

DSM IV-TR Mnemonics:

7 Major Diagnostic Categories:

Depressed Patients Sound Anxious So Claim Psychiatrists:

- 1) Depression & other mood disorders – major dep, bipolar, dysthymia
- 2) Psychotic disorders - Schizophrenia, schizoaffective, delusional disorder
- 3) Substance abuse disorders – alcohol, drug, psychiatric syndromes from use
- 4) Anxiety disorders – panic, agoraphobia, GAD, OCD
- 5) Somatoform disorders – somatization disorder, eating disorder
- 6) Cognitive disorders – dementia, mental retardation, ADHD
- 7) Personality disorders – Odd, Bad, Sad.

Suicidality:

Suicidality Risk Factors	SAD PERSONS	Sex (women = attempt, male = success) Age (teenagers and elderly highest risk) Depression (15% of depressed pts suicide) Previous attempt (10% prev. attempt succeed) ETOH abuse: (15% of alcoholics suicide) Rational thinking loss: psychosis is risk factor Social supports lacking Organised plan: if well formulated = red flag No spouse: divorced, separated, widowed = risk Sickness: chronic illness is a risk factor
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Major Depression	SAGECAPS (4/8)	Sleep, anhedonia, Guilt (hope, worth, regret), Energy deficit, Concentration/Cognitive, Appetite, Psychomotor, Suicidality
Dysthymia	ACHEWS (2/6)	Appetite, Concentration, Hopelessness, Energy deficit, Worthlessness, Sleep disorder
Manic Episode	DIGFAST (3/7)	Distractibility, indiscretion, grandiosity, flight of ideas, activity increase, sleep deficit, talkativeness (pressure of speech)
Schizophrenia	Delusions Herald Schizophrenic's Bad News	Delusions, Hallucinations, Speech disorganisation, Behaviour disorganisation, Negative symptoms
Substance Abuse	Tempted With Cognac	Tolerance, Withdrawal, loss of control with: Increased consumption Inability to cut down Time in obtaining Reduced behavioural repertoire Continued despite harm
Alcohol Abuse	CAGE	Cut down, Annoyed, Guilty, Eye-opener

Panic Attack	Heart (3) Breathlessness (5) Fear (5) (4/13)	Palpitations, chest pain, nausea SOB, Choking, Dizziness, parasthesias, chills/flushes Of dying, going crazy, shaking, sweating, derealisation or depersonalisation
OCD	Washing and Straightening Make Clean Houses (1/5)	Washing Straightening (ordering rituals) Mental rituals, Checking, Hoarding
PTSD	Remembers (1) Atrocious(3) Nuclear (3) Attacks (2)	Re-experiencing trauma Avoidance of stimuli Numbing of response Arousal increased (insomnia, hypervigilance, startle response, irritability)
GAD	Macbeth Frets Constantly Regarding Illicit Sins (3/6)	Muscle tension Fatigue Concentration problems Restlessness/edgy Irritability Sleep problems
Somatization Disorder	Recipe 4 Pain: Convert 2 Stomachs to 1 sex (8/8)	Onset before 30 yrs of medically unexplained symptoms: 4 pain symptoms 1 conversion symptom 2 GI symptoms 1 sexual symptom
Bulimia Nervosa	Bulimics Over-Consume Pastries (4/4)	Bingeing Out of control feeling when eating Concern with body shape Purging
Anorexia Nervosa	Weight Fear Bothers Anorexics	Weight below 85% of ideal Fear of fat Body image distortion Amenorrhea
Dementia	Memory BREW (Mem + ¼)	Memory impairment + 1 of following: Behavioural disorg (apraxia) Recognition impairment (agnosia) Executive funct. Impairment Word problems (aphasia)
Delirium	Medical FRAT (5/5)	Medical Cause of cog impairment Fluctuating cause Recent onset Attention impairment Thinking (cognitive) disturbance
ADHD	MOAT (6/9)	Movement excess Organisation problems (not finishing) Attention problems Talking impulsively

Borderline Personality	I DESPAIRR	Identity disturbance Disorders Emptiness feelings Suicidal behaviour/gestures Paranoid ideation Abandonment imagination Impulsivity (potentially self damaging) Rage (inappropriate or intense) Relationship instability
Anti-Social Personality	CORRUPT	Conformity to law is lacking Obligations ignored Reckless disregard to safety Remorse is lacking Underhanded (deceitful, lies, cons) Planning insufficient (impulsive) Temper
Obsessive Compulsive Personality	LAW FIRMS	Loses point of activity Ability to complete tasks lacking Worthless objects (can't discard) Friendships excluded (as preoccupied) Inflexible, scrupulous Reluctant to delegate Miserly Stubborn
Paranoid personality	SUSPECT	Spousal infidelity Unforgiving (bears grudges) Suspicious Perceives attacks Views everyone as Enemy or friend Confiding in others feared Threats perceived in benign events
Schizoid	DISTANT	Detached Indifferent to criticism or praise Sexual experiences of little interest Tasks performed solitarily Absence of close friends Neither desires or enjoys close friends Takes pleasure in few activities

Conduct Disorder (childhood & adolescent)	Angry Dudes Die Sooner Childhood onset < 10yrs Adolescent onset > 10yrs	Aggression to humans or animals Destruction of property: non-aggressive Deceitfulness, lying and theft Serious violations of rules
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