Criteria for SUD (Substance Use Disorders) from DSM-5

The Infact School Criteria for "suggested trigger foods" as a substance use disorder.

Name

First Name Last Name

When you do this screening, please note the following:

- Loss of control when you eat the following suggested trigger foods, sugary and starchy foods; Chocolate, bakery, foods, pizza, cereals, or junk foods.
- Loss of control over volume and gracing.
- Answer questions regarding your experience of the symptoms in the past year.
- Answer from your experience of losing control, not from where and when you felt you were in control.

IMPAIRED CONTROL:

- ☐ Have you eaten the suggested trigger foods" in more significant amounts or longer than you're meant to?
- ☐ Have you wanted to cut down or stop using the "suggested trigger foods" but have not managed to?
- ☐ Do you spend extended times getting, using, or recovering from the use of the "suggested trigger foods"?
- ☐ Do you experience frequent cravings and urges to use the "suggested trigger foods"?

SOCIAL PROBLEMS:

- ☐ Do you neglect work, home, or school responsibilities using the "suggested trigger foods"?
- ☐ Continuing the use, even when it causes problems in relationships.
- ☐ Giving up important social, occupational, or recreational activities using the suggested trigger foods"?

RISKY USE:

- ☐ Continue to use the suggested trigger foods" repeatedly, even when it puts your health and life in danger.
- ☐ Continue to use the suggested trigger foods" even when you know you have a physical or psychological problem that could have been caused or made worse by the "suggested trigger foods"?

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PHYSICAL DEPENDENCE:

- ☐ Need more "suggested trigger foods" to get the desired effect (tolerance)?
- ☐ Development of withdrawal symptoms that can be relieved by taking more of the suggested trigger foods"?

Levels of Severity:

- Two or three symptoms indicate a mild substance use disorder.
- Four or five symptoms indicate a moderate substance use disorder.
- Six or more symptoms indicate a severe substance use disorder.

A severe Substance Use Disorder (SUD) is also known as having an addiction, and there is reason to seek help.

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