



CAHC Program Mental Health Diagnoses Codes Guidance Content Relevant to: All Models

Introduction

The most frequently used diagnostic codes for mental health providers are reported annually in the Clinical Reporting Tool (CRT). The compiled codes offer a glimpse into the types of problems addressed by mental health providers across state-funded Child & Adolescent Health Center program models. Appropriate use of DSM-5 criteria to determine diagnostic codes ensures that providers are operating according to the standards of practice for mental health services. In addition, appropriate coding increases the likelihood that services will be reimbursed by third party payors.

The following summary may serve as a useful tool for providers. **It does not mean that these codes are required, recommended or suggested.** Rather this is an effort to share “wisdom from the field” that may be useful.

Commonly used diagnostic codes fall into 3 of the DSM-5 diagnostic categories – Trauma and Stressor Related Disorders; Depressive Disorders; and Anxiety Disorders. This document highlights frequently used diagnostic codes in those categories. For each diagnosis we have included the correct DSM-5 code, descriptor and a few of the distinguishing criteria. For more detail, please consult with the DSM-5 directly.

Trauma and Stressor Related Disorders

F43.20 Adjustment Disorder: The presence of emotional or behavioral symptoms in response to an identifiable stressor(s) occurring within 3 months of the onset of the stressor(s). The symptoms are out of proportion to the severity or intensity of the stressor, taking into account the external context and cultural factors and/or there is significant impairment in functioning. Once the stressor or its consequences is terminated, the symptoms do not persist for more than 6 months. Specification of subtypes is encouraged and the two most frequently used subtypes are below.

F43.21 Adjustment Disorder with Depressed Mood: Symptoms marked by low mood, tearfulness, or feelings of hopelessness are predominant.

F43.23 Adjustment Disorder with Mixed Anxiety & Depressed Mood: A combination of depression and anxiety is predominant.

Depressive Disorders

F32.9 Major Depressive Disorder, single episode, unspecified: Five or more symptoms present over a 2-week period that represent a change from previous functioning: at least one of the symptoms is depressed mood or loss of interest or pleasure. Delineate whether a single or recurrent episode and the current severity. This subtype is the most frequently used.

- Depressed mood most of the day, nearly every day
- Diminished interest or pleasure in all or almost all activities
- Significant weight loss when not dieting or weight gain
- Insomnia or hypersomnia
- Psychomotor agitation or retardation
- Fatigue or loss of energy
- Feelings of worthlessness or excessive guilt
- Diminished ability to think or concentrate
- Recurrent thought of death, recurrent suicidal ideation without a plan, suicide attempt

Anxiety Disorders

F41.9 Unspecified Anxiety Disorder: Features of excessive fear (about real or perceived imminent threat) and anxiety (anticipation of future threat) and related behavioral disturbances. This category is applied to presentations in which symptoms predominate but do not meet the full criteria for any of the disorders in the anxiety disorders diagnostic class. This category is used in situations in which the clinician chooses not to specify the reason that the criteria are not met for a specific anxiety disorder and includes presentations in which there is insufficient information to make a more specific diagnosis (e.g. in emergency room settings).

F41.1 Generalized Anxiety Disorder: Excessive anxiety and worry occurring more days than not for at least 6 months, about a number of events or activities. The individual finds it difficult to control the worry. The anxiety and worry are associated with 3 or more of the following symptoms (only 1 symptom is required in children): restlessness; easily fatigued, difficulty concentrating, irritability, muscle tension, sleep disturbance. The symptoms cause significant distress or impaired functioning.

Resources:

American Psychiatric Association: Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition. Arlington, VA, American Psychiatric Association, 2013.

DSM-5 Diagnostic Criteria Mobile App: Available for iOS and Android devices where you purchase apps.

See also the CAHC Current Procedural Terminology (CPT) Codes Guidance for information on appropriate use of CPT codes.