DSM and ICD at a glance

The two systems that name mental health conditions — who makes them, who uses them, and how they differ.

	DSM	ICD
Full name	Diagnostic and Statistical Manual of Mental Disorders	International Classification of Diseases
Published by	American Psychiatric Association (US professional association)	World Health Organization (UN agency for health)
Current edition	DSM-5-TR (2022), a text revision of DSM-5 (2013)	ICD-11, in effect since 1 January 2022; many countries still use ICD-10 during the transition
Scope	Mental disorders only	All diseases and health conditions; mental, behavioural and neurodevelopmental disorders are Chapter 6 in ICD-11 (Chapter V, F00–F99, in ICD-10)
Main users	Clinicians in the United States; researchers worldwide	Health systems, statistics and clinicians worldwide; official reference in most countries
Access	Sold as a book and online; text copyrighted by the APA	ICD-11 browser free online at icd.who.int
Style of guidance	Precise criteria lists with durations and thresholds	Essential features with more room for clinical judgement; usable by trained non-specialists

Three differences worth knowing

01 **Prolonged grief** — in both; ICD-11 first, DSM-5-TR added it in 2022.

02 **Personality** — ICD-11 uses one diagnosis graded by severity with trait domains; DSM-5-TR keeps named types plus an alternative dimensional model.

03 **Gaming** — ICD-11 includes gaming disorder; DSM-5-TR lists internet gaming disorder only for further study.

Timeline

1952 first DSM · **1990** ICD-10 endorsed (in use from 1994) · **2013** DSM-5 · **May 2019** ICD-11 adopted · **1 Jan 2022** ICD-11 in effect · **18 Mar 2022** DSM-5-TR

We explain the systems. We never apply them to you. This chart contains no diagnostic criteria, checklist or score. If something feels familiar, talk to a qualified professional.

PMA Science University · pmascience.com/psychology/classification · Educational use only — not a diagnostic tool. Sources: APA (psychiatry.org), WHO (icd.who.int), Reed et al. 2019, World Psychiatry 18(1).