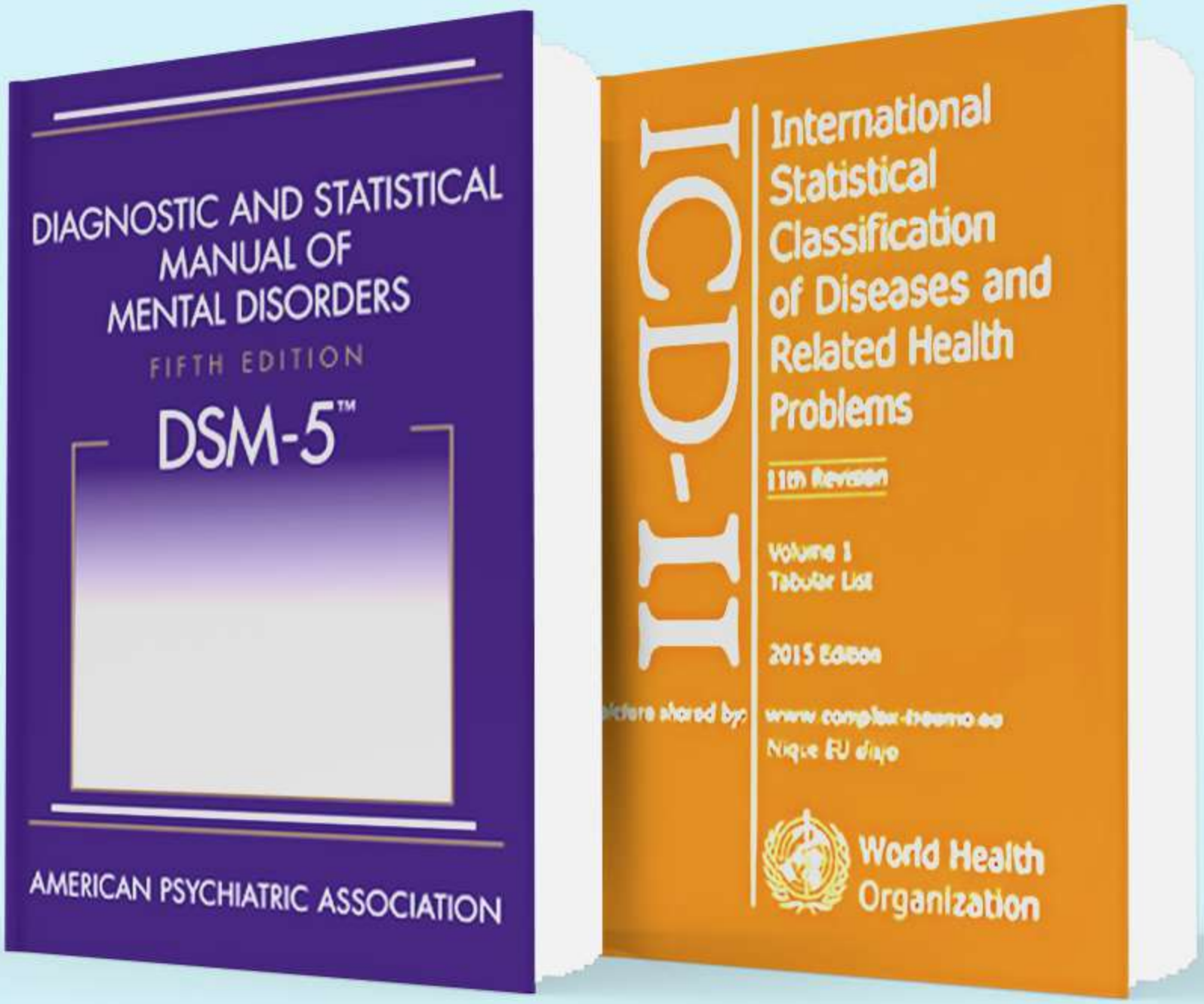
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Similarities Between
DSM & ICD



A Quick Guide for Psychology Students

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1. Purpose of Classification

Both the **DSM** (Diagnostic and Statistical Manual of Mental Disorders) and the **ICD** (International Classification of Diseases) aim to classify and define mental disorders.

Their primary goal is to provide a standardized language that enables professionals worldwide to diagnose, study, and treat mental health conditions accurately and consistently.

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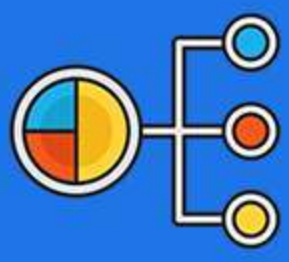
2. Evidence-Based Framework

Both systems are **based on scientific research and clinical evidence.**

They go through regular revisions involving expert committees, empirical research, and international feedback, ensuring that diagnostic criteria reflect current knowledge in mental health.

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3. Categorical Approach

Both DSM and ICD follow a **categorical classification system**, where mental disorders are organized into clear diagnostic categories.

Each disorder has specific diagnostic criteria, supporting structured and reliable clinical decision-making.

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4. Symptom-Based Diagnosis

In both systems, diagnoses are primarily based on observable symptoms and behaviors rather than underlying causes.

Clinicians evaluate symptom type, duration, severity, and functional impairment to determine whether diagnostic thresholds are met.

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5. Multidisciplinary Usage

Both classification systems are widely used across mental health disciplines, including psychiatry, psychology, counseling, and social work.

They provide a common framework for communication, treatment planning, training, and research among professionals.

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6. Global Relevance

Although DSM is predominantly used in the United States and ICD has broader international adoption, both systems have global influence.

Mental health professionals worldwide refer to them for education, research, clinical practice, and health policy or insurance purposes.

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Conclusion

Despite some differences, DSM and ICD share several core similarities in purpose, structure, and application.

Understanding these similarities helps psychology students navigate diagnostic systems with confidence and prepares them for real-world clinical and academic practice.

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