

D(II)H Paper III-Psychopathology

Topic: Introduction to Psychopathology

International Classification of Diseases (ICD)

The ICD is a system similar to the DSM. Now in its eleventh version, the ICD was developed over a century ago and was taken over by the World Health Organization (WHO) when it was founded in 1948. So, how does the ICD-11 differ from the DSM-5?

First, the ICD-11 is produced by a global agency (the World Health Organization), while the DSM-5 is produced by a national professional association (the American Psychiatric Association). The ICD-11 is approved by the World Health Assembly composed of health ministers from 193 WHO member countries.

Second, the goal of the ICD-11 is to reduce the burden of disease globally. It includes medical as well as mental health diagnoses. Third, the ICD-11 is freely available on the Internet. In contrast, the DSM must be purchased, and the American Psychiatric Association derives revenue from sales of the book and related products.

Still, the DSM-5 is the standard for classification among American mental health professionals and is generally used for treatment planning and insurance purposes.

Research Domain Criteria (RDoC)

Beyond these standard systems for classifying mental disorders, there also exists a burgeoning area of research and theory that moves away from the checklist format of making diagnoses. Since it's possible to have symptoms of a mental illness but not meet the criteria for an official diagnosis, studies of descriptive psychopathology hold promise for a better system of understanding.

The RDoC is a research framework initiative by the National Institute of Mental Health (NIMH) based on translational research from areas such as neuroscience, genomics, and experimental psychology. In this way, the RDoC is involved in describing the signs and symptoms of psychopathology rather than grouping them into disorders as has been historically done with the DSM and ICD. The RDoC is primarily aimed at planning and funding research.

Who Works In Psychopathology?

Just as the scope of psychopathology is broad-ranging from research to treatment, so too is the list of types of professionals who tend to be involved in the field.

At the research level, you will find research psychologists, psychiatrists, neuroscientists, and others trying to make sense of the different manifestations of mental disorders seen in clinical practice.

At the clinical level, you will find many types of professionals attempting to apply the diagnostic systems that are in place to provide effective treatments to individuals living with psychopathology. These can include the following and more:

- Clinical psychologists
- Counselors
- Criminologists

- Marriage and family therapists
- Nurse practitioners
- Psychiatric nurses
- Psychiatrists
- Social workers
- Sociologists