



## Substance-Related and Addictive Disorders

An important departure from past diagnostic manuals is that in *DSM-5*, the substance-related and addictive disorders chapter has been expanded to include gambling disorder. This reflects the increasing and consistent evidence that some behaviors, such as gambling, also activate the same reward system with effects similar to those of drugs of abuse. *DSM-5* does not include the diagnoses of substance abuse and dependence as utilized in *DSM-IV*. Rather, criteria are provided for substance use disorder, accompanied by criteria for intoxication, withdrawal, substance induced-disorders, and unspecified substance-related disorders, where relevant.

These questions are from DSM-5 Self-Exam Questions: Test Questions for the Diagnostic Criteria, which will be available in August. It may be preordered from American Psychiatric Publishing at American Psychiatric Publishing at <http://www.appi.org/SearchCenter/Pages/SearchDetail.aspx?ItemId=62467>.

The questions were developed under the leadership of Philip Muskin, M.D., a professor of clinical psychiatry at Columbia University College of Physicians and Surgeons. The book, available in August, contains 500 questions for all the categories of psychiatric disorders and includes Section III.

1. Which one of these is not a recognized alcohol-related disorder in *DSM-5*?

- a) Alcohol dependence
- b) Alcohol use disorder
- c) Alcohol intoxication
- d) Alcohol withdrawal
- e) Alcohol-induced sexual disorder

**Correct Answer:** a) Alcohol dependence.

**Rationale:** For all substances including alcohol, the *DSM-IV* diagnoses of substance abuse and substance dependence have been replaced with a single diagnosis, substance use disorder. Substance intoxication and withdrawal remain from *DSM-IV*, with updated definitions. Substance-Induced sexual disorder is the *DSM-5* diagnosis that replaces substance-induced sexual dysfunction from *DSM-IV*.

2. The criteria for hallucinogen use disorder are the same as for other substance use disorders, with one exception. Which of the following is not a recognized symptom or consequence of hallucinogen use?

- a) Withdrawal
- b) Tolerance
- c) Desire or efforts to cut down or stop use
- d) Use in situations in which it is physically hazardous
- e) Craving or a strong desire or urge to use the drug

**Correct Answer:** a) Withdrawal.

**Rationale:** The criteria for hallucinogen use disorder are the same as for other substance use disorders, with the exception of withdrawal, for which there is little evidence. A clinically significant withdrawal syndrome has not been consistently documented in humans, and therefore, the diagnosis of hallucinogen withdrawal syndrome is not included in *DSM-5*.

3. Which of the following is the only non-substance-related addictive disorder to be included in the *DSM-5* chapter on addictive disorders?

- a) Gambling disorder
- b) Internet gaming disorder
- c) Electronic communication

addiction disorder

- d) Compulsive computer gaming
- e) Compulsive shopping

**Correct Answer:** A. Gambling disorder.

**Rationale:** No other excessive behavioral condition, such as those that are related to computer use or the internet, has sufficient research evidence to be included in this chapter. A proposed definition for Internet gaming disorder has been included in the Appendix of *DSM-5* to encourage further research.

4. All of the substances listed in *DSM-5* are associated with a substance use disorder with the exception of one class. Which substance or class of substances is not associated with a substance use disorder diagnosis in the "Substance Related and Addictive Disorders" section of *DSM-5*?

- a) Caffeine
- b) Hallucinogens
- c) Inhalants
- d) Stimulants
- e) Tobacco

**Correct Answer:** a) Caffeine.

**Rationale:** Some caffeine users display symptoms consistent with problematic use (see Section 3 for proposed use disorder criteria) including tolerance and withdrawal. Due to insufficient data to determine the clinical significance of a caffeine use disorder and its prevalence, caffeine use disorder does not appear in the substance use disorders section of *DSM-5* but is included in Section 3 of the manual to facilitate research and enhance awareness of the possibility of a problematic caffeine use disorder.

In contrast, there is evidence that caffeine withdrawal and caffeine intoxication are clinically significant and sufficiently prevalent.

Note that hallucinogen use disorder, inhalant use disorder, stimulant use disorder, and tobacco use disorder are all included in the substance use disorder section of *DSM-5*.