

Pyromania DSM-5 Criteria

Pyromania is a rare but serious impulse control disorder characterized by a persistent pattern of deliberate and purposeful fire-setting behavior. The condition goes beyond simple fascination with fire - individuals with pyromania experience intense urges and emotional arousal before setting fires, followed by pleasure or relief during and after the act. Here are the specific diagnostic criteria from the DSM-5:

- A.** Deliberate and purposeful fire setting on more than one occasion.
 - B.** Tension or affective arousal before the act.
 - C.** Fascination with, interest in, curiosity about, or attraction to fire and its situational contexts (e.g., paraphernalia, uses, consequences).
 - D.** Pleasure, gratification, or relief when setting fires or when witnessing or participating in their aftermath.
 - E.** The fire setting is not done for monetary gain, as an expression of sociopolitical ideology, to conceal criminal activity, to express anger or vengeance, to improve one's living circumstances, in response to a delusion or hallucination, or as a result of impaired judgment (e.g., in major neurocognitive disorder, intellectual developmental disorder [intellectual disability], substance intoxication).
 - F.** The fire setting is not better explained by conduct disorder, a manic episode, or antisocial personality disorder.
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American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Pearson.