

The DSM IV (Diagnostic Statistical Manual)

The DSM IV is an International screening tool which aims to highlight the difference between Substance Abuse and Substance Dependence.

Please answer the following questions as honestly as possible. The questions are about your use of alcohol in the past year.

Please answer the questions with yes or no responses.

DSM IV CRITERIA FOR SUBSTANCE ABUSE

1. Have you failed to carry out major obligations at work, at school or at home? (E.g. repeated absences, poor performance, neglect of children or household)
2. Have you ever put yourself at physical risk because of your drinking or substance use? (E.g. driving or operating machinery whilst drunk)
3. Have you had recurrent drink or drug related legal problems?
4. Despite knowing that it has caused or worsened social or interpersonal problems, have you continued to use alcohol or the substance? (E.g. fighting, arguing, unsafe sex)

What do my answers on the DSM mean?

One or more yes answers indicate possible Substance Abuse.

DSM IV CRITERIA FOR SUBSTANCE DEPENDENCE

1. Tolerance
 - Do you need more of the substance to get high or achieve the effect it used to? (I.e. more alcohol is needed to get drunk)
2. Withdrawal
 - Do you suffer from characteristic withdrawal symptoms? (i.e. Shakes / Sweats)
 - Do you use the same substance (or one closely related to it) to avoid or relieve withdrawal symptoms? (i.e. "Hair of the dog")
3. Have you drunk / used the substance in larger amounts or over a longer period than you intended to?

4. Have you wanted to cut down or stop for long time now or tried to do so unsuccessfully several times?

5. Time Commitment

- Do you spend a lot of your time using the substance (drinking) or recovering from its effects?

- Do you spend a lot of time in activities trying to obtain the substance?

6. Have you given up or reduced important social, occupational or recreational activities because of your drinking / substance use?

7. Have you continued to use the substance, despite knowing that you have a persistent or recurrent physical or psychological problem that is likely to have been caused or made worse by your alcohol or substance use?

What do my answers on the DSM mean?

Three or more yes answers indicate possible Substance Dependence.

If you would like more information or support please contact apas.

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Tel: Lo-call 08457 626 316 or 0115 941 4747 and Press 1**

General enquiries: 0115 948 5570 Fax: 0115 948 5571

Drop in and have an informal chat with one of our advice workers using our apas direct service which is available Monday to Thursday 12.30pm - 6.30pm, Fridays 12.30pm to 4.30pm and Saturdays 9.00am to 12.30pm.

Alcoline - telephone us on 0845 762 6316 (**Lo-call**) then press 1 or (0115) 941 4747 and press 1. Available from 9.00am until 7.00pm, Monday through to Friday and Saturday 9.00am to 1.00pm (answerphone at all other times).

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