

NESARC Paragraph

The National Epidemiologic Survey on Alcohol and Related Conditions

(NESARC) is a nationally representative study, funded by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), that explores substance use and mental health disorders of adults. The sample from the first wave of the survey was conducted in 2001-2002 and represents the civilian, non-institutionalized adult population of the United States and includes persons living in households, military personnel living off base, and persons residing in the following group quarters: boarding or rooming houses, non-transient hotels and motels, shelters, facilities for housing workers, college quarters and group homes. The housing unit sampling frame of the NESARC was the U.S. Bureau of Census Supplementary Survey and the Census 2000 Group Quarters Inventory.

One adult was selected for interview in each household and face-to-face computer assisted interviews were conducted in respondents' homes. The sample includes 43,093 respondents age 18 or older. Psychiatric and substance use disorders were assessed using the NIAAA, Alcohol Use Disorder and Associated Disabilities Interview Schedule – DSM-IV (AUDADIS-IV) (Grant et al., 2003, Grant et al., 1995). Reliability and validity estimates have been previously reported for both mood and anxiety disorder modules (Canino et al., 1999, Grant et al., 2003) and substance use modules (Grant et al., 2003, Grant et al., 1995) and have been consistently found to meet or surpass acceptable levels.

Unique Identifier: **IDNUM**

More information is available at <http://aspe.hhs.gov/hsp/06/catalog-ai-na/nesarc.htm>

NESARC Variables

Variable Names

IDNUM, AGE, REGION, DOBY, SEX, MARITAL, S1Q6A, S1Q7A1, S1Q239, S1Q2310, S1Q2311, S1Q2312, S1Q24FT, S1Q24IN, S1Q24LB, S2AQ1, S2AQ2, S2AQ3, S2AQ8A, S2AQ8B, S2AQ8C, S2CQ1, S2CQ2A1, S3AQ1A, CHECK321, S3AQ3B1, S3AQ3C1, S3BQ1A1, S3BQ1A2, S3BQ1A3, S3BQ1A4, S3BQ1A5, S3BQ1A6, S3BQ1A7, S3BQ1A8, S3BQ1A9A, MAJORDEPLIFE, PANLIFE, GPANLIFE, SOCOPDLIFE, GENAXLIFE, GAMBEVDX, ALCABDEP12DX, ALCABDEPP12DX, TAB12MDX, TABP12MDX, TABLIFEDX, STIM12ABDEP, STIMP12ABDEP, PAN12ABDEP, PANP12ABDEP, SED12ABDEP, SEDP12ABDEP, TRAN12ABDEP, TRANP12ABDEP, COC12ABDEP, COCP12ABDEP, SOL12ABDEP, SOLP12ABDEP, HAL12ABDEP, HALP12ABDEP, MAR12ABDEP, MARP12ABDEP, HER12ABDEP, HERP12ABDEP, OTHB12ABDEP, OTHBP12ABDEP, ETHRACE2A

Variables with Descriptions

- IDNUM – unique ID number
- AGE - age
- REGION – census region
- DOBY – date of birth: year
- SEX - sex
- MARITAL – current marital status
- S1Q6A – higher grade or year of school completed
- S1Q7A1 – presents situation includes working full time
- S1Q239 – had problem with neighbor, friend, or relative in last 12 months
- S1Q2310 – experiences major financial crisis, bankruptcy, or been unable to pay bills on time in last 12 months
- S1Q2311 – you or family member had trouble with police, got arrested, or sent to jail in last 12 months
- S1Q2312 – you or family member been victim of crime in last 12 months
- S1Q24FT – height: feet
- S1Q24IN – height: inches
- S1Q24LB – weight: pounds
- S2AQ1 – drank at least 1 alcoholic drink in life
- S2AQ2 – drank at least 12 alcoholic drinks in last 12 months
- S2AQ3 – drank at least 1 alcoholic drink in last 12 months
- S2AQ8A – how often drink any alcohol in last 12 months
- S2AQ8B – number of drinks of any alcohol usually consumer on days when drank alcohol in last 12 months
- S2AQ8C – largest number of drinks of any alcohol consumed on days when drank alcohol in last 12 months
- S2CQ1 – ever sought help because of drinking
- S2CQ2A1 – ever went to alcoholics/narcotics/cocaine anonymous, or 12-step meeting
- S3AQ1A – ever smoked 100+ cigarettes
- CHECK321 – cigarette smoking status

