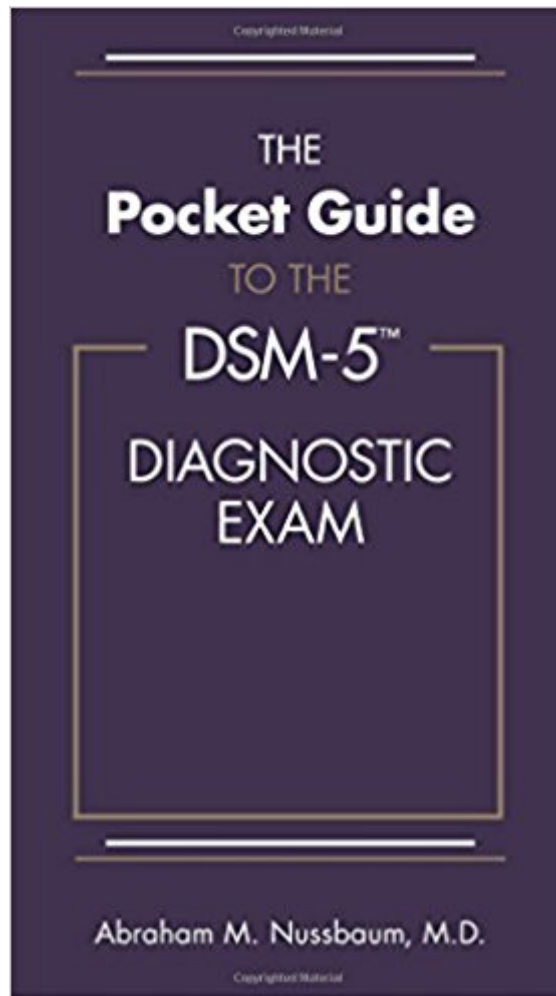




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# The Pocket Guide To The DSM-5(TM) Diagnostic Exam



## Synopsis

The Pocket Guide to the DSM-5 Diagnostic Exam is the only interview book with DSM-5 criteria. The book provides an efficient structure for learning how to conduct an interview, reviews the screening questions, and then explains how DSM-5 impacts the interview. The sixth chapter, the core of the guide, walks the reader through a complete diagnostic exam that includes questions for each DSM-5 disorder class. The book is for beginners learning the format and flow of the diagnostic interview and for seasoned clinicians conducting an interview consistent with DSM-5's revisions. The Pocket Guide to the DSM-5 Diagnostic Exam is a pragmatic and concise resource for diagnosing a person in mental distress while establishing a therapeutic relationship. Want more? Check out my new guide to diagnosing and treating children and adolescents using DSM-5 criteria, the DSM-5 Pocket Guide for Child and Adolescent Mental Health, written with pediatrician and psychiatrist Robert J. Hilt. A memoir, *The Finest Traditions of My Calling: One Physician's Search for the Renewal of Medicine*, is also available from Yale UP.

## Book Information

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## Customer Reviews

"Nussbaum writes clearly and succinctly, with special emphasis on presenting rather complicated concepts in an organized step-by-step manner. ... The Pocket Guide to the DSM-5 Diagnostic Exam has earned its place on our desks. ... Armed with wisdom and compassion stemming from years of practice, Dr. Nussbaum has written an entertaining and informative book that makes for a worthwhile read." --American Journal of Psychiatry

Confused about how DSM-5 will change the clinical interview? I was too, so I wrote this book, using DSM-5 criteria, to show how you could conduct a thirty-minute diagnostic interview that screened for every DSM-5 category of mental disorder while building a therapeutic alliance. This book not only includes the official DSM-5 criteria, it shows you how to use them in your practice, with interview questions tied to the specific criteria for each disorder.Â Â In addition, the book reviews the goals of a diagnostic interview, alliance-building, changes in DSM-5, alternative diagnostic systems, and more.Â Â I direct the adult inpatient psychiatry service at Denver Health, where I interview patients daily with medical students, psychiatric residents, practicing psychiatrists, primary care physicians, psychologists, social workers, nurse practitioners, and therapists. This book grew out of an award-winning curriculum I teach at the University of Colorado and is designed for practitioners and students in all disciplines.Â Â

This is NOT the reference guide to the DSM 5 -- it is the guide ONLY to the "how to" do a diagnostic interview. If you are looking for the pocket guide to the DSM5 itself, you want the "desk reference guide to the DSM5" -- be sure not to confuse the two.

