

# DSM 5 Multiple Personality Disorder

Multiple Personality Disorder (MPD) was last included in the DSM-III-R and is now known as Dissociative Identity Disorder (DID) in the DSM-5. The name change reflects a better understanding of the disorder as a complex form of dissociation rather than simply multiple personalities. This handout uses the DSM-5 criteria for DID, as it is the current terminology and diagnostic criteria for this condition.

*This handout is for educational use only and should not be used for self-diagnosis. Always consult with a healthcare professional for proper diagnosis and treatment.*

## DSM 5 Diagnostic Criteria for Dissociative Identity Disorder (DID)

### Criterion A:

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 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.

### Criterion B:

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

### Criterion C:

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

### Criterion D:

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.

### Criterion E:

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).

## Differential Diagnosis

Differential diagnosis involves distinguishing DID from other disorders with similar symptoms. Conditions to consider include:

- Other specified dissociative disorder

- Major depressive disorder
- Bipolar disorders
- Posttraumatic stress disorder (some traumatized individuals have both PTSD and DID)
- Psychotic disorders (DID may be confused with schizophrenia or other psychotic disorders - individuals with DID do not have delusional phenomena)
- Substance/medication-induced disorders
- Personality disorders
- Conversion disorder
- Seizure disorders
- Factitious disorder and malingering

### Additional Notes

Steve, I know you're feeling overwhelmed and exhausted right now. It's important to remember that stress can exacerbate feelings of dissociation. Let's continue to work together to explore your experiences and find the best path forward for you. Your feelings are valid, and I'll help you every step of the way.

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American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th-TR). American Psychiatric Association.

Drescher, J. (2022, October). *What are dissociative disorders?* Psychiatry.org; American Psychiatric Association. <https://www.psychiatry.org/patients-families/dissociative-disorders/what-are-dissociative-disorders>