

1. Obsessive-Compulsive Disorder (OCD)

Diagnostic Criteria (DSM-5-TR)

A. Presence of Obsessions, Compulsions, or both

Obsessions (both required):

1. **Recurrent and persistent thoughts, urges, or images** that are intrusive, unwanted, and cause marked anxiety or distress
2. Individual attempts to **ignore, suppress, or neutralize** these thoughts with another thought or action (i.e., a compulsion)

Common obsessions include:

- Fear of contamination (germs, dirt)
- Aggressive or taboo thoughts
- Excessive need for symmetry or exactness

Compulsions (both required):

1. **Repetitive behaviors** (e.g., handwashing, checking) or **mental acts** (e.g., counting, praying)
2. Behaviors are aimed at **reducing anxiety** or preventing a feared event, but are **not realistically connected** or are excessive

B. Time-consuming or distressing

- Obsessions or compulsions take **more than 1 hour per day** OR
- Cause **clinically significant distress or impairment**

C. Not due to substances or medical condition

D. Not better explained by another mental disorder

✦ Insight specifier:

- Good/fair insight
- Poor insight
- Absent insight (delusional beliefs)

2. Attention-Deficit / Hyperactivity Disorder (ADHD)

Diagnostic Criteria (DSM-5-TR)

A. Persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning

Inattention (≥6 symptoms for children, ≥5 for adults; ≥6 months):

- Fails to give close attention to details
- Difficulty sustaining attention
- Does not seem to listen when spoken to
- Does not follow through on instructions
- Difficulty organizing tasks
- Avoids tasks requiring sustained mental effort
- Loses things
- Easily distracted
- Forgetful in daily activities

Hyperactivity and Impulsivity (≥6 symptoms for children, ≥5 for adults; ≥6 months):

- Fidgets or taps hands/feet
- Leaves seat when remaining seated is expected
- Runs or climbs excessively
- Unable to play quietly
- “On the go” as if driven by a motor
- Talks excessively
- Blurts out answers
- Difficulty waiting turn
- Interrupts others

B. Several symptoms present before age 12

C. Symptoms present in two or more settings (home, school, work)

D. Clear evidence of functional impairment

E. Not better explained by another mental disorder

◆ Presentations:

- Predominantly Inattentive
- Predominantly Hyperactive-Impulsive

- Combined Presentation

3. Anxiety Disorders (DSM-5-TR Overview)

DSM-5-TR includes several anxiety disorders. Below is the **most common: Generalized Anxiety Disorder (GAD)**.

Generalized Anxiety Disorder (GAD)

A. Excessive anxiety and worry

- Occurs **more days than not for at least 6 months**
- About various events or activities (work, health, family)

B. Difficulty controlling the worry

C. Anxiety associated with three or more of the following (one for children):

- Restlessness or feeling keyed up
- Easily fatigued
- Difficulty concentrating or mind going blank
- Irritability
- Muscle tension
- Sleep disturbance

D. Clinically significant distress or impairment

E. Not due to substance or medical condition

F. Not better explained by another mental disorder

Other Anxiety Disorders in DSM-5-TR (brief mention)

- Panic Disorder
- Social Anxiety Disorder
- Specific Phobia
- Agoraphobia
- Separation Anxiety Disorder

Quick Comparison Table

Disorder	Core Feature	Duration
OCD	Obsessions + Compulsions	Ongoing

Disorder	Core Feature	Duration
ADHD	Inattention / Hyperactivity	≥6 months (since childhood)
GAD	Excessive uncontrollable worry	≥6 months

1. OBSESSIVE-COMPULSIVE DISORDER (OCD)

Client Case Example with DSM-5-TR Diagnosis

□ Client Profile

- **Name:** Ms. A (pseudonym)
- **Age:** 24 years
- **Gender:** Female
- **Occupation:** University student

□ Presenting Complaints

Ms. A reports intense anxiety related to **germs and contamination**. She experiences repeated thoughts that her hands are dirty even after washing them. To reduce anxiety, she washes her hands repeatedly until her skin becomes red and cracked.

Symptoms Mapped to DSM-5-TR Criteria

Obsessions

- Recurrent intrusive thoughts: *“My hands are contaminated and I might get seriously ill.”*
- Thoughts are **unwanted and distressing**
- Attempts to neutralize anxiety by washing hands

Compulsions

- Excessive hand washing (30–40 times daily)
- Ritualistic behavior performed to reduce anxiety
- Behavior is clearly **excessive and unrealistic**

Duration & Impairment

- Symptoms take **3–4 hours daily**
- Interferes with academic performance and social life

✓ DSM-5-TR Diagnosis Justification

- Meets criteria for **Obsessions + Compulsions**
- Time-consuming (>1 hour/day)
- Causes significant distress
- Not due to substance or medical condition

★ Diagnosis:

Obsessive-Compulsive Disorder (OCD), with good insight

2. ATTENTION-DEFICIT / HYPERACTIVITY DISORDER (ADHD)

Client Case Example with DSM-5-TR Diagnosis

Client Profile

- **Name:** Mr. B
- **Age:** 10 years
- **Gender:** Male
- **Education:** Grade 5 student

Presenting Complaints

The child's parents and teachers report **poor attention**, excessive talking, restlessness, and impulsive behavior in school and at home.

