

Understanding Mental Disorders

Your Guide to DSM-5®

American Psychiatric Association

A consumer guide for anyone who has been touched by mental illness!

Understanding Mental Disorders: Your Guide to DSM-5® is a vital resource for anyone who has been touched by mental illness.

Most of us know someone who suffers from a mental illness. This book helps those who may be struggling with mental health problems, as well as those who want to help others achieve mental health and well-being.

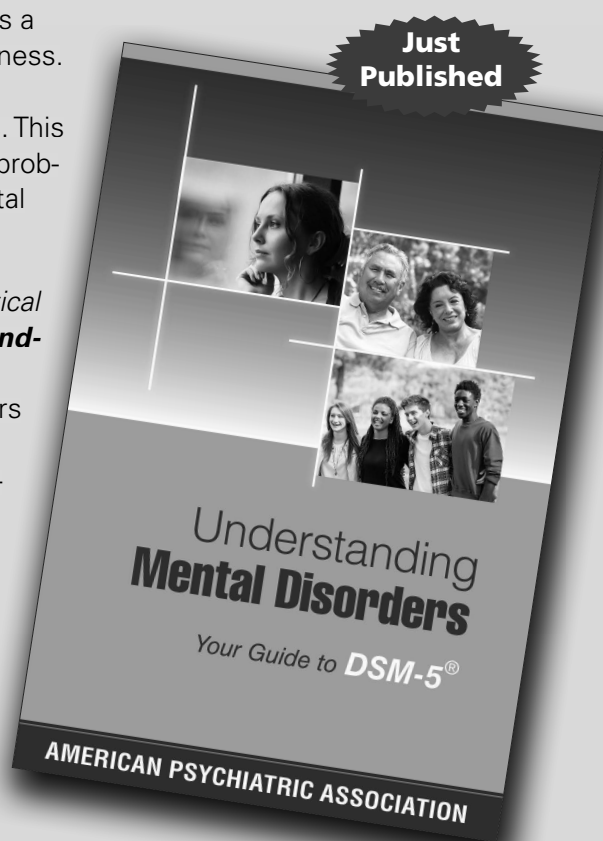
Based on the latest, fifth edition of the *Diagnostic and Statistical Manual of Mental Disorders*—known as DSM-5®—**Understanding Mental Disorders** provides valuable insight on what to expect from an illness and its treatment—and will help readers recognize symptoms, know when to seek help, and get the right care. Featured disorders include depression, schizophrenia, ADHD, autism spectrum disorder, posttraumatic stress disorder, and bipolar disorder, among others.

The common language for diagnosing mental illness used in DSM-5® for mental health professionals has been adapted into clear, concise descriptions of disorders for nonexperts. In addition to specific symptoms for each disorder, readers will find:

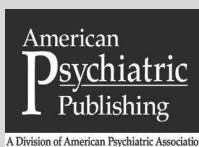
- Risk factors and warning signs
- Related disorders
- Ways to cope
- Tips to promote mental health
- Personal stories
- Key points about the disorders and treatment options
- A special chapter dedicated to treatment essentials and ways to get help
- Helpful resources that include a glossary, list of medications and support groups

For more resources and information, go to www.psychiatry.org/UnderstandingMentalDisorders

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*With Foreword by
Patrick J. Kennedy*



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The Gravity of Weight

A Clinical Guide to Weight Loss and Maintenance

Sylvia R. Karasu, M.D., and T. Byram Karasu, M.D.

Foreword by Albert J. Stunkard, M.D.

The Gravity of Weight: A Clinical Guide to Weight Loss and Maintenance, is a scholarly and critical inquiry into the field of overweight and obesity. Reviewing more than 900 publications, from some of the early classical papers to the most recent research, the authors have integrated the complex psychological and physiological aspects of the mind, brain, and body to explain why the control of body weight is so daunting for so many people.

Written primarily for clinicians in all health-related fields, including physicians, psychologists, nurses, social workers, and nutritionists, as well as for their intellectually curious patients,

The Gravity of Weight explores the controversy regarding obesity as a disease with morbidity and mortality, as well as the complex methodological issues involved in obesity research. The authors delineate the extraordinary metabolic complexities implicated in weight control as well as the importance of circadian rhythms and sleep as they relate to weight and even disorders such as the night eating syndrome. They also investigate the psychological aspects of overweight and obesity, including discrimination against the obese and the fat acceptance movement, and they discuss some of the most common diets as well as the psychotherapeutic, pharmacological, and surgical treatment options currently available for these patients.

