

## Diagnosis Reference Table for Child-Centered Documentation

Diagnosis	Diagnostic Criteria	Example Symptom Objective
Disruptive Mood Dysregulation Disorder, F34.8	<ul style="list-style-type: none"> <li>• Severe, recurrent temper outbursts (verbal or physical) that are out of proportion in intensity and duration to the situation or provocation               <ul style="list-style-type: none"> <li>◦ Occur more than 3x/week, not consistent with development (age 6+), observed in at least two settings (home, school, peers)</li> </ul> </li> <li>• Generally angry or irritable in between outbursts as observed by teachers, parents, peers</li> </ul>	<ul style="list-style-type: none"> <li>• Decreases outbursts (describe specific observations by parent) from X to Y as evidenced by parent/teacher report.</li> <li>• Decrease irritability (describe behaviors using parent quotes) from X to Y as evidenced by parent/teacher report.</li> </ul>
Posttraumatic Stress Disorder, F43.10	<ul style="list-style-type: none"> <li>• Experience of traumatic event</li> <li>• Recurrent distressing memories (may be demonstrated in repetitive play with traumatic themes)</li> <li>• Nightmares</li> <li>• Prolonged distress</li> <li>• Physiological reactions</li> <li>• Persistent avoidance</li> <li>• Negative beliefs about oneself/others (e.g., “I am bad”; “No one can be trusted”)</li> <li>• Hypervigilance</li> <li>• Sleep disruptions</li> <li>• Problems with concentration</li> </ul>	<ul style="list-style-type: none"> <li>• Decrease hypervigilance (asking questions for reassurance) from X to Y, by parent report.</li> <li>• Decrease avoidance of social outings from X to Y, by parent report.</li> <li>• Decrease sleep disruptions (describe specifics such as night waking or nightmares) from X to Y, by parent report.</li> <li>• Decrease inability to sustain attention from X to Y, by teacher report.</li> </ul>
Adjustment Disorder, F43.20–F23.25	<ul style="list-style-type: none"> <li>• Emotional or behavioral symptoms in response to an identifiable stressor within 3 months of the onset of stressor</li> <li>• Marked distress that is out of proportion to the severity or intensity of the stress</li> <li>• Impairment across domains (home, school)</li> </ul>	<ul style="list-style-type: none"> <li>• Decrease outbursts (or other descriptions of emotional or behavioral symptoms) from X to Y as reported by school and caregivers.</li> </ul>

<p>Generalized Anxiety Disorder, F41.1</p>	<ul style="list-style-type: none"> <li>• Excessive worry occurring more days than not for at least 6 months</li> <li>• Restlessness</li> <li>• Easily fatigued</li> <li>• Difficulty concentrating</li> <li>• Irritability</li> <li>• Muscle tension</li> <li>• Sleep disturbance</li> </ul>	<ul style="list-style-type: none"> <li>• Decrease excessive worries (insert caregiver quotes/specifics) from X to Y, per caregiver report.</li> <li>• Decrease inability to sustain attention from X to Y, per teacher report.</li> <li>• Decrease irritability (describe behaviors using parent quotes) from X to Y, as evidenced by parent/teacher report.</li> <li>• Decrease sleep disruptions (describe specifics such as night waking or nightmares) from X to Y, by caregiver report.</li> </ul>
<p>Major Depressive Disorder, F32.0–F32.9</p>	<ul style="list-style-type: none"> <li>• Depressed mood most of the day (sadness, tearfulness, irritability)</li> <li>• Diminished pleasure in activities nearly every day</li> <li>• Weight changes (loss or increase)</li> <li>• Feelings of worthlessness, hopelessness</li> <li>• Difficulty concentrating</li> <li>• Thoughts of death or suicide</li> <li>• Impairment across domains (home, school)</li> </ul>	<ul style="list-style-type: none"> <li>• Decrease inability to sustain attention from X to Y, per teacher report.</li> <li>• Decrease irritability (describe behaviors using parent quotes) from X to Y as evidenced by parent/teacher report.</li> <li>• Decrease negative self-talk (caregiver quotes) from X to Y per caregiver/teacher report.</li> <li>• Decrease changes in appetite (caregiver quotes) from X to Y, per parent report.</li> </ul>