

# Avoidant Personality Disorder DSM 5 Criteria

The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM 5) serves as the primary classification system for mental health disorders used by professionals in the United States. Below are the diagnostic criteria for Avoidant Personality Disorder as outlined in the DSM 5.

Feelings of inadequacy, a pervasive pattern of social inhibition, and hypersensitivity to negative evaluation are present in a variety of contexts, beginning by early adulthood as indicated by four (or more) of the following:

- Avoidance of activities related to an occupation that involve significant interpersonal contact due to fears of such issues as disapproval, criticism, or rejection.
- Do not want to get involved with people unless they are sure of being liked.
- Displays restraint within intimate relationships because of the fear of being ridiculed or shamed.
- Is preoccupied with being rejected or criticized in normal social situations.
- Shows inhibition in new interpersonal situations because of feelings of inadequacy.
- Views self as socially inept, personally unappealing, and inferior to other people.
- Is unusually reluctant to take personal risks or engage in new activities because they may prove embarrassing.

## Notes

## References

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders. Diagnostic and Statistical Manual of Mental Disorders, 5(5).  
<https://doi.org/10.1176/appi.books.9780890425596>

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<https://www.ncbi.nlm.nih.gov/books/NBK559325/>