Axis I


Axis I is part of the DSM "multiaxial" system for assessment. The five axis model is designed to provide a comprehensive diagnosis that includes a complete picture of not just acute symptoms but of the entire scope of factors that account for a patient's mental health. This page explains DSM Axis I.

Axis I: Clinical Disorders

This is the top-level of the DSM multiaxial system of diagnosis. It represents acute symptoms that need treatment; Axis I diagnoses are the most familiar and widely recognized (e.g., major depressive episode, schizophrenic episode, panic attack). Axis I terms are classified according to V-codes by the medical industry (primarily for billing and insurance purposes).

Clinical Disorders are grouped into categories listed below with examples of each.

Major Categories of DSM Clinical Disorders

Adjustment Disorders
  With Anxiety
  With Depressed Mood
  With Disturbance of Conduct
  With Mixed Anxiety and Depressed Mood
  With Mixed Disturbance of Emotions and Conduct
  Unspecified.

Anxiety Disorders
  Acute Stress Disorder
  Agoraphobia
  Agoraphobia Without History of Panic Disorder
  Anxiety Disorder Due to a General Medical Condition
  Anxiety Disorder Not Otherwise Specified (Anxiety Disorder NOS)
  Generalized Anxiety Disorder (GAD)
  Obsessive-Compulsive Disorder (OCD)
  Panic Attack
  Panic Disorder With Agoraphobia
  Panic Disorder Without Agoraphobia
  Posttraumatic Stress Disorder
  Social Phobia
  Specific Phobia
  Substance-Induced Anxiety Disorder

Cognitive Disorders (Delirium, Dementia, and Amnestic).
  Amnestic
  Delirium
  Dementia

Dissociative Disorders.
  Depersonalization Disorder
Dissociative Amnesia
Dissociative Fugue
Dissociative Identity Disorder
Dissociative Disorder Not Otherwise Specified (NOS)

Eating Disorders.
Anorexia Nervosa
Bulimia Nervosa
Eating Disorder Not Otherwise Specified (NOS)

Factitious Disorders.
With Combined Psychological and Physical Signs and Symptoms
With Predominantly Physical Signs and Symptoms
With Predominantly Psychological Signs and Symptoms

Impulse-Control Disorders (Not Classified Elsewhere).
Impulse-Control Disorder Not Otherwise Specified (NOS)
Intermittent Explosive Disorder
Kleptomania
Pathological Gambling
Pyromania
Trichotillomania

Mental Disorders Due to a General Medical Condition
Catatonic Disorder Due to a General Medical Condition
Personality Change Due to a General Medical Condition

Mood Disorders
Bipolar I Disorder
Bipolar II Disorder
Bipolar Disorder Not Otherwise Specified (NOS)
Cyclothymic Disorder
Depressive Disorder Not Otherwise Specified (NOS)
Depression (General Overview)
Dysthmic Disorder
Major Depressive Disorder
Mood Disorder Due to a General Medical Condition
Mood Disorder Not Otherwise Specified (NOS)
Substance-Induced Mood Disorder

Schizophrenia and other Psychotic Disorders
Paranoid Type
Disorganized Type
Catatonic Type
Undifferentiated Type
Residual Type
Brief Psychotic Disorder
Delusional Disorder
Psychotic Disorder Due to a General Medical Condition
Psychotic Disorder Not Otherwise Specified
Schizoeffective Disorder
Schizophreniform Disorder
Substance-Induced Psychotic Disorder

Sexual and Gender Identity Disorders.
Paraphilias:
Exhibitionism
Fetishism
Frotteurism
Pedophilia
Sexual Masochism
Sexual Sadism

PsyWeb Poll
Are You Currently Taking Or Have You Ever Been Prescribed Anti-Depressants?
Yes 50%
No 50%
Total votes: 3979
Login to post comments Older polls
Transvestic Fetishism
Voyeurism
Paraphilia Not otherwise Specified

Sexual Dysfunction:
Hypoactive Sexual Desire Disorder
Female Orgasmic Disorder (Inhibited Female Orgasm)
Female Sexual Arousal Disorder
Male Erectile Disorder
Male Orgasmic Disorder (Inhibited Male Orgasm)
Premature Ejaculation
Sexual Aversion Disorder
Sexual Dysfunction Due to a General Medical Condition
Substance-Induced Sexual Dysfunction
Sexual Dysfunction Not Otherwise Specified (NOS)

Sexual Pain Disorders:
Dyspareunia (Not Due to a General Medical Condition)
Vaginismus (Not Due to a General Medical Condition)

Sleep Disorders:
Breathing-Related Sleep Disorder
Circadian Rhythm Sleep Disorder
Dyssomnias Not Otherwise Specified. (NOS)
Insomnia Related to Another Mental Disorder
Nightmare Disorder (Dream Anxiety Disorder)
Primary Sleep Disorders:
Primary Insomnia
Primary Hypersomnia
Narcolepsy
Sleep Disorder Due to a General Medical Condition
Sleep Disorder Related to Another Mental Disorder
Sleep Terror Disorder
Sleepwalking Disorder
Substance-Induced Sleep Disorder

Somatoform Disorders:
Somatization Disorder
Undifferentiated Somatoform Disorder
Conversion Disorder
Pain Disorder
Hypochondriasis. Body Dysmorphic Disorder
Somatoform Disorder not Otherwise Specified (NOS)

Substance-Related Disorders:
Substance-Induced Anxiety Disorder.
Substance-Induced Mood Disorder.
Substance-Induced Psychotic Disorder.
Substance-Induced Sleep Disorder.

Axis I in DSM-5

The next edition of the DSM is scheduled for publication in May, 2013. Working groups are reviewing the multiaxial system to try to bring it more into line with international reporting standards (as opposed to U.S. standards) with the goal of having a global approach to mental health diagnosis. Regarding Axis I, the American Psychiatric Association states,

*The subgroup has recommended that DSM-5 collapse Axes I, II, and III into one axis that contains all psychiatric and general medical diagnoses. This change would bring DSM-5 into greater harmony with the single-axis approach used by the international community in the World Health Organization’s (WHO) International Classification of Diseases (ICD).*

An example of a multiaxial diagnosis
From Edward Pierce, LCSW
Axis I: Major Depressive Disorder, Single Episode, Severe Without Psychotic Features

Axis II: Dependent Personality Disorder Frequent use of denial

Axis III: None

Axis IV: Threat of job loss

Axis V: GAF = 35 (last year)

Related Reading
Click below to read articles related to Axis I and the DSM.

1. Major Depressive Episode
2. Natural Depression Remedies
3. Common Mental Disorders
4. New Depression Treatments
5. Anxiety Disorders
6. Getting Out Of Depression
7. Bipolar Tests

Learn More

Axis II
DSM Axis II - Personality Disorders and Intellectual disabilities Axis II is part of the DSM "multiaxial" system for assessm...

Axis III
Axis III is part of the DSM "multiaxial" system for assessment. The five axis model is designed to provide a comprehensive dia...

Axis IV
Axis IV is part of the DSM "multiaxial" system for assessment. The five axis model is designed to provide a comprehensive dia...

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