic episode	≥4 days; observable change, no marked impairment or hospitalization.
Cyclothymic disorder	2 years (1 year in youth) of subthreshold highs and lows.
Rapid cycling	≥4 mood episodes in 12 months.
Panic disorder	Recurrent unexpected attacks + ≥1 month of worry/behavior change.
Generalized anxiety disorder	≥6 months; 3 of 6 symptoms (1 in children).
Specific phobia / social anxiety / agoraphobia	Typically ≥6 months.
PTSD / Acute stress disorder	PTSD >1 month; acute stress disorder 3 days–1 month.
Prolonged grief disorder (TR, 2022)	Death ≥12 months ago (≥6 months in children).
Schizophrenia	6 months total, with ≥1 month of active-phase symptoms.
Schizophreniform / Brief psychotic	1–6 months / 1 day–under 1 month.
Delusional disorder	≥1 month, functioning not markedly impaired.
Eating disorders	Anorexia severity by BMI; bulimia & binge-eating ≥1×/week for 3 months.
DMDD	Diagnosed ages 6–18, onset before 10; outbursts ~3×/week for 12 months.
Enuresis / Encopresis	Enuresis age ≥5 (~2×/week, 3 mo); encopresis age ≥4 (≥1×/month, 3 mo).
Insomnia disorder	≥3 nights/week for 3 months, with adequate opportunity to sleep.
ADHD / Autism	ADHD: several symptoms before age 12. Autism: early developmental period.

WHAT THE 2022 TEXT REVISION (TR) CHANGED

- Added **prolonged grief disorder** (in the trauma- and stressor-related chapter).
- Added codes for **suicidal behavior** and **nonsuicidal self-injury**.
- Terminology updates (e.g., 'intellectual developmental disorder').
- Refreshed the text — it did **not** rewrite the diagnostic criteria.

COMMON DSM-5 (2013) CHANGES OFTEN TESTED

- Merged Asperger's and PDD-NOS into **autism spectrum disorder**; added the sensory criterion.
- Raised ADHD onset to **before age 12**; ADHD and autism may be diagnosed together.
- Removed the **bereavement exclusion** from major depression.
- Combined dysthymia and chronic depression into **persistent depressive disorder**.
- Added **DMDD, PMDD (full), binge-eating disorder, hoarding, excoriation**.
- 'Dementia' → **major/mild neurocognitive disorder**.
- Substance abuse + dependence → a single **substance use disorder** (mild/moderate/severe).
- Eliminated schizophrenia subtypes; uncoupled panic disorder and agoraphobia.

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