

## Criteria for Substance Use Disorders DSM-V

Substance use disorders span a wide variety of problems arising from substance use, and cover 11 different criteria:

- 1 Taking the substance in larger amounts or for longer than you're meant to.
- 2 Wanting to cut down or stop using the substance but not managing to.
- 3 Spending a lot of time getting, using, or recovering from use of the substance.
- 4 Cravings and urges to use the substance.
- 5 Not managing to do what you should at work, home, or school because of substance use.
- 6 Continuing to use, even when it causes problems in relationships.
- 7 Giving up important social, occupational, or recreational activities because of substance use.
- 8 Using substances again and again, even when it puts you in danger.
- 9 Continuing to use, even when you know you have a physical or psychological problem that could have been caused or made worse by the substance.
- 10 Needing more of the substance to get the effect you want (tolerance).
- 11 Development of withdrawal symptoms, which can be relieved by taking more of the substance.

## Severity of Substance Use Disorders

The DSM-V allows clinicians to specify how severe or how much of a problem the [substance use disorder](#) is, depending on how many symptoms are identified. Two or three symptoms indicate a mild substance use disorder; four or five symptoms indicate a moderate substance use disorder, and six or more symptoms indicate a severe substance use disorder. Clinicians can also add “in [early remission](#),” “in sustained remission,” “on maintenance therapy,” and “in a controlled environment.”