

# DSM-5 Criteria for Dissociative Identity Disorder

## Client Information

Client Name:

Age:

Gender:

Date of Session:

## DSM-5 Criteria for Dissociative Identity Disorder

Disruption of identity characterized by two or more distinct personality states, which may be described in some cultures as an experience of possession.

The disruption in identity involves marked discontinuity in the sense of self and sense of agency, accompanied by related alterations in:

affect

behavior

consciousness

memory

perception

cognition, and/or

sensory-motor functioning

These signs and symptoms may be observed by others or reported by the individual.

Notes:

Recurrent gaps in the recall of everyday events, important personal information, and/ or traumatic events that are inconsistent with ordinary forgetting.

Notes:

The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

Notes:

The disturbance is not a normal part of a broadly accepted cultural or religious practice.

Note: In children, the symptoms are not better explained by imaginary playmates or other fantasy play.

Notes:

The symptoms are not attributable to the physiological effects of a substance (e.g., blackouts or chaotic behavior during alcohol intoxication) or another medical condition (e.g., complex partial seizures).

Notes:

## Reference

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington, DC.