



The terminology in the gender dysphoria Specifiers has been updated in the Diagnostic and Statistical Manual of Mental Disorders, fifth edition, text revision (DSM-5-TR). The updates were endorsed by the DSM Steering Committee, APA Assembly, and Board of Trustees to use culturally-sensitive and less stigmatizing language.

Rationale for Change

The text of gender dysphoria was updated to use culturally-sensitive language, e.g., “desired gender” was changed to “experienced gender,” “cross-sex medical procedure” was updated to “gender affirming medical procedure,” “cross-sex hormone treatment” to “gender affirming hormone treatment,” “natal male” to “individual assigned male at birth” and “natal female” to “individual assigned female at birth”. Moreover, “differences in sex development” was noted to be an alternate term for “disorders of sex development.”

DSM is the manual used by clinicians and researchers to diagnose and classify mental disorders. The American Psychiatric Association (APA) will publish DSM-5-TR in 2022.

APA is a national medical specialty society whose more than 37,400 physician members specialize in the diagnosis, treatment, prevention, and research of mental illnesses, including substance use disorders. Visit the APA at www.psychiatry.org. For more information, please contact APA Communications at 202-459-9732 or press@psych.org.

© 2022 American Psychiatric Association



Order DSM-5-TR and related titles
at www.appi.org