

# Common Diagnoses & Symptom Objectives

## Generalized Anxiety Disorder, F41.1

Page 222, DSM-5

### DSM Criteria, Generalized Anxiety

Excessive worry occurring more days than not for at least 6 months about a number of activities

Restlessness

Difficulty concentrating

Irritability

Easily Fatigued

Sleep disturbance

Not meant to be used for diagnosis. See full criteria in DSM-5

### Example Corresponding Symptom Objectives

Decrease excessive worries (insert caregiver quotes/specifics) from 6x per week to 4x per week, per caregiver report

Decrease inability to sustain attention from daily to 5x per week, per teacher report

Decrease irritability (describe behaviors using parent quotes) from multiple times per day to 1x per day as evidenced by parent/teacher report.

Decrease sleep disruptions (describe specifics such as night waking or nightmares) from nightly to 5x per week, by caregiver report



When creating symptom objectives remember to inquire about:

- Frequency of symptoms
  - How often it occurs?
- Duration of symptoms
  - How long it occurs for?
- Intensity
  - How distressing it is on a scale of 1-10?

## Disruptive Mood Dysregulation Disorder, F34.8,

Page 156, DSM-5

Not meant to be used for diagnosis. See full criteria in DSM-5

DSM Criteria, DMDD
Severe, recurrent temper outbursts manifested verbally or physically that are grossly out of proportion in intensity and duration to the situation or provocation.
Occur more than 3x/wk, not consistent with development (age 6+), observed in at least two settings (home, school, peers)
Generally, angry or irritable in between outbursts and is observed by teachers, parents, peers.

### Example Corresponding Symptom Objectives

Decreases outbursts (describe observations by parent) from 4x per week to 2x per week as evidenced by parent/teacher report.

Decrease irritability (describe behaviors using parent quotes) from multiple times per day to 1x per day as evidenced by parent/teacher report

## Adjustment Disorder, F43.20 – F43.25

Page 286, DSM-5

Not meant to be used for diagnosis. See full criteria in DSM-5

DSM Criteria, Adjustment d/o
Emotional or behavioral symptoms in response to an identifiable stressor within 3 months of the onset of stressor.
Marked distress that is out of proportion to the severity or intensity of the stressor
Significant impairment in home, school.

### Example Corresponding Symptom Objectives

Decrease outbursts (or other descriptions of emotional or behavioral symptoms) from daily to 5x per week as reported by school and caregivers.