

**Citing *DSM-5-TR* and *ICD-11* in APA Style**  
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**Cautionary statement: If you are a student, ask for your professor's style preference.**

The copyright page of the *DSM-5-TR* contains the following statement:

The correct citation for this book is American Psychiatric Association: Diagnostic and Statistical Manual of Mental Disorders: Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision. Arlington, VA: American Psychiatric Association, 2022.

Written in the style of the *Publication Manual of the American Psychological Association* (APA, 2020, p. 324), the above information would be translated into an APA Style reference entry as follows:

**Basic Reference List Entry Style**

American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.). [Place the doi here without the double brackets and without a period ending the element]

World Health Organization (2021). *International statistical classification of diseases and related health problems* (11th ed.). <https://icd.who.int/>

As of 09-04-2013, individual chapters and other parts of *DSM-5* (APA, 2013) were assigned DOIs. When using the online edition of the *DSM*, give the DOI in the publisher position as shown below.

American Psychiatric Association. (2022). Cautionary statement for forensic use of *DSM-5-TR*. In *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.). [Place the doi here without the double brackets and without a period ending the element]

**Parenthetical Citation With Abbreviation Included**

*Diagnostic and Statistical Manual of Mental Disorders* (5th ed., text rev.; *DSM-5-TR*; American Psychiatric Association, 2022).

*International Statistical Classification of Diseases and Related Health Problems* (11th ed.; *ICD-11*; World Health Organization, 2021).

**Subsequent Parenthetical Citations**

(American Psychiatric Association, 2022)

(World Health Organization, 2021)

**Narrative Citation with Abbreviation Included**

American Psychiatric Association's (2022) *Diagnostic and Statistical Manual of Mental Disorders* (5th ed., text rev.; *DSM-5-TR*).

World Health Organization (2021). *International Statistical Classification of Diseases and Related Health Problems* (11th ed.; *ICD-11*).

**Subsequent Narrative Citations**

American Psychiatric Association (2022)

World Health Organization (2021)

### Example of In-Text Narrative Citation With Abbreviation Included

Here's how a narrative citation (with abbreviation included) appears in the text of an article or paper:

The American Psychiatric Association's (2022) *Diagnostic and Statistical Manual of Mental Disorders* (5th ed., text rev.; *DSM-5-TR*) is a widely used diagnostic manual in the United States.

The World Health Organization's (2021) *International Statistical Classification of Diseases and Related Health Problems* (11th ed.; *ICD-11*) is the internationally accepted diagnostic nomenclature.

In the above example, title case and italics are used for the title and abbreviation of the title, although the punctuation marks are not italicized (APA, 2020, p. 324).

### Example of In-Text Parenthetical Citation With Abbreviation Included

Here's how a narrative citation appear when used in a sentence and with a more cumbersome parenthetical expression (with abbreviation included):

The *Diagnostic and Statistical Manual of Mental Disorders* (5th ed., text rev.; *DSM-5-TR*; American Psychiatric Association) is the most widely accepted nomenclature used by clinicians for the classification of mental disorders.

The *International Statistical Classification of Diseases and Related Health Problems* (11th ed.; *ICD-11*) is the most widely accepted international nomenclature used by clinicians for the classification of mental and physical disorders. Presented at the World Health Assembly in May 2019 for adoption by Member States, the *ICD-11* went into effect on January 1, 2022.

In the above example, the word "the" is capitalized because it is the first word in the sentence; however, the word "the" is not italicized in the above example because it is not a part of the book's title. In this sentence, the word *the* is italicized for emphasis. In APA Style, italics are generally not used for mere emphasis unless the emphasis cannot be better conveyed by syntax. Italics for emphasis are acceptable if emphasis might otherwise be lost or the material misread (APA, 2020, p. 171).

### Dash

In APA Style (APA, 2020, p. 157), "A hyphen rather than an en dash is generally used in an abbreviation that contains dashes, such as the abbreviation for a test or scale (e.g., MMPI-3) or a diagnostic manual (*DSM-5-TR*, *ICD-11*)."