- S3AQ3B1 – usual frequency when smoked cigarettes
- S3AQ3C1 – usual quantity when smoked cigarettes
- S3BQ1A1 – ever used sedatives
- S3BQ1A2 – ever used tranquilizers
- S3BQ1A3 – ever used opioids
- S3BQ1A4 – ever used amphetamines
- S3BQ1A5 – ever used cannabis
- S3BQ1A6 – ever used cocaine or crack
- S3BQ1A7 – ever used hallucinogens
- S3BQ1A8 – ever used inhalants
- S3BQ1A9A – ever used heroin
- MAJORDEPLIFE – major depression – lifetime (non-hierarchical)
- PANLIFE – panic disorder without agoraphobia – lifetime (non-hierarchical)
- GPANLIFE – agoraphobia with no history of panic disorder – lifetime (non-hierarchical)
- SOCPDLIFE – social phobia – lifetime (non-hierarchical)
- GENAXLIFE – generalized anxiety disorder – lifetime (non-hierarchical)
- GAMBEVDX – pathological gambling - lifetime
- ALCABDEP12DX – alcohol abuse/dependence in last 12 months
- ALCABDEPP12DX – alcohol abuse/dependence prior to the last 12 months
- TAB12MDX – nicotine dependence in the last 12 months
- TABP12MDX – nicotine dependence prior to the last 12 months
- TABLIFEDX – nicotine dependence - lifetime
- STIM12ABDEP – amphetamine abuse/dependence in last 12 months
- STIMP12ABDEP – amphetamine abuse/dependence prior to the last 12 months
- PAN12ABDEP – opioid abuse/dependence in last 12 months
- PANP12ABDEP – opioid abuse/dependence prior to the last 12 months
- SED12ABDEP – sedative abuse/dependence in last 12 months
- SEDP12ABDEP – sedative abuse/dependence prior to the last 12 months
- TRAN12ABDEP – tranquilizer abuse/dependence in last 12 months
- TRANP12ABDEP – tranquilizer abuse/dependence prior to the last 12 months
- COC12ABDEP – cocaine abuse/dependence in last 12 months
- COCP12ABDEP – cocaine abuse/dependence prior to the last 12 months
- SOL12ABDEP – inhalant/solvent abuse/dependence in last 12 months
- SOLP12ABDEP – inhalant/solvent abuse/dependence prior to the last 12 months
- HAL12ABDEP – hallucinogen abuse/dependence in last 12 months
- HALP12ABDEP – hallucinogen abuse/dependence prior to the last 12 months
- MAR12ABDEP – cannabis abuse/dependence in last 12 months
- MARP12ABDEP – cannabis abuse/dependence prior to the last 12 months
- HER12ABDEP – heroin abuse/dependence in last 12 months
- HERP12ABDEP – heroin abuse/dependence prior to the last 12 months
- OTHB12ABDEP – other drug abuse/dependence in last 12 months
- OTHBP12ABDEP – other drug abuse/dependence prior to the last 12 months
- ETHRACE2A – imputed race/ethnicity

NESARC CODEBOOK

Tape Location Source Code Frequency Item value and description

SECTION 1: BACKGROUND INFORMATION

1-5 IDNUM UNIQUE ID NUMBER WITH NO ALPHABETICS
43093 1-43093. Unique Identification number

41-41 REGION CENSUS REGION
8209 1. Northeast
8991 2. Midwest
16156 3. South
9737 4. West

75-78 DOBY DATE OF BIRTH: YEAR
43093 1895-1984. Year

79-79 SEX SEX
18518 1. Male
24575 2. Female

114-114 MARITAL CURRENT MARITAL STATUS
20769 1. Married
1312 2. Living with someone as if married
(not currently married or separated from another person)
4271 3. Widowed
5401 4. Divorced
1445 5. Separated
9895 6. Never Married

