

## **NINE SYMPTOMS OF ALCOHOL DEPENDENCE**

The following symptoms are based on those in the diagnostic and statistical Manual of Mental Disorders, Fourth Edition of the American Psychiatric Association. According to this criteria, a diagnosis of alcohol dependence is made when any three of the following symptoms are present for a period of at least one month:

1. Alcohol is used in larger amounts and over a longer period than intended.
2. There is a persistent desire to drink or to reduce or limit drinking.
3. Considerable time is spent seeking the effects of alcohol, using alcohol, or recovering from the effects of alcohol.
4. Intoxication interferes with major obligations or occurs in situations in which it is physically dangerous (like driving).
5. Alcohol interferes with family, social, or work tasks.
6. Drinking persists despite warnings that alcohol will negatively affect social, psychological, or medical health.
7. A significant tolerance to alcohol takes place (e.g., a 50 percent increase in the amount of alcohol needed to "get high").
8. Withdrawal symptoms occur with the stopping or reduction of alcohol intake.
9. Alcohol is used to relieve the withdrawal symptoms.

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