

how to cite the dsm 5 apa

Understanding how to cite the DSM-5 APA is crucial for academic and professional accuracy in fields like psychology, psychiatry, and social work. Proper citation ensures that you give credit to the source material and allow your readers to locate it easily. This comprehensive guide will break down the essential elements and provide clear examples for citing the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5) according to the American Psychological Association (APA) style. We will cover everything from basic in-text citations to full bibliographic entries, including specific nuances for different types of references. Mastering these citation practices will enhance the credibility of your work and uphold academic integrity.

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Understanding the DSM-5 APA Citation Basics

Citing the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5) using APA style requires attention to specific details to ensure accuracy and adherence to academic standards. The DSM-5 is a critical resource for diagnosing mental health conditions, and correctly attributing its information is paramount. APA style, developed by the American Psychological Association, provides a standardized framework for academic writing, including how to reference influential works like the DSM-5. The goal is to enable readers to easily find and verify the information you present, thereby strengthening your arguments and maintaining scholarly integrity.

The DSM-5, published by the American Psychiatric Association, is not typically cited as a standalone book in the same way a peer-reviewed journal article or a trade book might be. Instead, APA guidelines often treat it as a manual or a reference work whose specific diagnostic criteria are being referenced. This distinction influences how both in-text citations and reference list entries are constructed. Understanding these nuances is the first step toward mastering DSM-5 APA citation practices.

Citing the DSM-5 in Text

When you refer to diagnostic criteria, definitions, or specific information found within the DSM-5, you must provide an in-text citation. This allows your readers to immediately identify the source of the information. APA style requires a parenthetical citation (Author, Year) or a narrative citation where the author is integrated into the text.

Parenthetical Citations

For parenthetical citations, you will include the author and the year of publication. Since the DSM-5 was published by the American Psychiatric Association, this organization serves as the author. The publication year for the original DSM-5 is 2013.

- Example: The diagnostic criteria for major depressive disorder include persistent sadness and loss of interest (American Psychiatric Association, 2013).
- Example: Symptoms of generalized anxiety disorder can include excessive worry and restlessness (American Psychiatric Association, 2013).

Narrative Citations

In a narrative citation, you incorporate the author into the sentence, followed by the year in parentheses. This often makes for a smoother reading experience.

- Example: According to the American Psychiatric Association (2013), the hallmark of schizophrenia is a disturbance in thought processes.
- Example: The American Psychiatric Association (2013) outlines specific criteria for the diagnosis of bipolar I disorder.

Citing Specific Sections or Pages

While APA style encourages referencing the most specific source possible, for the DSM-5, it is common to cite the manual itself, especially when discussing diagnostic categories or criteria that are widely understood and referenced. If you are quoting directly or referring to a very specific piece of

information on a particular page, you should include the page number in your in-text citation.

- **Example (Quoting Directly):** The DSM-5 defines posttraumatic stress disorder as "exposure to actual or threatened death, serious injury, or sexual violence" (American Psychiatric Association, 2013, p. 267).
- **Example (Referring to Specific Information):** The specific diagnostic threshold for autism spectrum disorder has been refined in the DSM-5 (American Psychiatric Association, 2013, p. 47).

Citing the DSM-5 in Your References List

The reference list at the end of your paper provides the full details of all sources you have cited. For the DSM-5, the entry in the reference list follows a specific format. The core components are the author, year of publication, title of the work, and publisher.

Standard DSM-5 Reference Entry

The primary entry for the DSM-5 in your reference list will look like this:
American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). American Psychiatric Publishing.

Let's break down each element:

- **Author:** The author is the organization responsible for publishing the manual, which is the American Psychiatric Association.
- **Year of Publication:** The year the original DSM-5 was published, which is 2013.
- **Title:** The full title of the work is "Diagnostic and statistical manual of mental disorders." It is italicized. The edition number, "5th ed.," follows the title.
- **Publisher:** The publisher is American Psychiatric Publishing.

Variations for Different Editions

It's crucial to cite the specific edition of the DSM that you have used. If you are using a later edition or an updated version, ensure the year and edition information are accurate in both your in-text citations and your reference list entry.

Citing the DSM-5-TR

The DSM-5-TR (Text Revision) was released in 2022. When citing this version, you must reflect the updated publication date and title.

- Example Reference Entry for DSM-5-TR:

American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.). American Psychiatric Publishing.

Note that the edition is still referred to as the 5th edition but with the addition of "text rev." for the text revision. The year is now 2022.

