

## Diagnosis Template:

Place a check in front of each symptom that is present

- Substance is taken in larger amounts or for longer periods than intended
- A persistent desire or unsuccessful attempts to cut down or regulate substance use
- A great deal of time spent obtaining the substance, using the substance, or recovering from substance use
- An intense desire or urge for the substance
- Use results in failure to fulfill major obligations at work, home, or school
- Continued use in spite of social or interpersonal problems caused or exacerbated by the substance use
- Important social, occupational, or recreational activities are given up or reduced because of the substance use
- Recurrent use in situations where it is physically hazardous
- Continued use in spite of persistent or recurrent physical or psychological problems that occur as a result of or exacerbated by substance use
- Tolerance
  - Need for more of the substance to achieve desired effect
  - Markedly diminished effect when using the same amount of the substance
- Withdrawal
  - Presence of characteristic withdrawal syndrome when the substance is not present
  - Using the substance to alleviate withdrawal symptoms

**(Note:** Criteria of tolerance and withdrawal are not considered to be met for those individuals taking medications under appropriate medical supervision)

Two or more checks on this list = substance use disorder

## Reference

American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders* (5<sup>th</sup> ed.). Washington, DC: American Psychiatric Association.