



ORIGINAL ARTICLE

Disorders specifically associated with stress: A case-controlled field study for ICD-11 mental and behavioural disorders



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Received 16 June 2015; accepted 22 September 2015

Available online 6 November 2015

KEYWORDS

ICD-11;
PTSD;
Vignette;
Field study;
Experiment

Abstract As part of the development of the Eleventh Revision of International Classification of Diseases and Related Health Problems (ICD-11), the World Health Organization Department of Mental Health and Substance Abuse is conducting a series of case-controlled field studies using a new and powerful method to test the application by clinicians of the proposed ICD-11 diagnostic guidelines for mental and behavioural disorders. This article describes the

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case-controlled field study for Disorders Specifically Associated with Stress. Using a vignette-based experimental methodology, 1,738 international mental health professionals diagnosed standardized cases designed to test key differences between the proposed diagnostic guidelines for ICD-11 and corresponding guidelines for ICD-10. Across eight comparisons, several proposed changes for ICD-11, including the addition of Complex PTSD and Prolonged Grief Disorder, produced significantly improved diagnostic decisions and clearer application of diagnostic guidelines compared to ICD-10. However, several key areas were also identified, such as the description of the diagnostic requirement of re-experiencing in PTSD, in which the guidelines were not consistently applied as intended. These results informed specific revisions to improve the clarity of the proposed ICD-11 diagnostic guidelines. The next step will be to further test these guidelines in clinic-based studies using real patients in relevant settings.

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PALABRAS CLAVE

CIE-11;
TEPT;
viñeta;
estudios de campo;
experimento

Trastornos específicamente relacionados con el estrés: estudio de campo de casos controlados para la CIE-11

Resumen Como parte del desarrollo de la onceava versión de la Clasificación Internacional de Enfermedades y Problemas de Salud Relacionados (CIE-11), la Organización Mundial de la Salud está conduciendo una serie de estudios de campo de casos controlados utilizando un novedoso y potente método para evaluar la aplicación por parte de clínicos de las guías diagnósticas para los trastornos mentales y del comportamiento. Este artículo describe el estudio de campo de casos controlados para los Trastornos específicamente relacionados con el estrés. Con base en una metodología experimental de viñetas, 1.738 profesionales de la salud mental diagnosticaron casos estandarizados específicamente diseñados para evaluar diferencias clave entre las guías propuestas para la CIE-11 y las que les corresponden en la CIE-10. Diversos cambios propuestos para la CIE-11, incluyendo la adición del TEPT complejo y del Trastorno por duelo prolongado, produjeron mejores decisiones diagnósticas en comparación con la versión previa del manual. Sin embargo, se identificaron también áreas en las que las guías no se aplicaron de manera consistente, como el requisito diagnóstico de re-experimentación para el TEPT, lo que informó revisiones específicas para mejorar las guías diagnósticas, que serán evaluadas en futuros estudios basados en la clínica con pacientes reales en escenarios relevantes.

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The World Health Organization (WHO) is currently revising the International Classification of Diseases, with its Eleventh Revision (ICD-11) expected to be approved by the World Health Assembly in 2018. Disorders Specifically Associated with Stress is a new grouping proposed for the ICD-11 chapter on Mental and Behavioural Disorders that is intended to capture disorders that in part reflect maladaptive reactions to stressful or traumatic events; that is, a history of a stressful or traumatic event is necessary, but not sufficient, to produce the psychopathology represented by the disorder (Maercker, Brewin, Bryant, Cloitre, & Reed et al., 2013; Maercker, Brewin, Bryant, Cloitre, & van Ommeren et al., 2013). The proposed ICD-11 grouping of Disorders Specifically Associated with Stress includes some diagnoses that exist in various disorder groupings in the ICD-10, including Post-Traumatic Stress Disorder (PTSD), Adjustment Disorder, and Acute Stress Reaction, as well as two new diagnoses: Complex PTSD and Prolonged Grief Disorder (see Maercker,

Brewin, Bryant, Cloitre, & Reed et al., 2013; Maercker, Brewin, Bryant, Cloitre, & van Ommeren et al., 2013)*.

Mental disorders specifically associated with stress are relative newcomers to psychiatric classification. The ICD-8, approved by the World Health Assembly in 1965, introduced a category of "Transient situational disturbance", which included adjustment problems, severe stress reactions, and combat neurosis. The ICD-9, approved in 1975, specified two separate disorders: Acute stress reaction and Adjustment reaction. The ICD-10, approved in 1990, included two

* The proposed grouping of Disorders Specifically Associated with Stress for ICD-11 Mental and Behavioural Disorders also includes the disorder categories Reactive Attachment Disorder and Disinhibited Social Engagement Disorder, which are most commonly applied to young children. These disorders were not included in the present study.

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