

DSM-5 Criteria for Substance Use Disorder

A minimum of 2-3 criteria is required for a mild substance use disorder diagnosis, while 4-5 is moderate, and 6-7 is severe (APA, 2013).

1. Taking the substance in larger amounts and for longer than intended.
2. Wanting to cut down or quit but not being unsuccessful doing so.
3. Spending a lot of time obtaining/using/recovering from the substance.
4. Craving or a strong desire to use the substance.
5. Repeatedly unable to carry out major obligations at work, school, or home due to substance use.
6. Continued use despite persistent or recurring social or interpersonal problems caused or made worse by substance use.
7. Stopping or reducing important social, occupational, or recreational activities due to substance use.
8. Recurrent use of the substance in physically hazardous situations.
9. Consistent use of the substance despite acknowledgment of persistent or recurrent physical or psychological difficulties from using that substance.
10. Tolerance as defined by either a need for markedly increased amounts to achieve intoxication or desired effect or markedly diminished effect with continued use of the same amount. (Does not apply for diminished effect when used appropriately under medical supervision).
11. Withdrawal manifesting as either characteristic syndrome or the substance is used to avoid withdrawal (Does not apply when used appropriately under medical supervision)