### Guidelines for Repeated Citations of a Manual

Generally, include a citation for a manual the first time it is mentioned in the text. If the first mention appears in a heading, do not cite the manual in the heading.

Do not repeat the citation for a subsequent general mention of a manual. Repeat a citation only when it directly supports a statement (e.g., quoting, paraphrasing).

Additional examples and guidance for citing other editions and entries in the *DSM* and *ICD* are available on the APA Style website.

## Diseases, Disorders, Therapies, Theories, and Related Terms

Do not capitalize the names of the following (APA, 2020, p. 166):

- **diseases or disorders**  
autistic spectrum disorder                      alcohol use disorder  
generalized anxiety disorder                      major depressive disorder
- **therapies and treatments**  
applied behavior analysis                      dialectical behavior therapy  
cognitive behavior therapy                      exposure and response prevention
- **theories, concepts, and principles**  
psychodynamic theory                      operant principles  
psychoneuroimmunology                      cognitive dissonance

Do capitalize personal names that appear within the names of diseases, disorders, and theories (APA, 2020, p. 166):

|                     |                             |
|---------------------|-----------------------------|
| Alzheimer's disease | Korsakoff psychosis         |
| Down syndrome       | Wernicke encephalopathy     |
| Jungian theory      | Maslow's hierarchy of needs |

## Abbreviations of Mental Disorders

When the full version of a term first appears in a sentence in the text, place the abbreviation in parentheses after it.

|                   |   |
|-------------------|---|
| <b>Correct:</b>   | attention-deficit/hyperactivity disorder (ADHD) |
| <b>Incorrect:</b> | ADHD (attention-deficit/hyperactivity disorder) |
| <b>Correct:</b>   | disruptive mood dysregulation disorder (DMDD)   |
| <b>Incorrect:</b> | DMDD (disruptive mood dysregulation disorder)   |

When the full version of a term first appears in parenthetical text, place the abbreviation in square brackets after it. Do not use nested parentheses.

|                   |   |
|-------------------|---|
| <b>Correct:</b>   | (attention-deficit/hyperactivity disorder [ADHD]) |
| <b>Incorrect:</b> | (attention-deficit/hyperactivity disorder)(ADHD)  |
| <b>Correct:</b>   | (disruptive mood dysregulation disorder [DMDD])   |
| <b>Incorrect:</b> | (disruptive mood dysregulation disorder)(DMDD)    |

## Abbreviations

A term to be abbreviated must, on its first appearance, be written out completely and followed immediately by its abbreviation in parentheses (or, if already in parentheses, use brackets). Thereafter, use the abbreviation in text without further explanation (p. 173). Do not switch between the abbreviated and written-out forms of a term. For additional details about abbreviations, see APA Style blog by Chelsea [Lee \(2015\)](#).

When an abbreviation or acronym is used to identify the author, introduce it at first reference:

The *Diagnostic and Statistical Manual of Mental Disorders* (5th ed., text rev.; *DSM-5-TR*; American Psychiatric Association [APA], 2022) is the most widely accepted nomenclature used by clinicians and researchers for the classification of mental disorders. The changes involving the removal of the legal problems criterion and the addition of a craving criterion were retained in the final revision of the diagnostic criteria (APA, 2022).

Once introduced, the abbreviation *DSM-5-TR* can be used instead of using the title and edition:

The *DSM-5-TR*'s classification involves a shift from the traditional categorical approach to a dimensional approach. The changes involving the removal of the legal problems criterion and the addition of a craving criterion were retained in the final revision of the diagnostic criteria (American Psychiatric Association, 2022).

When citing an author more than once in the same paragraph, remember the following guideline that is quoted from the *Publication Manual of the American Psychological Association* (APA; 2020, p. 266):

Within the same paragraph, when the name of the author is part of the narrative, you need not include the year of publication in subsequent narrative (nonparenthetical) citations, as long as the study cannot be confused with other studies cited in the article. Include the year in all parenthetical citations. When both the name and the year are in parentheses, include the year in subsequent parenthetical citations within the same paragraph.

