

THE DSM-IV ON SUBSTANCE DEPENDENCE

Maladaptive pattern leading to **clinically significant impairment or distress with three or more of the following criteria occurring at any time in the same twelve month period:**

1. **Tolerance:** A **need for greater amounts** of the substance to achieve the desired effects/ a **markedly decreased effect** with continued use of the same amount
2. **Withdrawal:**
 - a. When prolonged use is stopped, a substance-specific syndrome develops e.g. alcohol withdrawal symptoms
 - b. the syndrome can cause significant distress/ impairment in occupational or social areas of functioning
 - c. not due to a general medical condition/ mental disorder
3. The substance is taken over **a longer period of time** and **in larger amounts** than originally intended.
4. **Unsuccessful efforts made at cutting down** or controlling the substance use.
5. **A great deal of time** is spent in obtaining/ using recovering from the substance and its effects.
6. **Social, recreational or occupational activities are given up or reduced** because of substance use.
7. **The use is continued, despite** a recurrent physical or psychological problem caused by the substance.

American Psychiatric Association. (1994).