

Diagnosis

DSM-5-TR Diagnostic Criteria for AUD

- A. A problematic pattern of alcohol use leading to clinically significant impairment or distress, as manifested by at least two of the following, occurring within a 12-month period:
1. Alcohol is often taken in larger amounts or over a longer period than was intended.
 2. There is a persistent desire or unsuccessful efforts to cut down or control alcohol use.
 3. A great deal of time is spent in activities necessary to obtain alcohol, use alcohol, or recover from its effects.
 4. Craving, or a strong desire or urge to use alcohol.
 5. Recurrent alcohol use resulting in a failure to fulfill major role obligations at work, school, or home.
 6. Continued alcohol use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of alcohol.
 7. Important social, occupational, or recreational activities are given up or reduced because of alcohol use.
 8. Recurrent alcohol use in situations in which it is physically hazardous.
 9. Alcohol use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by alcohol.
 10. Tolerance, as defined by either of the following:
 - a) A need for markedly increased amounts of alcohol to achieve intoxication or desired effect.
 - b) A markedly diminished effect with continued use of the same amount of alcohol.
 11. Withdrawal, as manifested by either of the following:
 - a) The characteristic withdrawal syndrome for alcohol (refer to Criteria A and B of the criteria set for alcohol withdrawal).
 - b) Alcohol (or a closely related substance, such as a benzodiazepine) is taken to relieve or avoid withdrawal symptoms.

Example interview questions

In the last year, ...

did you drink more or for a longer time than you had originally planned to?

did you try to cut back or stop drinking, but weren't able to?

did you spend a lot of your time drinking or recovering from drinking?

were you so preoccupied with wanting a drink that you found it hard to think about anything else?

did you have a hard time doing your job properly or going to school because of alcohol? Taking care of your family and home?

did you keep drinking even though you knew it was causing problems in your relationships?

did you give up on activities or hobbies, or seeing friends because of drinking?

did you get into dangerous situations more than once because of your drinking? Like drinking and driving, unsafe sex, other situations where you could have been hurt.

did you keep drinking even though it's making you feel depressed or anxious, or it's making a physical health problem worse?

did you feel tense and anxious because it takes more drinks than it did in the past, to feel intoxicated? Do you find that drinking the same amount as in the past, doesn't relieve your stress or have the same effects?

did you ever had shaky hands, anxiety, sweating, or seizures, hours after you've stopped drinking? Do you ever have a drink to prevent those symptoms from happening?

Specify if:

- **In early remission:** After full criteria for alcohol use disorder were previously met, none of the criteria for alcohol use disorder have been met for at least 3 months but for less than 12 months (with the exception that Criterion A4, “Craving, or a strong desire or urge to use alcohol,” may be met).
- **In sustained remission:** After full criteria for alcohol use disorder were previously met, none of the criteria for alcohol use disorder have been met at any time during a period of 12 months or longer (with the exception that Criterion A4, “Craving, or a strong desire or urge to use alcohol,” may be met).

Specify if:

- **In a controlled environment:** This additional specifier is used if the individual is in an environment where access to alcohol is restricted.

Code based on current severity/remission: If an alcohol intoxication, alcohol withdrawal, or another alcohol-induced mental disorder is also present, do not use the codes below for alcohol use disorder. Instead, the comorbid alcohol use disorder is indicated in the 4th character of the alcohol-induced disorder code (see the coding note for alcohol intoxication, alcohol withdrawal, or a specific alcohol-induced mental disorder). For example, if there is comorbid alcohol intoxication and alcohol use disorder, only the alcohol intoxication code is given, with the 4th character indicating whether the comorbid alcohol use disorder is mild, moderate, or severe: F10.129 for mild alcohol use disorder with alcohol intoxication or F10.229 for a moderate or severe alcohol use disorder with alcohol intoxication.

Specify current severity/remission:

- **(F10.10) Mild:** Presence of 2–3 symptoms.
- **(F10.11) Mild, In early remission**
- **(F10.11) Mild, In sustained remission**
- **(F10.20) Moderate:** Presence of 4–5 symptoms.
- **(F10.21) Moderate, In early remission**
- **(F10.21) Moderate, In sustained remission**
- **(F10.20) Severe:** Presence of 6 or more symptoms.
- **(F10.21) Severe, In early remission**
- **(F10.21) Severe, In sustained remission**

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