



Understanding Changes in *DSM-5*

SUBSTANCE-RELATED AND ADDICTIVE DISORDERS

There were a number of changes in *DSM-5* related to substance use and addiction. In *DSM-IV*, substance abuse and substance dependence were considered as two different and separate disorders. In *DSM-5*, substance abuse and substance dependence form a single disorder. This “use disorder” phrase is employed to describe each substance—e.g., alcohol use disorder, cannabis use disorder, opioid use disorder, and so forth.

Further, each substance use disorder is measured on a continuum ranging from mild to severe. The determination of severity level is related to how many symptoms are present. As can be seen in the presentation of Alcohol Use Disorder (*Table 12.3*), there are 11 possible symptoms—mild would be noted if 2–3 symptoms were present, moderate if 4–5 symptoms were present, and severe if 6 or more symptoms were present. In addition, a criterion of substance craving was added. Another condition was removed that was present in *DSM-IV*, and that was problems with law enforcement. This was removed to make it easier to apply the criteria

internationally. That is, cultural and legal restrictions vary around the world in terms of substance use.

Not everyone agrees with the current *DSM-5* changes. With the current changes in criteria for addiction, Stanford Professor Keith Humphreys estimated that as many as 20 million additional individuals will be diagnosed with a substance abuse problem (reported in the *New York Times*, May 11, 2012). This will both have implications for health care services and legal ramifications.

Also, based on research that shows similar physiological and psychological processes between substance use and some behavioral addictions, gambling was added to the Substance-Related and Addictive Disorders section of *DSM-5*. Other research has also shown similar brain processes in addiction and obesity (Volkow et al., 2013). This has raised a question for some critics of the *DSM-5* addiction criteria (e.g., Frances, 2013)—namely, will we make what is our passion, whether using the Internet, playing video games, shopping, or other such activities, into mental disorders?