131-132 S1Q6A HIGHEST GRADE OR YEAR OF SCHOOL COMPLETED
218 1. No formal schooling
137 2. Completed grade K, 1 or 2
421 3. Completed grade 3 or 4
931 4. Completed grade 5 or 6
414 5. Completed grade 7
1210 6. Completed grade 8
4518 7. Some high school (grades 9-11)
10935 8. Completed high school
1612 9. Graduate equivalency degree (GED)
8891 10. Some college (no degree)
3772 11. Completed associate or other technical 2-year degree
5251 12. Completed college (bachelor's degree)
1526 13. Some graduate or professional studies
(completed bachelor's degree but not graduate degree)
3257 14. Completed graduate or professional degree (master's degree or higher)

NESARC CODEBOOK

Tape Location	Source Code	Frequency	Item value and description
136-136	S1Q7A1		PRESENT SITUATION INCLUDES WORKING FULL TIME (35+ HOURS A WEEK)
		22267	1. Yes
		20826	2. No
302-302	S1Q239		HAD PROBLEMS WITH NEIGHBOR, FRIEND OR RELATIVE IN LAST 12 MONTHS
		2420	1. Yes
		40307	2. No
		366	9. Unknown
303-303	S1Q2310		EXPERIENCED MAJOR FINANCIAL CRISIS, BANKRUPTCY OR BEEN UNABLE TO PAY BILLS ON TIME IN LAST 12 MONTHS
		5037	1. Yes
		37679	2. No
		377	9. Unknown
304-304	S1Q2311		YOU OR FAMILY MEMBER HAD TROUBLE WITH POLICE, GOT ARRESTED OR SENT TO JAIL IN LAST 12 MONTHS
		2381	1. Yes
		40335	2. No
		377	9. Unknown
305-305	S1Q2312		YOU OR FAMILY MEMBER BEEN VICTIM OF CRIME IN LAST 12 MONTHS
		2765	1. Yes
		39955	2. No
		373	9. Unknown
306-307	S1Q24FT		HEIGHT: FEET
		42363	4-7. Feet
		730	99. Unknown
308-309	S1Q24IN		HEIGHT: INCHES
		3572	0. None
		38760	1-11. Inches
		761	99. Unknown
310-312	S1Q24LB		WEIGHT: POUNDS
		41717	62-500. Pounds
		1376	999. Unknown
313-313	S2AQ1		DRANK AT LEAST 1 ALCOHOLIC DRINK IN LIFE
		34827	1. Yes
		8266	2. No
314-314	S2AQ2		DRANK AT LEAST 12 ALCOHOLIC DRINKS IN LAST 12 MONTHS
		20836	1. Yes
		22225	2. No
		32	9. Unknown

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Tape Location Source Code Frequency Item value and description

315-315 S2AQ3 DRANK AT LEAST 1 ALCOHOLIC DRINK IN LAST 12 MONTHS

26946	1. Yes
16116	2. No
31	9. Unknown

397-398 S2AQ8A HOW OFTEN DRANK ANY ALCOHOL IN LAST 12 MONTHS

1865	1. Every day
1210	2. Nearly every day
2619	3. 3 to 4 times a week
2914	4. 2 times a week
3261	5. Once a week
3557	6. 2 to 3 times a month
2663	7. Once a month
1805	8. 7 to 11 times in the last year
3210	9. 3 to 6 times in the last year
3637	10. 1 or 2 times in the last year
205	99. Unknown
16147	BL. NA, former drinker or lifetime abstainer

399-400 S2AQ8B NUMBER OF DRINKS OF ANY ALCOHOL USUALLY CONSUMED ON DAYS WHEN DRANK ALCOHOL IN LAST 12 MONTHS

26708	1-98. Number of drinks
238	99. Unknown
16147	BL. NA, former drinker or lifetime abstainer

401-402 S2AQ8C LARGEST NUMBER OF DRINKS OF ANY ALCOHOL CONSUMED ON DAYS WHEN DRANK ALCOHOL IN LAST 12 MONTHS

26601	1-98. Number of drinks
345	99. Unknown
16147	BL. NA, former drinker or lifetime abstainer

