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**APA Appoints David J. Kupfer, M.D., and Darrel A. Regier, M.D., M.P.H.  
To Head DSM-5 Task Force**

**Arlington, Va.** – American Psychiatric Association (APA) President Steven S. Sharfstein, M.D., and CEO and Medical Director James H. Scully, Jr., M.D. have announced the appointments of David J. Kupfer, M.D., as chair, and Darrel A. Regier, M.D., M.P.H., as vice chair, of the Task Force that will oversee the upcoming fifth revision of APA's Diagnostic and Statistical Manual of Mental Disorders (DSM-V). The joint appointments will closely link the nation's professional psychiatric and academic research communities in the development of DSM-V.

Kupfer is Professor and Chairman, Department of Psychiatry, University of Pittsburgh Medical Center and Medical Director and Director of Research at Pittsburgh's Western Psychiatric Institute and Clinic.

Regier is Director of the Division of Research at the American Psychiatric Association, and Executive Director of the American Psychiatric Institute for Research and Education (APIRE).

The DSM is a medical classification system that psychiatrists and other health care professionals use to diagnose and plan treatments for mental disorders, including substance use disorders. The manual consists of a comprehensive listing of mental disorders with associated International Classification of Diseases (ICD) diagnostic code numbers used in statistical and insurance claim reports. For each disorder, the DSM provides a narrative description and a listing of explicit diagnostic criteria, which serve as guidelines for making a diagnosis.

Under Kupfer's and Regier's leadership, the DSM-V Task Force will establish approximately 20 - 25 Workgroups, each consisting of 8 – 15 members with research and clinical expertise in a given disorder or group of disorders. Over the next several years, these groups will review scientific advances and examine the extent to which new research-based information warrants modifying the current organization or descriptions of disorders, or the diagnostic criteria. The previous edition of the manual, DSM-IV, was published in 1994. The fourth edition received a text revision (DSM-IV-TR) in 2000 and is scheduled to be replaced by the DSM-V in 2011.

The Task Force roster will include leaders of the DSM-V Disorder Work Groups, consultants representing national and international mental health professional and scientific entities, including the National Institutes of Health (NIH) and World Health Organization (WHO), and consultants representing patient and family groups.

Additional key appointments to the DSM-V Task Force announced by APA include:

- Research Director: William E. Narrow, M.D., M.P.H., Associate Director, Division of Research, APA.
- Statistics and Methods Director: Maritza Rubio-Stipec, Sc.D., Senior Scientific Consultant to APIRE and Professor at the University of Puerto Rico.

Kupfer earned his B.A. from Yale College and his medical degree from Yale University. He completed a medical internship at Montefiore Medical Center in New York. He subsequently completed his postgraduate clinical and research training in psychiatry at the Yale-New Haven Hospital and at the National Institute of Mental Health, Intramural Research Program (NIMH/IRP). In 1969, he was appointed assistant professor of psychiatry at Yale University School of Medicine. He moved to the University of Pittsburgh in 1973 as an associate professor and director of research. He was promoted to professor in 1975, and named department chair in 1983.

Kupfer, an internationally recognized expert on both mood and sleep disorders, holds membership in many professional societies including Academy of Behavioral Medical Research; Society of Biological Psychiatry; American College of Neuropsychopharmacology (ACNP); American Psychosomatic Society; Society for Psychotherapy Research; Collegium Internationale Neuro-Psychopharmacologicum (CINP); Association of American Physicians (AAP); American College of Psychiatrists (ACP); and the American Psychiatric Association (APA), where he has served as member of the DSM-IV Task Force, chair of the Council on Research and chair of the Committee on Psychiatric Diagnosis and Assessment (CPDA). He served as the senior editor of the book entitled, *A Research Agenda for DSM-V* (2002). He spent the 1995-6 academic year as a fellow at Center for Advanced Study in the Behavioral Sciences. In 1990 he was elected to the Institute of Medicine of the National Academy Sciences.

A graduate of the Indiana University School of Medicine, Regier also interned at Montefiore Medical Center and completed his psychiatric residency at Harvard's Massachusetts General Hospital and a Masters in Public Health at the Harvard School of Public Health. In 1975, he moved to the National Institute of Mental Health (NIMH) where he served for 25 years as the Research Director of Epidemiology, Clinical Research, and Services Research Divisions, with lead responsibility for national collaborative epidemiological and mental disorder diagnostic studies; e.g. the Epidemiological Catchment Area (ECA), and field trials for DSM-III, DSM-IV, and for ICD-10. His prior service on the Workgroup to Revise DSM-III to DSM-III-R, and as a member of the Task Force on DSM-IV provides an extensive background for his current role.

After achieving the rank of Assistant Surgeon General (RADM-ret.) in the U.S. Public Health Service, and Clinical Professor of Psychiatry at Georgetown University, he was recruited from the NIMH to APIRE in 2000 to provide a stronger research infrastructure for future DSM revisions and for addressing an array of services research and health policy issues affecting the quality of mental health services in the U.S. Regier is principal investigator of an ongoing research conference grant in which research experts from all regions of the world are reviewing recent scientific advances in major diagnostic areas that will inform potential revisions in DSM-V and other international psychiatric classification systems. This 5-year project involves collaboration among APIRE, the WHO, and the National Institutes of Health (NIH), which is the funding agency for the research conference cooperative agreement grant.

The close collaboration of the WHO with the APA on the DSM-V revision marks the extension of a partnership begun in the 1980s. The WHO administers the International Classification of Diseases (ICD), which is the official medical coding system in the U.S. Ensuring compatibility between successive editions of both the DSM and ICD facilitates international reporting requirements and establishes a common international language for scientists and clinicians to communicate about mental disorders. The next, eleventh, revision of the ICD also is slated for publication in 2014.

Information describing future progress on the DSM-V revision will be posted at [www.DSM5.org](http://www.DSM5.org), which the APA sponsors.

**About the American Psychiatric Association:**

The American Psychiatric Association is a national medical specialty society whose more than 36,000 physician members specialize in the diagnosis, treatment and prevention of mental illnesses including substance use disorders. Visit the APA at [www.psych.org](http://www.psych.org) and [www.healthyminds.org](http://www.healthyminds.org).