

Psychological Disorders

Many different psychological disorders can interfere with cognitive, emotional, and social functioning and may negatively impact a student's ability to function in an academic environment. Some individuals experience significant disruptions in mood, thinking, and behavioral regulation that are secondary to a psychological disorder. The symptoms and associated impairment may be either chronic or episodic. Complete descriptions and diagnostic criteria for psychological disorders are available in the current version of the DSM or ICD. **Test anxiety by itself is not considered a psychological disorder.**

Specific documentation guidelines for psychological disorders include the following:

- General documentation guidelines listed in [Appendix D](#).
- Documentation should reflect data collected within three years at the time of request for services; however, more recent documentation may be required by a disability service provider on a case-by-case basis.
- A diagnosis consistent with the most recent DSM/ICD.
- Description of history, current symptoms, and severity of the disorder.
- Additional descriptions of (1) the expected progression, duration, and stability of the condition and (2) relevant side effects of medications are strongly encouraged.
- Description of current functional limitations impacting academic performance resulting from the disorder.