

CHAPTER 1

What Are Substance Use Disorders?

Chapter Review

1. What are the seven diagnostic criteria for substance dependence, three (or more) of which must be evident within the same 12-month period?

Criteria for Substance Dependence

Diagnostically, substance *dependence* is defined by a maladaptive pattern of alcohol or drug use that leads to significant impairment or distress, as manifested by three (or more) of the following, occurring at any time in the same 12-month period:

1. Tolerance, as defined by either of the following:
 - (a) a need for markedly increased amounts of the substance to achieve intoxication or desired effect
 - (b) markedly diminished effect with continued use of the same amount of the substance
2. Withdrawal, as manifested by either of the following:
 - (a) 2 or more of the following, developing within several hours to a few days of reduction in heavy or prolonged alcohol or substance use:
 - Sweating or rapid pulse
 - Increased hand tremor
 - Insomnia
 - Nausea or vomiting
 - Physical agitation
 - Anxiety
 - Transient visual, tactile, or auditory hallucinations or illusions
 - Grand mal seizures
 - (b) The same (or a closely related) substance is taken to relieve or avoid withdrawal symptoms.

(continued)

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3. The substance is often taken in larger amounts or over a longer period than was intended.
4. There is a persistent desire or unsuccessful efforts to cut down or control substance use.
5. A great deal of time is spent in activities necessary to obtain the substance (e.g., visiting multiple doctors or driving long distances), use the substance (e.g., drink all night), or recover from its effects.
6. Important social, occupational, or recreational activities are given up or reduced because of substance use.
7. The substance use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by the substance (e.g., current cocaine use despite recognition of cocaine-induced depression, or continued drinking despite recognition that an ulcer was made worse by alcohol consumption).

From the Diagnostic and Statistical Manual of Mental Disorders-IV-TR (APA, 2000)

2. What are the four diagnostic criteria for substance abuse, one (or more) of which must be evident within the same 12-month period?

Criteria for Substance Abuse

The essential feature of substance abuse is a maladaptive pattern of substance use evidenced by recurrent and significant adverse consequences related to the repeated use. Diagnostically, the pattern of alcohol or drug use must result in *significant impairment or distress, as manifested by one (or more) of the following, occurring within a 12-month period*:

1. Recurrent substance use resulting in a failure to fulfill major role obligations at work, school, or home
2. Recurrent substance use in situations in which it is physically hazardous
3. Recurrent substance-related legal problems
4. Continued substance use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of the substance

From the Diagnostic and Statistical Manual of Mental Disorders-IV-TR (APA, 2000)

Key Points

SUBSTANCE DEPENDENCE VERSUS SUBSTANCE ABUSE

- *Substance dependence* is defined by a maladaptive pattern of alcohol or drug use that leads to significant impairment or distress.
- It is manifested by three (or more) criteria indicative of physiological tolerance, withdrawal, or chronic use.

- The diagnosis of dependence may or may not include physiological dependence.
- *Substance abuse* is a maladaptive pattern of substance use leading to clinically significant impairment or distress and manifested by recurrent and significant adverse consequences related to the repeated use of substances.
- Unlike the criteria for substance dependence, the criteria for substance abuse do *not* include a possibility of tolerance, withdrawal, or a pattern of compulsive use. Instead, they include only the harmful consequences of repeated use.

Chapter Review Test Questions

1. After several months of substance use, Bill has begun using the substance when he awakens in the morning with some shakes and feelings of anxiety. He states that, "It calms me." Diagnostically, this pattern of use is considered a manifestation of which of the following:

- A. Anxiety
- B. Insomnia
- C. Tolerance
- D. Withdrawal

Answer: D

2. True or False: According to the *DSM*, substance dependence is not diagnosed unless there is evidence of physiological tolerance or withdrawal.

Answer: False

Talking Point

Diagnostic criteria allow for the diagnosis of substance dependence in the absence of physiological tolerance or withdrawal, validating the notion that dependence can be manifested as a behavioral pattern of compulsive use in the absence of physiological indicators. This opens the door to describing repeated behaviors of many types (e.g., eating certain foods, gambling, Internet use) as "dependencies" or "addictions," as has been a growing trend. Consider facilitating a discussion about the benefits and risks of classifying repeated behavioral patterns as addictions.

Considerations range from cons like the labeling of normal behaviors as mental health problems to pros such as recognizing and treating behavioral patterns that can have a significant negative impact on the sufferers and their significant others (e.g., uncontrolled gambling).

Chapter Reference

American Psychiatric Association. (2000). *Diagnostic and statistical manual of mental disorders* (4th ed., text rev.; DSM-IV-TR). Washington, DC: American Psychiatric Association.