Symptoms Mapped to DSM-5-TR Criteria

Inattention (≥6 symptoms)

- Difficulty sustaining attention in class
- Often does not follow instructions
- Easily distracted
- Frequently loses books and pencils
- Avoids homework requiring concentration
- Forgetful in daily activities

Hyperactivity-Impulsivity (≥6 symptoms)

- Constantly fidgets and leaves seat

- Runs around in inappropriate situations
- Talks excessively
- Interrupts others
- Difficulty waiting for turn
- Acts without thinking

Additional Criteria

- Symptoms present **before age 12**
- Occur in **two settings** (school and home)
- Clear academic and social impairment

DSM-5-TR Diagnosis Justification

- Meets both inattention and hyperactivity criteria
- Persistent for more than 6 months
- Not better explained by anxiety or learning disorder

Diagnosis:

ADHD – Combined Presentation

3. ANXIETY DISORDER (Generalized Anxiety Disorder – GAD)

Client Case Example with DSM-5-TR Diagnosis

Client Profile

- **Name:** Mrs. C
- **Age:** 35 years
- **Gender:** Female
- **Occupation:** Office worker

Presenting Complaints

Mrs. C reports **constant worry** about finances, children’s health, job performance, and future events. She states, *“My mind never stops worrying.”*

Symptoms Mapped to DSM-5-TR Criteria

Excessive Anxiety & Worry

- Occurs **daily for more than 1 year**
- Worry about multiple life domains
- Difficulty controlling worry

Associated Symptoms (≥ 3)

- Restlessness
- Fatigue
- Poor concentration
- Muscle tension
- Sleep disturbance
- Irritability

🕒 Functional Impairment

- Reduced work efficiency
- Frequent sick leaves
- Strained family relationships

DSM-5-TR Diagnosis Justification

- Anxiety lasting more than 6 months
- Multiple physical and cognitive symptoms
- Significant distress and impairment
- Not due to substance or medical condition
- **Diagnosis:**
Generalized Anxiety Disorder (GAD)

🔍 Differential Insight (Brief)

Disorder	Key Feature
OCD	Anxiety driven by obsessions + compulsions
ADHD	Developmental attention & impulse control deficits
GAD	Free-floating, persistent worry

1. Obsessive-Compulsive Disorder (OCD)

DSM-5-TR Diagnostic Symptoms

A. Obsessions (Symptoms)

- Recurrent and persistent **intrusive thoughts, urges, or images**
- Thoughts are **unwanted** and cause marked **anxiety or distress**
- Individual tries to **ignore, suppress, or neutralize** them

Common obsession themes:

- Fear of contamination (germs, dirt)
- Aggressive or violent thoughts
- Religious or sexual intrusive thoughts
- Excessive need for symmetry or order
- Fear of harming self or others

B. Compulsions (Symptoms)

- **Repetitive behaviors** (hand washing, checking, ordering)
- **Mental acts** (counting, praying, repeating words silently)
- Acts are performed to **reduce anxiety** or prevent feared events
- Behaviors are **excessive or unrealistic**

C. Functional Impact

- Obsessions/compulsions take **more than 1 hour per day**
- Cause **significant distress or impairment**

2. Attention-Deficit / Hyperactivity Disorder (ADHD)

DSM-5-TR Diagnostic Symptoms

A. Inattention Symptoms

(≥6 for children, ≥5 for adults; ≥6 months)

- Fails to give close attention to details
- Difficulty sustaining attention
- Does not seem to listen when spoken to
- Does not follow through on instructions
- Difficulty organizing tasks
- Avoids tasks requiring sustained mental effort
- Loses things necessary for tasks
- Easily distracted
- Forgetful in daily activities

B. Hyperactivity-Impulsivity Symptoms

(≥6 for children, ≥5 for adults; ≥6 months)

- Fidgets or taps hands or feet
- Leaves seat in inappropriate situations
- Runs or climbs excessively
- Difficulty playing quietly
- “On the go” as if driven by a motor
- Talks excessively
- Blurts out answers
- Difficulty waiting turn
- Interrupts or intrudes on others

C. Additional DSM-5-TR Requirements

- Symptoms present **before age 12**
- Occur in **two or more settings**
- Cause **functional impairment**

3. Anxiety Disorder

(Generalized Anxiety Disorder – GAD)

DSM-5-TR Diagnostic Symptoms

A. Excessive Anxiety & Worry

- Excessive worry occurring **more days than not**
- Duration: **at least 6 months**
- Worry about multiple life areas

B. Difficulty Controlling Worry

C. Associated Symptoms (≥ 3 for adults)

- Restlessness or feeling keyed up
- Easily fatigued
- Difficulty concentrating
- Irritability
- Muscle tension
- Sleep disturbance

D. Functional Impact

- Clinically significant distress
- Impaired social or occupational functioning

Quick Diagnostic Comparison

Disorder	Core Symptoms
OCD	Obsessions + Compulsions
ADHD	Inattention + Hyperactivity/Impulsivity
Anxiety (GAD)	Excessive uncontrollable worry