



**BlueCross BlueShield**  
of Texas

DOCUMENTATION AND CODING

# Mental, Behavioral and Neurodevelopmental Disorders



Accurately coding and documenting mental, behavioral and neurodevelopmental disorders can help **capture our members' health status and promote continuity of care and better quality of life**. To code for these disorders, it's important to capture details relevant to a patient's condition. These may include an underlying medical condition, a substance abuse disorder on top of a psychiatric diagnosis or history codes indicating issues such as trauma and stress. Below is information for outpatient and professional services from the [ICD-10-CM Official Guidelines for Coding and Reporting](#).

## Coding for Mental, Behavioral and Neurodevelopmental Disorders

There are two primary categories under the ICD-10 code guidelines for behavioral health: **F and Z**.

**Category F (F01-F99):** These codes include disorders of psychological development.

They include classification designations such as:

- With or without behavioral disturbance
- Complicated or uncomplicated
- In remission
- With withdrawal
- Unspecified

These designations **require the provider's clinical judgment**. The code specificity associated with the designations should only be captured when documented by the provider, such as **with withdrawal** or **in remission**.

**Category Z (Z00-Z99):** Z codes cover a range of stress factors and social needs that can contribute to behavioral health conditions. They describe symptoms a patient displays that don't point to a specific disorder but still may warrant treatment.

### Tips to Consider

- Include patient demographics, such as name, date of birth and date of service in all progress notes.
- Document legibly, clearly and concisely.
- Ensure providers **sign and date** all documents.
- Document how each diagnosis was **monitored, evaluated, assessed and/or treated**, as well as any complications on the date of service.
- Take advantage of the **Annual Health Assessment** or other yearly preventative exam as an opportunity to capture conditions impacting member care.

### For more details, see:

- [ICD-10-CM Official Guidelines for Coding and Reporting](#), "Miscellaneous Z codes" (I.C.21.c.14), Chapter 5: Mental, Behavioral and Neurodevelopmental disorder (F01-F99)

| ICD-10-CM Code Categories for Mental, Behavioral and Neurodevelopmental Disorders (F01-F99) |  |
|---|--|
| F01-F09   | Mental disorders due to known physiological conditions                                       |
| F10-F19   | Mental and behavioral disorders due to psychoactive substance abuse                          |
| F20-F29   | Schizophrenia, schizotypal, delusional and other non-mood psychotic disorders                |
| F30-F39   | Mood [affective] disorders   |
| F40-F48   | Anxiety, dissociative, stress-related, somatoform and other nonpsychotic mental disorders    |
| F50-F59   | Behavioral syndromes associated with physiological disturbances and physical factors         |
| F60-F69   | Disorders of adult personality and behavior  |
| F70-F79   | Intellectual disabilities  |
| F80-F89   | Pervasive and specific developmental disorders   |
| F90-F98   | Behavioral and emotional disorders with onset usually occurring in childhood and adolescence |
| F99   | Unspecified mental disorder  |
| Sample ICD-10-CM Z Codes  |  |
| Z56.x   | Problems related to employment and unemployment  |
| Z59.x   | Problems related to housing and economic circumstances                                       |
| Z60.x   | Problems related to social environment   |
| Z62.x   | Problems related to upbringing   |
| Z63.x   | Other problems related to primary support group, including family circumstances              |
| Z64.x-Z65.x   | Psychosocial circumstances   |
| Z87.820   | Problems related to personal history of traumatic brain injury                               |