**Characteristics of Addiction**

**DSM 5: Criteria for substance abuse and gambling addictions.**

- 10 categories of substance addictions: e.g. alcohol, cannabis, hallucinogens, opioids
- Other behaviours such as internet gaming and shopping are noted as possible excessive behavioural patterns but are not included in the DSM due to lack of peer-reviewed evidence
- The disorders are split into two distinct categories: substance use and substance-induced disorders (problems that arise from substance use, such as intoxication)
- All addictions produce an intense activation of the brain’s reward centres. The substance activates the pleasure systems of the brain giving it a “high
- Substance use disorder is a cluster of cognitive, behavioural and biological symptoms and can range from mild to moderate to severe (based on number and length of symptoms)

There are 11 criteria of diagnosis: to be diagnosed with a disorder, a patient must present with 2-3 symptoms = mild, 4-5 symptoms = moderate and 6+ symptoms = severe.

Criteria can include; unable to decrease substance use, overuse, continuous use despite effects, a great change in the normal routine and reluctance to discontinue the drug.

Although DSM is an excellent tool to use for diagnosis but is limited in its ability to diagnose behavioural addiction. Therefore, Griffiths (1996) identified 6 criteria that need to be fulfilled if a behaviour is to be defined as “addictive”

1) **Salience**: activity is the most important thing in the individual’s life
2) **Mood Modification**: When an individual engages in the activity, they experience a mood change (“high”)
3) **Tolerance**: A need to increase the amount of activity as they’ve built up a tolerance
4) **Withdrawal Symptoms**: Unpleasant feelings or physical effects when activity is stopped
5) **Conflict**: Addicts experience conflict between themselves (intrapsychic conflict) and family (interpsychic conflict) by compromising jobs or relationships at the expense of engaging in addictive behaviours
6) **Relapse**: Tendency to return to addictive behaviours even after a long period of time or successful treatment