



Understanding Mental Disorders: Your Guide to DSM-5

By American Psychiatric Association

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Forward by, Patrick Kennedy, Understanding Mental Disorders: Your Guide to DSM-5® is a consumer guide for anyone who has been touched by mental illness. Most of us know someone who suffers from a mental illness. This book helps those who may be struggling with mental health problems, as well as those who want to help others achieve mental health and well-being. Based on the latest, fifth edition of the Diagnostic and Statistical Manual of Mental Disorders known as DSM-5® Understanding Mental Disorders provides valuable insight on what to expect from an illness and its treatment and will help readers recognize symptoms, know when to seek help, and get the right care. Featured disorders include depression, schizophrenia, ADHD, autism spectrum disorder, posttraumatic stress disorder, and bipolar disorder, among others. The common language for diagnosing mental illness used in DSM-5® for mental health professionals has been adapted into clear, concise descriptions of disorders for nonexperts. In addition to specific symptoms for each disorder, readers will find: Risk factors and warning signs Related disorders Ways to cope Tips to promote mental health Personal stories Key points about the disorders and treatment options A special chapter dedicated to treatment essentials and ways to get help. Helpful resources that include a glossary, list of medications and support groups

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Editorial Review

From Kirkus Reviews

A plainly written guide to psychiatric conditions, intended for nonspecialist readers.

This medical book, by members of the American Psychiatric Association, is a companion to the latest edition of Diagnostic and Statistical Manual of Mental Disorders, the standard reference for diagnosis and treatment used by psychologists and psychiatrists. It follows the DSM-5's structure, but presents its material in a language and format that can be easily followed by readers with no psychiatric training, such as concerned friends or parents who may want to understand their choices after a child's diagnosis. The book offers an explanation of each condition, along with symptoms, prognoses, and possible treatment plans. In many cases, the description is accompanied by a short case study of someone who's undergone treatment for the disorder, which gives a human face to a generic list of symptoms and serves as an example for possible management. Each section concludes with a bulleted list of the key points addressed in each chapter, and many include further resources, such as a chart that compares the symptoms of Alzheimer's disease with the normal effects of aging. Overall, the book maintains a serious but not catastrophic tone, from the opening line of the preface ("More than 450 million people worldwide, and over 61 million adults and over 7 million children in the United States, live with a mental disorder at some point in their lives") to appendices that detail common forms of psychotherapy and medications. It acknowledges the impact of these disorders and the need for appropriate treatment while also reminding readers that such conditions are common and that options are available. An annotated list of organizations that offer support, education, and guidance to different types of patients and their friends and families further emphasizes this theme.

A well-organized, nontechnical overview of recognized psychiatric disorders and methods for treating them.

Review

This is a simple, user-friendly guide that is clear and informative. The format makes it easy to look up information about specific disorders and the vignettes make this a valuable resource for clinicians, patients and their families.--Alies Muskin, Executive Director, Anxiety and Depression Association of America -- Understanding Mental Disorders is an important resource that highlights in a balanced, sensitive way the multifaceted nature of mental disorders. Allen Doederlein, President, Depression and Bipolar Support Alliance

The DSM-5 sounds mysterious or technical to many people. This guide dissolves the mystery and bridges gaps between other books on mental illness by explaining psychiatric diagnoses in readily understandable terms. It presents symptoms and discusses treatment options. It will be helpful not just to mental health professionals, but to individuals and families affected by mental illness and the general public.--Mary Giliberti, Executive Director, National Alliance on Mental Illness The new Guide to DSM-5, Understanding Mental Disorders is a wonderful primer on mental health conditions. It includes clear descriptions of disorders, patient vignettes, and easy to understand descriptions of treatment options. The personal stories describe how the condition might appear in an affected individual. This outstanding resource can enhance patient and family participation in treatment and extend the conversation about best strategies for health and wellbeing. --Maria A. Oquendo, M.D., Professor of Psychiatry, Vice Chair for Education, Director of Residency Training, Columbia University Medical Center

Understanding Mental Disorders: Your Guide to DSM-5 is a valuable resource for helping patients and

families understand and live successfully with the mental disorders that affect so many of us and our families. Based on the recently revised, authoritative guide to the diagnosis of mental disorders, DSM-5, Understanding Mental Disorders is written in clear and accessible language with patient resources and personal experiences that can help those who are struggling get scientifically credible care. Developed by an outstanding Editorial Advisory Board of mental health professionals, Understanding Mental Disorders: Your Guide to DSM-5 sets a new standard for reliable, wise guidance for patients and those who love them.--Paul Summergrad, M.D., Dr. Frances S. Arkin Professor and Chairman, Department of Psychiatry, Professor of Medicine, Tufts University School of Medicine, Psychiatrist-in-Chief, Tufts Medical Center, Chairman, Interim President and CEO, Tufts Medical Center Physicians Organization, President, American Psychiatric Association Understanding Mental Disorders is a unique resource that serves as a tool for communication between mental health professionals, patients, and families. It translates information from DSM-5 into simple language that can empower those who need mental health care to understand disorders and seek help. It educates in a way that allows patients to take an active role in their care. --Renee Binder, M.D., Professor and Director Psychiatry and Law Program, Associate Dean Academic Affairs, School of Medicine, University of California San Francisco, President-Elect, American Psychiatric Association

From the Inside Flap

Understanding Mental Disorders: Your Guide to DSM-5(R) is a consumer guide for anyone who has been touched by mental illness.

Most of us know someone who suffers from a mental illness. This book helps those who may be struggling with mental health problems, as well as those who want to help others achieve mental health and well-being.

Based on the latest, fifth edition of the Diagnostic and Statistical Manual of Mental Disorders -- known as DSM-5(R) -- Understanding Mental Disorders provides valuable insight on what to expect from an illness and its treatment -- and will help readers recognize symptoms, know when to seek help, and get the right care. Featured disorders include depression, schizophrenia, ADHD, autism spectrum disorder, posttraumatic stress disorder, and bipolar disorder, among others.

Users Review

From reader reviews:

Hazel Polk:

Have you spare time for a day? What do you do when you have considerably more or little spare time? Sure, you can choose the suitable activity with regard to spend your time. Any person spent their very own spare time to take a move, shopping, or went to the particular Mall. How about open or maybe read a book allowed Understanding Mental Disorders: Your Guide to DSM-5? Maybe it is for being best activity for you. You understand beside you can spend your time using your favorite's book, you can cleverer than before. Do you agree with the opinion or you have various other opinion?

Pierre Taylor:

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Kristopher Lewis:

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