## Parentheses

### Avoid Parentheses Within Parentheses

Do not use parentheses to enclose text within other parentheses; instead use square brackets to avoid nested parentheses:

**Correct:** (Beck Depression Inventory–II [BDI-II]; Beck et al., 1996)  
**Incorrect:** (Beck Depression Inventory–II (BDI-II); Beck et al., 1996)

### Avoid Back to Back Parentheses

To enclose back-to-back parenthetical information, place the information in one set of parentheses, separated with a semicolon:

**Correct:** (5th ed., text rev.; *DSM-5-TR*)  
**Incorrect:** (5th ed., text rev.) (DSM-5-TR)

## Tests, Scales, and Inventories

According to APA (2020, p. 340), the title of a test, a scale, or an inventory should be capitalized using title case whenever it appears in the text of a paper. Although the test title may be italicized in a reference (e.g., in the name of a manual or when the test itself is cited), in the text, the title of a test should appear in title case in standard (nonitalic) type.

### Reference List Entry Style (Test Manual)

Beck, A. T., Steer, R. A., & Brown, G. K. (1996). *Manual for the Beck Depression Inventory–II*. Psychological Corporation.

### In-Text Narrative Citation (Test)

Beck Depression Inventory–II (Beck et al., 1996)

#### APA (2020) 7th edition Style

Parenthetical citation: (Beck et al., 1996)

Narrative citation: Beck et al., (1996)

#### APA (2010) 6th edition Style

Parenthetical citation: (Beck et al., Steer, & Brown, 1996)

Narrative citation: Beck, Steer, and Brown (1996)

A frequently asked style question is the following: “How do I present an abbreviation in conjunction with an in-text citation?”

APA style blogger Chelsea [Lee \(2015, p. 1\)](#) provides useful guidelines for abbreviations, as shown below with Lee’s example adapted for *DSM-5-TR* rather than *DSM-5*.

Sometimes an abbreviation is presented along with an in-text citation. For example, you might cite a test or measure that has an abbreviation and then provide its citation (for a common case, here is how to cite the *DSM-5-TR*).

If a citation accompanies an abbreviation, include the citation after the abbreviation, separated with a semicolon. If the spelled-out version of the term appears in the narrative for the first time, put the abbreviation and the author–date citation in parentheses after it, separated by a semicolon. Do not use nested or back-to-back parentheses.

**Correct:** We assessed depression using the Beck Depression Inventory-II (BDI-II; Beck, Steer, & Brown, 1996).

**Incorrect:** We used the Beck Depression Inventory–II (BDI-II) (Beck, Steer, & Brown, 1996).

If the spelled-out version of the term appears in parentheses for the first time, put the abbreviation in brackets after it, followed by a semicolon and the author–date citation.

**Example:** Our assessment of depression (as measured via scores on the Beck Depression Inventory–II [BDI-II]; Beck, Steer, & Brown, 1996) showed significant incidence of this disorder in the population.

## Course Textbook

### Reference List Entry Style

**APA (2020) 7th edition Style has been used since October 1, 2019:**

Barlow, D. H., Durand, V. M., & Hofmann, S. G. (2018). *Abnormal psychology: An integrative approach* (8th ed.). Cengage Learning.

**APA (2010) 6th edition Style has not been used since October 1, 2019:**

Barlow, D. H., Durand, V. M., & Hofmann, S. G. (2018). *Abnormal psychology: An integrative approach* (8th ed.). Stamford, CT: Cengage Learning.

