

DSM-5

In the past year, have you:

- 1 Had times when you ended up drinking more, or longer, than you intended?
- 2 More than once wanted to cut down or stop drinking, or tried to, but couldn't?
- 3 Spent a lot of time drinking? Or being sick or getting over other aftereffects?
- 4 Wanted a drink so badly you couldn't think of anything else?
****This is new to DSM-5****
- 5 Found that drinking—or being sick from drinking—often interfered with taking care of your home or family? Or caused job troubles? Or school problems?
- 6 Continued to drink even though it was causing trouble with your family or friends?
- 7 Given up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to drink?
- 8 More than once gotten into situations while or after drinking that increased your chances of getting hurt (such as driving, swimming, using machinery, walking in a dangerous area, or having unsafe sex)?
- 9 Continued to drink even though it was making you feel depressed or anxious or adding to another health problem? Or after having had a memory blackout?
- 10 Had to drink much more than you once did to get the effect you want? Or found that your usual number of drinks had much less effect than before?
- 11 Found that when the effects of alcohol were wearing off, you had withdrawal symptoms, such as trouble sleeping, shakiness, restlessness, nausea, sweating, a racing heart, or a seizure? Or sensed things that were not there?

The presence of at least 2 of these symptoms indicates an **Alcohol Use Disorder (AUD)**.

The severity of the AUD is defined as:

Mild:
The presence of 2 to 3 symptoms

Moderate:
The presence of 4 to 5 symptoms

Severe:
The presence of 6 or more symptoms