Drs. Karasu have drawn from both professional and personal experience to write ***The Gravity of Weight: A Clinical Guide To Weight Loss and Maintenance***. Both had fathers who suffered from morbid obesity. One died at the age of 56, while the other lived to be 91. The authors' professional curiosity led them to question how differences in environment, genetics, and overall physical and psychological health can affect one person's longevity and another's early passing.

In searching for the answers to some of the most perplexing questions regarding weight, the authors have created what is perhaps the most comprehensive exploration of the relationship of the mind, brain, body and our environment to overweight and obesity. The resulting text deserves a prominent place in the library of those who work in this field.



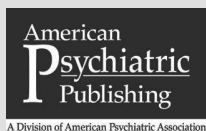
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The screenshot shows the homepage of the American Psychiatric Publishing website. At the top, there is a navigation bar with the logo, a search bar, and links for Login/Register, Contact Us, Support, and a phone number (800-368-5777). Below the navigation bar, there is a main content area with a large banner on the left that reads "American Psychiatric Publishing is the world's premier publisher of books, eBooks and journals on psychiatry, mental health and behavioral science." To the right of the banner are four featured book covers: "Handbook on Obsessive-Compulsive and Related Disorders", "The American Psychiatric Publishing Textbook of Geriatric Psychiatry", "The Psychoanalytic Model of the Mind", and "Positive Psychiatry: A Clinical Handbook". Below the banner and book covers is a "New & Featured" section with four promotional tiles: "DSM-5™ Diagnostic Criteria Mobile App", "DSM-5™ Collection New Edition!", "Subscribe Today To a Premier Collection of Online Psychiatric Resources" (with a "psychiatryonline" logo), and "APP Journals" (with a grid of journal covers).

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Adolescents Frequently Untreated for Depression

Sixty-two percent of adolescents who experienced a past-year major depressive episode did not receive treatment, according to national data. The percentage who considered treatment helpful was considerably lower than in clinical trials.

CAT-MH: Computerized Adaptive Tests for Mental Health

As measurement-based assessment becomes the standard of care, reliable and quick measures are needed. This study sought to validate the CAT-MH, a suite of computerized adaptive tests for mental health, in a community outpatient psychiatric sample.



Revisit the field's rich history!

50 Years Ago in Psychiatric Services

- A Court Psychiatric Unit
- Placing the Mentally Restored in Federal Jobs
- Computers, the Social Revolution, and Mental Health



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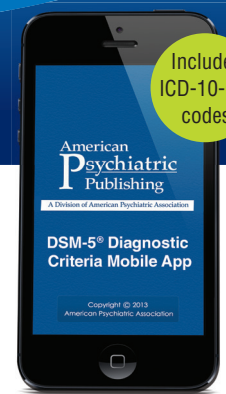
DSM-5® Diagnostic Criteria Mobile App

American Psychiatric Association

The **DSM-5® Diagnostic Criteria Mobile App** is designed to help mental health practitioners, researchers and students fully integrate the new DSM criteria and codes into their practice and study. Users have full offline access to all of the criteria sets as well as online access to supporting videos, commentary and resources. Powerful search and customization tools aid and enhance assessment of symptom presentations in a variety of clinical and administrative settings. It features:

- Access to the complete DSM-5® diagnostic criteria sets on your phone and tablet
- Up to date access to ICD-9-CM and ICD-10-CM codes for clinical and administrative use
- Video commentary from the DSM-5 task force members highlighting changes from DSM-IV to DSM-5
- Robust disorder, acronym, code and symptom search functionality
- Bookmarking allows customization of the criteria sets most commonly referenced

Available for both **iOS** and **Android** compatible devices through the **iTunes store** and **Google Play**.



Includes
ICD-10-CM
codes

As the DSM-5® Diagnostic Criteria Mobile App is only available for sale through the iTunes and Android stores, it is not possible for us to extend our traditional APA Member or APA Resident-Fellow Member discounts on the purchase of this product.



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Navigating the System for Our Patients and Our Practice

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