

DSM-V AND SUBSTANCE RELATED DISORDERS

The DSM-V combined the DSM-IV categories of substance dependence (addiction marked by a pattern of compulsive use or loss of control) and substance abuse disorders (using in a manner that causes problems but does not have a pattern of compulsive use) into one broad category of substance related disorder.

CLASSES:

The DSM-V recognizes substance related disorders resulting from the use of ten separate classes of drugs:

1. alcohol
2. caffeine
3. cannabis
4. hallucinogens (phencyclidine or similarly acting arylcyclohexylamines), other hallucinogens such as LSD
5. inhalants
6. opioids
7. sedatives
8. hypnotics
9. anxiolytics
10. stimulants (including amphetamine-type substances, cocaine, and other stimulants), tobacco, and
11. other or unknown substances.

Some major grouping of psychoactive substances are specifically identified. Use of other or unknown substances can also form the basis of a substance related or addictive disorder.

GROUPS:

There are two groups of substance-related disorders: substance use disorders and substance-induced disorders.

Substance use disorders are patterns of symptoms resulting from use of a substance which the individual continues to take, despite experiencing problems as a result.

Substance-induced disorders include intoxication, withdrawal, substance induced mental disorders, including substance induced psychosis, substance induced bipolar and related disorders, substance induced depressive disorders, substance induced anxiety disorders, substance induced obsessive-compulsive and related disorders, substance induced sleep disorders, substance induced sexual dysfunctions, substance induced delirium and substance induced neurocognitive disorders.

CRITERIA FOR SUBSTANCE USE DISORDER:

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 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.

The DSM-V allows clinicians to specify how severe the substance use disorder is, depending on how many symptoms are identified:

MILD: Two or three symptoms indicate a mild substance use disorder.

MODERATE: Four or five symptoms indicate a moderate substance use disorder.

SEVERE: 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.”