With all due respect to Dr. Nissbaum for his contributions to psychiatry, this manual is a joke. It must have been put together quickly and sloppily, without consultation to people who practice or teach clinical interviewing. It is also formatted in a bizarre way that does not facilitate its use as a pocket (on the go) tool. Finally, the printing, particularly of the italicized font, is very poor, and the font size is tiny and difficult to read (especially on the go). Here is more detail about the 3 main problems:(1) Terrible and useless wording of questions. For example, the manual suggests asking a child with suspected PTSD the question, "Do you repeatedly reenact that experience with your toys or dolls or when playing?" What incompetent clinician would use language like that with a child?!? If Dr. Nissbaum wrote this, shame, shame! My undergraduate students can write better interviewing questions. If you have a copy of this book, read the suggested questions about autism spectrum disorders. Anyone who ever interviewed a real patient would know that the questions are absurd! Presumably, the manual is supposed to help people in their training and learning. This is no way to teach!(2) As noted above, the formatting is bizarre and useless as well. The symptoms and the questions suggested to elicit information about the symptoms are intermingled. Entire disorders are omitted and instead included as very long paragraphs in the exclusionary criteria for major disorders. For example, the criteria for body dysmorphic disorder are all clumped together in a

horrible long paragraph, in a single run-on sentence, in a tiny font, as a footnote to OCD. What a mess!(3) The visual acuity of the consumers of this manual must be extraordinary. The text is too small for anyone over the age of 35, and the choice of font type is horrible.

This book was not what I had expected. The previous pocket guide for the DSM-IV-TR was just condensed or abbreviated text of the larger DSM-IV-TR that was easier to carry around. Professionals that have used prior DSMs could be deceived by the title, at least that's how it appears to me. However, it seems to have some useful information and it may improve in value as I become acquainted with the newer DSM-5.

This particular edition arrived shipped from Dubai (for what reason, I have no idea?) and the pages were very light in print, as if they were ran from a cheap copier. The pages were paper thin, like an old phone book printed on tissue paper. I really question the authenticity, because this looks like something that someone counterfeited in a sweat shop somewhere. If you don't care about such things, the contents should be fine for you -- but if you are looking for a high quality book printed on quality paper, then I'm not sure this is the one for you.

I used this book during my third year psychiatry clerkship and found it extremely useful. The DSM-5 defines the criteria for diagnosing mental health conditions, but it doesn't give any examples of the types of questions that healthcare providers should ask to determine whether patients meet those criteria or not. This is often a difficult problem for medical students and other providers who aren't psychiatrists. That's where this book is extremely useful. It provides examples of questions that correlate to each DSM-5 criteria. I found it essential when I interviewed patients--instead of trying to come up with appropriate questions on the fly during interviews, I'd have the ideal questions already available. In that sense, it also helps ensure you are making the correct diagnosis. Full disclosure: I was extremely fortunate to have Dr. Nussbaum as my attending during my psychiatry rotation! So, I not only had his book, I also had the good fortune to sit next to him on many occasions while he interviewed patients using the same questions (from memory, of course). Despite my bias, I still think this is an extraordinarily useful tool for anyone other than psychiatrists who interviews patients who have or may have mental health conditions. (In fact, I think that even psychiatrists would find it very useful.) However, I was very sad to discover that the copy I bought from a third-party seller here (and fulfilled by !) turned out to be an illegal pirated copy of the book. I reported this to , so hopefully they will stop that from occurring in the future since it's illegal (and worse than that, it's unethical).

It's an exact copy of the original book, even including the copyright page, but the quality of the printing is photocopy quality, with extraneous marks on pages and also pages with faded text. If you decide to buy this book, I would encourage you to insist on a legal copy, which is also higher quality.

So it's taken me 2 months to figure out this was not what I needed. The times I used it, I ended up having to grab my DSM-5 to complete the task. And of course I'm out my return window and need to invest in the DR version.

This book is decent, but not great. I was very pleased with it, however I knew what I was getting when I purchased it. This book is good for those unfamiliar or relatively new to psychiatric evaluations. It is great for medical students or residents on psychiatry rotations. Unfortunately, the meat of the supporting diagnostic features, comorbidities and in depth D/Ds are lacking. Overall it is a good but sparse diagnostic guide.

The last several pages stuck together and there was an off colored stain in the same location. When gently pulled apart, all pages ripped including back cover. Total waste of money. This product is poorly designed and made. I do not recommend at all.

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