

Adapted from the American Psychiatric Association's
Diagnostic & Statistical Manual of Mental Disorders (DSM-5)

How many of the following symptoms has your loved one experienced within the last year? Check all that apply.

- ☐ The substance is often taken in larger amounts or over a longer period than was intended.
- ☐ There is a persistent desire or unsuccessful effort to cut down or control use of the substance.
- ☐ A great deal of time is spent in activities to obtain the substance, use the substance, or recover from its effects.
- ☐ Craving, or a strong desire or urge to use the substance, occurs.
- ☐ Recurrent use of the substance results in a failure to fulfill major role obligations at work, school, or home.
- ☐ Use of the substance continues despite having persistent or recurrent social or relationship problems caused or made worse by the effects of its use.
- ☐ Important social, occupational, or recreational activities are given up or reduced because of use of the substance.
- ☐ Use of the substance is recurrent in situations in which it is physically hazardous.
- ☐ Use of the substance is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or made worse by the substance.
- ☐ Tolerance, as defined by either a need for increased substance use for the desired effect or a markedly diminished effect with use of the same amount.
- ☐ Withdrawal symptoms are present when not using the substance.

Your Score:

— — —
Mild
2-3
SYMPTOMS

— — —
Moderate
4-5
SYMPTOMS

— — —
Severe
6+
SYMPTOMS

SOURCE: Diagnostic and Statistical Manual of Mental Disorders (DSM-5).

DISCLAIMER: Administration of the DSM-5 for your loved-one is not intended to be a substitute for, or to be relied upon as, medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with questions regarding this tool.