DSM-5 Categories of Mental Disorders:

1. Neurodevelopmental Disorders
2. Schizophrenia Spectrum and Other Psychotic Disorders
3. Bipolar and Related Disorders
4. Depressive Disorders
5. Anxiety Disorders
6. Obsessive-Compulsive and Related Disorders (Hoarding, Excoriation (Skin-Picking) Disorders, and others.)
7. Trauma- and Stress-Related Disorders (PTSD and others)
8. Dissociative Disorders
9. Somatic Symptom and Related Disorders
10. Feeding and Eating Disorders (Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder)
11. Disruptive, Impulse-Control and Conduct Disorders
12. Personality Disorders

There are other psychological disorders in the DSM-5 that we will not be covering, but you are encouraged to check them out if you want:

13. Elimination Disorders
   Elimination disorders are common in childhood and adolescence. Enuresis is defined as wetting from the age of 5 years and encopresis as soiling from 4 years onwards--after excluding organic causes.

14. Sleep-Wake Disorders
15. Sexual Dysfunctions
16. Gender Dysphoria
   The critical element of gender dysphoria is the presence of clinically significant distress associated with the condition. For a person to be diagnosed with gender dysphoria, there must be a marked difference between the individual’s expressed/experienced gender and the gender others would assign him or her, and it must continue for at least six months. In children, the desire to be of the other gender must be present and verbalized. This condition causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.

17. Substance-Related and Addictive Disorders
18. Neurocognitive Disorders
   Specify whether due to: Alzheimer’s disease, Frontotemporal lobar degeneration, Lewy body disease, Vascular disease, Traumatic brain injury, Substance/medication use, HIV infection, Prion disease, Parkinson’s disease, Huntington’s disease, Another medical condition, Multiple etiologies, Unspecified

19. Paraphilic Disorders

The DSM-5 Provides a list of possible mental disorders that are not official, but are worthy of further study. Some include:

1. Internet Gaming Disorder
2. Suicidal Behavior Disorder
3. Caffeine Use Disorder
4. Persistent Complex Bereavement Disorder
5. Non-Suicidal Self Injury