Common Pitfalls in DSM-5 APA Citation

Despite clear guidelines, several common mistakes can occur when citing the DSM-5 in APA style. Being aware of these pitfalls can help you avoid them and ensure the accuracy of your citations.

Incorrect Author Attribution

One frequent error is not recognizing the American Psychiatric Association as the author. Sometimes individuals might mistakenly attribute the authorship to a specific editor or committee if they are looking at the copyright page. Always remember to use the overarching organization as the author.

Outdated Edition Information

Using an old edition of the DSM-5 (or its predecessor, the DSM-IV) while referencing the content of the current edition, or vice versa, can lead to significant inaccuracies. Always verify which edition you are consulting and cite it accordingly.

Missing Publisher or Year

Forgetting to include the year of publication or the publisher in the reference list entry is a common oversight. Both are essential for enabling readers to locate the source.

Improperly Formatted Titles

Titles of books and manuals in APA style should be italicized. Failing to italicize "Diagnostic and statistical manual of mental disorders" is a formatting error.

Confusing In-Text and Reference List Entries

Another pitfall is using the full reference entry information in the in-text citation, or only providing the author and year in the reference list. The in-text citation is brief, while the reference list entry is comprehensive.

Why Accurate DSM-5 APA Citation Matters

The accurate citation of the DSM-5 is not merely a stylistic formality; it is fundamental to the integrity and credibility of academic and clinical work. When you cite the DSM-5 correctly, you demonstrate a commitment to scholarly rigor and ethical practice.

Firstly, proper citation acknowledges the origin of the diagnostic criteria and conceptualizations you are using. The DSM-5 represents decades of research and consensus within the mental health field. Giving credit where credit is due is a cornerstone of academic honesty. It prevents plagiarism and ensures that the intellectual contributions of the American Psychiatric Association and the many experts who contributed to its development are recognized.

Secondly, accurate citations enable your readers to trace your sources. In research, clinical reports, or academic papers, readers may need to consult the original source to verify information, understand context, or delve deeper into a particular topic. A clear and correct citation for the DSM-5 guides them directly to the definitive manual, ensuring they are referencing the same diagnostic framework and criteria that you are.

Finally, consistent and correct citation practices, such as adhering to APA style for the DSM-5, contribute to the overall professionalism and clarity of

your writing. It signals to your audience that you are a careful and meticulous scholar or practitioner, enhancing their trust in the information you present and the conclusions you draw. In fields where precision in diagnosis and understanding is critical, such attention to detail is indispensable.

FAQ

Q: What is the most important information to include when citing the DSM-5 in APA style?

A: The most important information includes the author (American Psychiatric Association), the year of publication (2013 for the original edition, 2022 for the DSM-5-TR), the italicized title "Diagnostic and statistical manual of mental disorders," the edition number (e.g., 5th ed.), and the publisher (American Psychiatric Publishing).

Q: How do I cite the DSM-5 if I am quoting directly from it?

A: When quoting directly from the DSM-5, you must include the author, year, and the specific page number(s) where the quote can be found in your in-text citation. For example: (American Psychiatric Association, 2013, p. X).

Q: Is there a difference in citation between the original DSM-5 and the DSM-5-TR?

A: Yes, there is a crucial difference. The original DSM-5 was published in 2013. The DSM-5-TR (Text Revision) was published in 2022. Your citation must reflect the correct publication year and edition (e.g., "5th ed., text rev." for the DSM-5-TR).

Q: Can I use the abbreviation DSM-5 in my in-text citations?

A: No, in APA style, you should spell out the full author and year in your in-text citations (e.g., American Psychiatric Association, 2013). The abbreviation DSM-5 can be used in the body of your text after the first full mention and citation, but it is not part of the formal citation itself.

Q: Should I italicize the title "Diagnostic and statistical manual of mental disorders" when citing the DSM-5?

A: Yes, according to APA style, the titles of books and manuals should be italicized. Therefore, "Diagnostic and statistical manual of mental disorders" must be in italics in both your in-text and reference list entries.

Q: What if I'm referencing diagnostic criteria that are widely known and don't cite a specific page number?

A: While APA style prefers specific page numbers for direct quotes or very specific information, when discussing general diagnostic criteria from the DSM-5 that are commonly understood, you can often omit the page number in the in-text citation if you are not quoting directly or referring to a highly specific detail. However, always cite the author and year.

Q: How should I handle citing older editions of the DSM (like DSM-IV) in APA style?

A: You would follow the same principles as citing the DSM-5, but use the correct author, year, title, and publisher for that specific older edition. For example, the DSM-IV-TR would be cited as American Psychiatric Association (2000). The key is to accurately represent the source you used.

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