Criteria for a Substance Use Disorder

Substance use disorders are classified as mild, moderate, or severe, depending on how many of the diagnostic criteria you meet. The 11 DSM-5 criteria for a substance use disorder include:

- **Hazardous use:** You’ve used the substance in ways that are dangerous to yourself and/or others, i.e., overdosed, driven while under the influence, or blacked out.
- **Social or interpersonal problems related to use:** Your substance use has caused relationship problems or conflicts with others.
- **Neglected major roles to use:** You’ve failed to meet your responsibilities at work, school, or home because of your substance use.
- **Withdrawal:** When you’ve stopped using the substance, you’ve experienced withdrawal symptoms.
- **Tolerance:** You’ve built up a tolerance to the substance so that you have to use more to get the same effect.
- **Used larger amounts/longer:** You’ve started to use larger amounts or use the substance for longer amounts of time.
- **Repeated attempts to control use or quit:** You’ve tried to cut back or quit entirely, but haven’t been successful.
- **Much time spent using:** You spend a lot of your time using the substance.
- **Physical or psychological problems related to use:** Your substance use has led to physical health problems like liver damage or lung cancer, or psychological issues, such as depression or anxiety.
- **Activities given up to use:** You’ve skipped activities or stopped doing activities you once enjoyed in order to use the substance.
- **Craving:** You’ve experienced cravings for the substance.

**Being Diagnosed With a Substance Use Disorder**

In order to be diagnosed with a substance use disorder, you must meet two or more of these criteria within a 12-month period. If you meet two or three of the criteria, you have a mild substance use disorder. Four to five is considered moderate, and if you meet six or more criteria, you have a severe substance use disorder.

**Types of Substance Use Disorders**

Each substance use disorder is classified as its own disorder. Here are the six most common substance use disorders in the United States:

1. Alcohol use disorder
2. Tobacco use disorder
3. Cannabis use disorder
4. Stimulant use disorder
5. Hallucinogen use disorder
6. Opioid use disorder