

## Symptoms of Substance Use Disorder

Substance Use Disorder (SUD) negatively impacts an individual's health and their ability to function in daily life. There are 11 symptoms of SUD with three levels of severity.

Mild	Moderate	Severe
2 or 3 symptoms	4 to 5 symptoms	5 or more symptoms

An individual can experience any combination of the symptoms to classify as having mild, moderate, or severe SUD. It is important to remember that it is possible to seek help for SUD at *any* stage of severity.

### Symptoms of SUD

- Substance is taken in larger amounts or for longer than intended.
- Persistent desire or unsuccessful attempts to control substance use.
- Increased time spent in order to obtain and use the substance or recover from its use.
- Cravings.
- Failure to meet obligations at work, school, or home.
- Continued use despite it causing social or interpersonal problems.
- Giving up social, work, or recreational activities.
- Using the substance even when it is physically dangerous.
- Continued use despite physical or mental health problems caused or exacerbated by use.
- Tolerance.
- Withdrawal symptoms and/or the use of substances to avoid withdrawal symptoms.

*Adapted from:* American Psychiatric Association (2013). Substance-Related and Addictive Disorders (pp.483-485). In *Diagnostic and statistical manual of mental disorders* (5<sup>th</sup> ed.). Arlington, VA.