

Criteria outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM), published by the American Psychiatric Association that are generally accepted and used by professionals to help determine the presence and severity of a substance use disorder.

- **Lack of control**
 - The substance is used in larger amounts or over a longer time than the person originally intended.
- **Desire to limit use**
 - Wanting to cut back on use but being unable to do so.
- **Time spent**
 - A considerable amount of time is spent trying to acquire a substance.
- **Cravings**
 - The user experiences an intense desire or urge to use their drug.
- **Lack of responsibility**
 - Substance use takes priority over work, school or home obligations.
- **Problems with relationships**
 - Interpersonal relationships are consistently strained from drug use.
- **Loss of interest**
 - User stops engaging in important social or recreational activities in favor of drug use.
- **Dangerous use**
 - Continued use despite dangerous circumstances.
- **Worsening situations**
 - Continued use despite worsened physical or psychological problems.
- **Tolerance**
 - A need for larger amounts of the substance to achieve desired effects.
- **Withdrawal**
 - This can be physical and emotional. Side effects may include: anxiety, irritability, nausea and vomiting.