

## **Substance-Related Disorder**

Basic disorders are usually alcoholism and drug abuse.

### Substance Dependence

Misuse of substance to an extent of developing dependence that includes behaviour, physiological, and cognitive symptoms.

*Signs & Symptoms:- (Several of the following)*

- Maladaptive – misuse of the substance only makes things worse for the users and families
- A predictable habit pattern is formed due to the repetition of the misuse
- The usage of the substance could warrant attention to the professionals
- The substance use is serious enough to interfere a person's life
- Efforts used to reduce substance use but without much success
- Withdrawal syndrome is experienced or substance is used to avoid or relieve withdrawal symptoms

### Substance Withdrawal

Substance withdrawal develops when users decrease substance usage.

*Signs & Symptoms:- (Several of the following)*

- Alteration in mood (anxiety, irritability, depression)
- Abnormal motor activity (restlessness, immobility)
- Sleep disturbance (insomnia / hypersomnia)
- Physical problems (fatigue, change in appetite)

### Alcohol Withdrawal

Signs and symptoms developed with someone stops drinking suddenly, after having heavy drinking for a long time.

*Signs & Symptoms:- (Several of the following)*

- Autonomic overactivity (sweating or rapid heartbeat)
- Worsened tremors of hands
- Sleeplessness
- Nausea / Vomiting
- Short-lived hallucination
- Anxiety
- Speeded up psychomotor activity
- Grand mal seizures

### Alcohol Abuse & Substance Abuse

Aka 'alcoholics'. Drinkers drink less heavily compared to drinkers who are dependent on alcohol. Also less likely to experience symptoms of withdrawal.

A residual category in which users use a substance in ways that harm or distress him/herself and/or others. However, users do not have symptoms of tolerance or withdrawal.

*Signs & Symptoms:- (Several of the following)*

- Failed to carry out own roles, such as taking care of children, going to work or school punctually, cooking meals
- Repeated use when it is physically dangerous to do so, such as driving even when intoxicated
- Continue to use substance despite recurrent legal problems, such as arrests of driving
- Continue to use substance despite social or interpersonal problems, such as loss of friends, getting into verbal / physical fights.

#### Substance Intoxication

The substance affects our central nervous system to cause maladaptive psychological changes or behaviour. Note that although users may intoxicate themselves voluntarily, there are people who are affected due to industrial chemical exposure or drinking 'spiked' drinks.

*Signs & Symptoms:- (Several of the following)*

- Motor in-coordination / agitation
- Loss of ability to sustain attention
- Memory impairment
- Alertness reduced
- Dry mouth, heart palpitation
- Changes in mood (depressed, euphoria, anxiety)

#### Alcohol Intoxication

A person develops clinically important behavioral or psychological changes that are maladaptive after drinking alcohol.

*Signs & Symptoms:- (Several of the following)*

- Inappropriate sexuality / Aggression
- Lability of mood
- Impaired judgment, attention, memory
- Slurring of speech
- Poor coordination
- Unsteady walking
- Involuntary eye movement
- Stupor / Coma

### Caffeine Intoxication

Caffeine could be found in coffee, cola beverage, tea, chocolate, and a variety of prescription and over the counter drugs. Few people even experience enough social problems to qualify for dependence.

*Signs & Symptoms:- (Several of the following)*

- Restlessness
- Nervousness
- Excitement
- Sleeplessness
- Red face
- Increased urination
- Gastrointestinal upset
- Muscle twitching
- Rambling speech
- Rapid / Irregular heartbeat
- Periods of tirelessness
- Speeded up psychomotor activity

### Inhalant Intoxication

Users breathe almost anything that evaporates or can be sprayed from a container. The inhalants include glue, gasoline, thinners, aerosols, correction fluids, and refrigerants.

*Signs & Symptoms:- (Several of the following)*

- Dizziness
- Poor concentration
- Slurring of speech
- Unsteady walking
- Lethargy
- Diminished reflexes
- Slowed psychomotor activity
- Tremors
- General muscular weakness
- Blurred / Double vision
- Stupor / Coma
- Euphoria

### Nicotine Withdrawal

A person who is withdrawn from nicotine would crave for cigarettes. The desire can be very overwhelming that impaired a person's ability to focus on other more substantive issue.

*Signs & Symptoms:- (Several of the following)*

- Depression / Dysphoria
- Insomnia

- Anger, frustration, irritability
- Anxiety
- Trouble concentrating
- Restlessness
- Slowed heart rate
- Increase in appetite / weight

*Reference:-*

Morrison, J. (2001). DSM-IV Made Easy: The Clinician's Guide to Diagnosis. New York: The Guilford Press

*For more detailed description and criteria of each mental illness, pls refer to the book mentioned above or <http://www.psychology.net.com>*