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Psychiatric terms for mental health problems

Mental health specialists use a wide range of specific psychiatric diagnoses which are not usually needed by general health workers. However, you might come across these psychiatric terms if a person you are caring for has been seen by a specialist, or when receiving a back-referral from specialist care, or from people with mental health problems who have been reading about their condition. These terms are shown below, with differences depending on the diagnostic classification system used, and the sections where these disorders are considered in this manual.

Diagnostic classification system		Where to find in this manual
ICD-10 (<i>International Classification of Diseases from the World Health Organization, 10th edition</i>)	DSM-5 (<i>Diagnostic and Statistical Manuals from the American Psychiatric Association, 5th edition</i>)	
Depressive episode, recurrent depressive disorder, dysthymia	Major depressive disorder, persistent depressive disorder	☞ 1.4.1 introduction ☞ 3.9 checklist for diagnosis ☞ 7.4 management
Generalised anxiety disorder, mixed anxiety and depressive disorder, panic disorder, specific phobia, social phobia, agoraphobia	Generalized anxiety disorder, panic disorder, specific phobia, social anxiety disorder, agoraphobia	☞ 1.4.1 introduction ☞ 3.9 checklist for diagnosis ☞ 8.1 and 8.2 description and management
Obsessive–compulsive disorder (OCD)	Obsessive–compulsive disorder (OCD)	☞ 7.9 description and management
Post-traumatic stress disorder (PTSD)	Post-traumatic stress disorder (PTSD)	☞ 10.1 description and management
Somatisation disorder, hypochondriacal disorder, undifferentiated somatoform disorder, persistent somatoform pain disorder	Somatic symptom disorder, illness anxiety disorder, conversion disorder	☞ 8.1, 8.4 and 8.6 description and management
Schizophrenia, schizoaffective disorder, delusional disorder, acute and transient psychotic disorder, mania with psychotic symptoms, severe depressive episode with psychotic features	Schizophrenia, schizoaffective disorder, delusional disorder, brief psychotic disorder, schizophreniform disorder, bipolar disorder with psychotic features, major depressive disorder with psychotic features	☞ 1.4.3 introduction ☞ 3.9 checklist for diagnosis ☞ 7.3 description and management

