

DIAGNOSTIC CRITERIA FOR SUBSTANCE USE DISORDERS

- Using in larger amounts or for longer than intended
- Wanting to cut down or stop using, but not managing to
- Spending a lot of time to get, use, or recover from use
- Craving
- Inability to manage commitments due to use
- Continuing to use, even when it causes problems in relationships
- Giving up important activities because of use
- Continuing to use, even when it puts you in danger
- Continuing to use, even when physical or psychological problems may be made worse by use
- Increasing tolerance
- Withdrawal symptoms



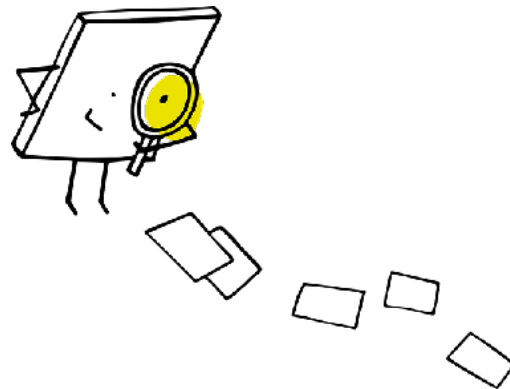
NOTES:

Fewer than 2 symptoms = no disorder;
2-3 = mild disorder;
4-5 = moderate disorder;
6 or more = severe disorder.

SOURCE: AMERICAN PSYCHIATRIC ASSOCIATION, (2013).30

EVIDENCE-BASED THERAPIES

- Medication Assisted Treatment
- Behavioral Therapies
- Cognitive Behavioral Therapy
- Contingency Management
- Community Reinforcement Approach
- Motivational Enhancement Therapy
- The Matrix Model
- Twelve Step Facilitation Therapy



[HTTPS://ADDICTION.SURGEONGENERAL.GOV/](https://addiction.surgeongeneral.gov/)