



**Richard Woods** @Richard\_Autism

Feb 25 · 9 tweets · [Richard\\_Autism/status/1497173790245150720](https://twitter.com/Richard_Autism/status/1497173790245150720)

[@peterkinderman](#) [@SueReviews](#) [@DuncanAstle](#)

Putting this out there: If one accepts limitations of Disorders within the DSM-5 & does not reify Disorders in the DSM-5, that it can probably be used to inform a transdiagnostic approach. What do people think?

Some rationale.

DSM-5 acknowledges the lack evidence for ALL the Disorders within, that most Disorders have features which overlap other Disorders in DSM-5, most Disorders form spectrums, & Disorders can have conflicting evidence for which diagnostic groupings they can be placed.

DSM-5 acknowledges that the features a person presents with are often transient, changing over time, & that which Disorders a person might diagnosed with can change over, i.e., some diagnoses might be removed/ gained over a person's lifetime.

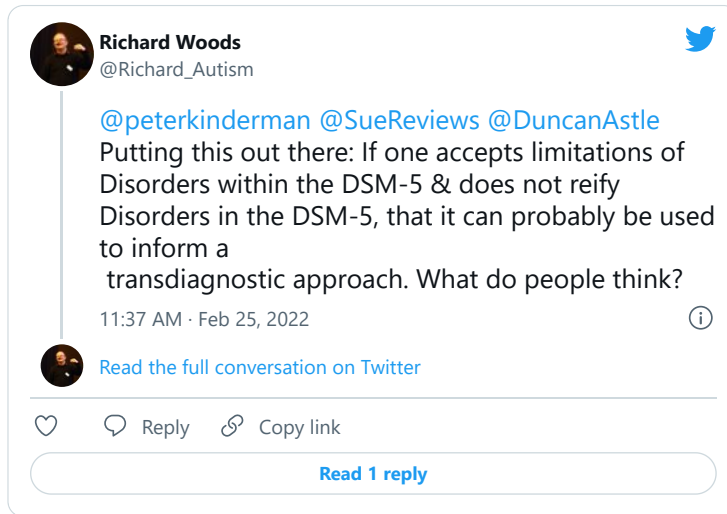
Chair of DSM-5 scientific committee acknowledges that there is no biomarker evidence to underpin present Disorder classification system & this is unlikely to change. That present Disorder system creates a major issue with reification, when they should only be used as a guide.

"the disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning." APA 2013, p21.

DSM-5 gives a threshold for when a feature is pathologised as part of a Disorder.

Also the DSM-5 Disorders have many different specifiers & residual category Disorders, as it recognises people have spikey profiles of characteristics & do not fill well into boxes/ categories.

Problem is not the DSM-5, but how people use DSM-5 it, in reifying Disorders within it. If people treated a person's presentation as living, evolving map/ document over time as part of a comprehensive formulation process, then I think DSM-5 can inform a transdiagnostic approach.



A screenshot of a Twitter post by Richard Woods (@Richard\_Autism). The post is dated February 25, 2022, at 11:37 AM. It mentions three other users: @peterkinderman, @SueReviews, and @DuncanAstle. The text of the tweet asks for opinions on using the DSM-5 for a transdiagnostic approach. The interface shows a heart icon, a reply icon, and a copy link icon. A button at the bottom indicates 'Read 1 reply'.

**Richard Woods**  
@Richard\_Autism

@peterkinderman @SueReviews @DuncanAstle  
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11:37 AM · Feb 25, 2022

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Thank you in advance.

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