

Table 11-4: Definitions of Substance Dependence and Abuse

### **Substance Dependence:**

A maladaptive pattern of substance abuse, leading to clinically significant impairment or distress, as manifested by three or more of the following, occurring at any time in the same twelve-month period:

Tolerance, as defined by either of the following:

- A need for markedly increased amounts of substance to achieve intoxication or desired effects, or
- Markedly diminished effect with continued use of the same amount of the substance.

Withdrawal, as manifested by either of the following:

- The characteristic withdrawal syndrome for the substance, or
- The same (or closely related) substance is taken to relieve or avoid withdrawal symptoms.

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 substance use.

A great deal of time is spent in activities necessary to obtain the substance, use the substance, or recover from its effects

- (e.g., visiting multiple doctors or driving long distances, chain smoking).

Important social, occupational, or recreational activities are given up or reduced because of substance use.

The substance 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 the substance

- (e.g., current cocaine use despite recognition of cocaine-induced depression, or continued drinking despite recognition that an ulcer was made worse by alcohol consumption).

Table 11-4: Definitions of Substance Dependence and Abuse (continued)

### **Substance Abuse:**

A maladaptive pattern of substance abuse, leading to clinically significant impairment or distress, as manifested by one (or more) of the following, occurring within a twelve-month period:

Recurrent substance use resulting in a failure to fulfill major role obligations at work, school, or home:

- repeated absences or poor work performance related to substance abuse,
- substance abuse-related absence, suspension,
- expulsions from school, or
- neglect of children or household.

Recurrent substance use in situations in which it is physically hazardous, such as:

- driving an automobile, or
- operating a machine when impaired by substance use.

Recurrent substance-related legal problems, such as arrests for substance-related disorderly conduct.

Continued substance use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of the substance

- (e.g., arguments with spouse about consequences of intoxication, physical fights).

The symptoms have never met the criteria for substance dependence for this class of substance.

Sources: Passik SD, Portenoy RK. Substance abuse issues in palliative care. In Berger AM, Portenoy RK, Weissman DE, eds. *Principles and Practice of Supportive Oncology*, 1<sup>st</sup> ed. Philadelphia: Lippincott-Raven Publishers, 1998; American Psychiatric Association. *Diagnostic and Statistical Manual for Mental Disorders*, 4<sup>th</sup> ed. Washington, DC: American Psychiatric Association, 1994.