



Addition of Diagnostic Codes for Suicidal Behavior and Nonsuicidal Self-Injury

In the upcoming fifth edition of the Diagnostic and Statistical Manual of Mental Disorders, text revision (DSM-5-TR), diagnostic codes were added for suicidal behavior and nonsuicidal self-injury in section 2 of DSM-5-TR, “other conditions that may be a focus of clinical attention” chapter.

Rationale for Change

The “other conditions that may be a focus of clinical attention” chapter includes conditions, behaviors, and psychosocial or environmental problems that may be a focus of clinical attention or otherwise affect the diagnosis, course, prognosis, or treatment of an individual’s mental disorder. The conditions, behaviors, and problems listed in this chapter are not mental disorders.

The inclusion of codes for suicidal behavior and nonsuicidal self-injury in DSM-5-TR is meant to draw attention to the scope of additional issues that may be encountered in routine clinical practice and to provide a useful systematic listing to clinicians in documenting these issues. This addition will help improve documentation of these behaviors, which can serve to estimate risk factors for future suicide attempts or death. These codes can also help clinicians record suicidal behavior and nonsuicidal self-injury when occurring with other mental health conditions. Finally, adding these codes will encourage research targeting their treatment specifically rather than simply addressing these behaviors as symptoms of an associated condition such as major depressive disorder.

DSM is the manual used by clinicians and researchers to diagnose and classify mental disorders. The American Psychiatric Association (APA) will publish DSM-5-TR in 2022.

APA is a national medical specialty society whose more than 37,400 physician members specialize in the diagnosis, treatment, prevention, and research of mental illnesses, including substance use disorders. Visit the APA at www.psychiatry.org. For more information, please contact APA Communications at 202-459-9732 or press@psych.org.

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