

Coding Psychiatric Problems		
Problem	Examples	
Self-limited or minor problem	Life stress with no psychiatric disorder	
Acute (non-chronic) disorder	Major depressive disorder, single episode Adjustment disorder	Acute stress disorder Primary insomnia
Chronic disorder	Most psychiatric disorders are considered chronic, even if they are new onset or in remission (including ADHD, OCD, and eating or substance use disorders)	
Stable	Note that in the CPT world, “stable” means “in remission,” so it’s better to use “active symptoms unchanged” for patients with chronic disorders who have not fully recovered	
A chronic disorder with severe worsening	Mania, psychosis, severe depression, and any disorder where the patient cannot function independently or a higher level of care is considered	
A new problem that is undiagnosed and has an uncertain prognosis	Cognitive decline Recent trauma	New symptoms that do not qualify for a full disorder (subsyndromal hypomania, isolated panic attacks, substance misuse)
A disorder with systemic symptoms	Substance withdrawal, nicotine dependence, eating disorders, somatoform disorders, catatonia, delirium	
An acute uncomplicated injury	No clear psychiatric examples	
Serious medication side effects	Side effects that are causing significant suffering or could become permanent (tardive dyskinesia, severe akathisia, falls, diabetes, agranulocytosis, hyponatremia, severe rash)	
A disorder that threatens life or bodily function	Plans of suicide, self-injury, or violence; some cases of substance abuse, anorexia, or falls	

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