### In-Text Narrative Citation

**APA (2020) 7th edition Style has been used since October 1, 2019:**

Paranthetical citation: (Barlow et al., 2018)

Narrative citation: Barlow et al. (1996)

**APA (2010) 6th edition Style has not been used since October 1, 2019:**

Paranthetical citation: (Barlow, Durand, and Hofmann, 2018)

Narrative citation: Barlow, Durand, and Hofmann (2018)

In APA Style, a narrative citation refers to a nonparanthetical citation.

### APA (2020, p. 324) Style Guidelines

- When the author and publisher are the same, omit the publisher from the source element in the reference list entry.
- It is common, but not required, to identify the title (and edition) of a diagnostic manual in the text. Group authors and manual titles can be abbreviated in the text (with a few exceptions) but not in the reference list (see Sections 6.25 and 8.21).
- Generally, include a citation for a manual the first time it is mentioned in the text. If the first mention appears in a heading, do not cite the manual in the heading; rather, cite it within the first paragraph of that section or soon thereafter.
- Do not repeat the citation for a subsequent general mention of a manual. Repeat a citation only when it directly supports a statement (e.g., quoting, paraphrasing).
- Additional examples and guidance for citing other editions of and entries in the *DSM* and *ICD* are available on the APA Style website (<https://apastyle.apa.org/>).

## References

- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). <https://doi.org/10.1176/appi.books.9780890425596>
- American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.).
- American Psychological Association. (2010). *Publication manual of the American Psychological Association* (6th ed.).
- American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.).
- Beck, A. T., Steer, R. A., & Brown, G. K. (1996). *Manual for the Beck Depression Inventory–II*. Psychological Corporation.
- Hume-Pratuch, J. (2013, August 08). How to cite the DSM–5 in APA style. *APA Style Blog*. from <http://blog.apastyle.org/apastyle/2013/08/how-to-cite-the-dsm5-in-apa-style.html>
- Lee, C. (2015, October 28). An abbreviations FAQ. *APA Style Blog*. <https://blog.apastyle.org/apastyle/2015/10/an-abbreviations-faq.html#Q7>

### Correct Citation for Reference Entry

The reference entry correct citation styles for this document are illustrated below. Students should defer to the style preferences of their individual course instructors to determine whether the course instructor has preferences that are more specific than those shown below:

#### American Psychological Association

Doverspike, W. F. (2022). Citing DSM-5-TR in APA style. <http://drwilliamdoverspike.com/>

Dr. D.'s Note: The 2022 "Citing DSM-5 in APA Style" article replaces the original article, which is documented below with the full URL for archival and retrieval purposes:

Doverspike, W. F. (2020). Citing DSM-5 in APA style.

[http://drwilliamdoverspike.com/files/apa\\_style\\_-\\_citing\\_DSM-5\\_-\\_2020.pdf](http://drwilliamdoverspike.com/files/apa_style_-_citing_DSM-5_-_2020.pdf)

Dr. D.'s Note: The 2020 "Citing DSM-5 in APA Style" article replaces the original article, which is documented below with the full URL for archival and retrieval purposes:

Doverspike, W. F. (2013). Citing DSM-5 in APA style.

[http://drwilliamdoverspike.com/files/apa\\_style\\_-\\_citing\\_DSM-5\\_-\\_2010.pdf](http://drwilliamdoverspike.com/files/apa_style_-_citing_DSM-5_-_2010.pdf)

#### Chicago Manual of Style / Kate Turabian

Doverspike, William, "Citing DSM-5 in APA style," Jan 7, 2022. <http://drwilliamdoverspike.com/>

Note: According to the Chicago Manual of Style, blog posts are typically not included in bibliographies, but can be cited in the running text and/or notes. However, if a blog is cited frequently, you may include it in the bibliography.

#### Modern Language Association

Doverspike, William F. "Citing DSM-5 in APA Style" 7 Jan. 2022 [Date accessed]

Note: MLA guidelines assume that readers can track down most online sources by entering the author, title, or other identifying information in a search engine or a database. Consequently, MLA does not require a URL in citations for online sources such as websites. However, some instructors still ask for it, so check with your instructor to determine his or her preference.