

DSM-V Diagnosis for Sedative, Hypnotic and Anxiolytic Use Disorder

Many at-risk populations, including the elderly, individuals prescribed opioids and benzodiazepines at the same time, and those with psychiatric illness, PTSD, and medical comorbidities, meet criteria for a diagnosis of Sedative, Hypnotic and Anxiolytic Use Disorder. An individual must have had 2 of the following criteria occur within a 12-month period in order to receive this diagnosis.

CRITERIA: *Check all items that the patient has experienced in the past 12 months*

- Taking the sedative, hypnotic, or anxiolytic in larger amounts or over a longer period than intended.
- Persistent desire to cut down use or unsuccessful attempts to control sedative, hypnotic, or anxiolytic use.
- Spending a lot of time obtaining or using the sedative, hypnotic, or anxiolytic or recovering from its effects.
- Craving or strong desire to use the sedative, hypnotic, or anxiolytic.
- Repeated inability to carry out major functions at work, school, or home on account of recurrent use of the sedative, hypnotic, or anxiolytic.
- Continued use of the sedative, hypnotic, or anxiolytic despite recurrent or persistent social or interpersonal problems caused or made worse by use.
- Stopping or reducing important occupational, social or recreational activities due to use of the sedative, hypnotic, or anxiolytic.
- Recurrent sedative, hypnotic, or anxiolytic use in situations in which it is physically hazardous.
- Continuing to use the sedative, hypnotic, or anxiolytic despite having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by the sedative, hypnotic, or anxiolytic.
- Tolerance, as manifested by needing a markedly increased dose to achieve intoxication or desired effect, or by markedly diminished effect with continued use of the same amount.
- Withdrawal with the characteristic syndrome or use of the drug to avoid withdrawal

TOTAL NUMBER OF ITEMS CHECKED:

# CRITERIA MET	SEVERITY
2-3	MILD
4-5	MODERATE
6+	SEVERE

References:

1. Diagnostic and Statistical Manual of Mental Disorders, 5th Edition, <https://doi.org/10.1176/appi.books.9780890425596>
2. Gold J and Ward K. Pharmacist Toolkit: Benzodiazepine Taper. College of Psychiatric and Neurologic Pharmacists website. <https://cpnp.org/guideline/benzo>.