592-592 S2CQ1 EVER SOUGHT HELP BECAUSE OF DRINKING

1910	1. Yes
32567	2. No
350	9. Unknown
8266	BL. NA, lifetime abstainer

593-593 S2CQ2A1 EVER WENT TO ALCOHOLICS/NARCOTICS/COCAINE ANONYMOUS, OR 12-STEP MEETING

1444	1. Yes
445	2. No
21	9. Unknown
41183	BL. NA, never or unknown if ever sought help with drinking

707-707 S3AQ1A EVER SMOKED 100+ CIGARETTES

18013	1. Yes
24636	2. No
444	9. Unknown

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Tape Location Source Code Frequency Item value and description

721-721	CHECK321	CIGARETTE SMOKING STATUS	
		9913	1. Smoked cigarettes in the past 12 months
		8078	2. Smoked cigarettes prior to the last 12 months
		22	9. Unknown
		25080	BL. NA, never or unknown if ever smoked 100+ cigarettes
722-722	S3AQ3B1	USUAL FREQUENCY WHEN SMOKED CIGARETTES	
		14836	1. Every day
		460	2. 5 to 6 Day(s) a week
		687	3. 3 to 4 Day(s) a week
		747	4. 1 to 2 Day(s) a week
		409	5. 2 to 3 Day(s) a month
		772	6. Once a month or less
		102	9. Unknown
		25080	BL. NA, never or unknown if ever smoked 100+ cigarettes
723-724	S3AQ3C1	USUAL QUANTITY WHEN SMOKED CIGARETTES	
		17751	1-98. Cigarette(s)
		262	99. Unknown
		25080	BL. NA, never or unknown if ever smoked 100+ cigarettes
944-944	S3BQ1A1	EVER USED SEDATIVES	
		1609	1. Yes
		41164	2. No
		320	9. Unknown
945-945	S3BQ1A2	EVER USED TRANQUILIZERS	
		1301	1. Yes
		41472	2. No
		320	9. Unknown
946-946	S3BQ1A3	EVER USED OPIOIDS	
		1815	1. Yes
		40954	2. No
		324	9. Unknown
947-947	S3BQ1A4	EVER USED AMPHETAMINES	
		1750	1. Yes
		41015	2. No
		328	9. Unknown
948-948	S3BQ1A5	EVER USED CANNABIS	
		8172	1. Yes
		34553	2. No
		368	9. Unknown

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Tape Location Source Code Frequency Item value and description

949-949 S3BQ1A6 EVER USED COCAINE OR CRACK

2528	1. Yes
40225	2. No
340	9. Unknown

950-950 S3BQ1A7 EVER USED HALLUCINOGENS

2176	1. Yes
40575	2. No
342	9. Unknown

951-951 S3BQ1A8 EVER USED INHALANTS

664	1. Yes
42096	2. No
333	9. Unknown

952-952 S3BQ1A9A EVER USED HEROIN

150	1. Yes
42643	2. No
300	9. Unknown

3549-3549 MAJORDEPLIFE MAJOR DEPRESSION - LIFETIME (NON-HIERARCHICAL)

35254	0. No
7839	1. Yes

3585-3585 PANLIFE PANIC DISORDER WITHOUT AGORAPHOBIA - LIFETIME (NON-HIERARCHICAL)

41293	0. No
1800	1. Yes

3603-3603 GPANLIFE AGORAPHOBIA WITH NO HISTORY OF PANIC DISORDER - LIFETIME (NON-HIERARCHICAL)

43029	0. No
64	1. Yes

3612-3612 SOCPDLIFE SOCIAL PHOBIA - LIFETIME (NON-HIERARCHICAL)

41072	0. No
2021	1. Yes

3630-3630 GENAXLIFE GENERALIZED ANXIETY DISORDER - LIFETIME (NON-HIERARCHICAL)

41155	0. No
1938	1. Yes

3639-3639 GAMBEVDX PATHOLOGICAL GAMBLING - LIFETIME

42898	0. No
195	1. Yes

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Tape Location Source Code Frequency Item value and description

3648-3648 ALCABDEP12DX ALCOHOL ABUSE/DEPENDENCE IN LAST 12 MONTHS

39766	0. No alcohol diagnosis
1843	1. Alcohol abuse only
553	2. Alcohol dependence only
931	3. Alcohol abuse and dependence

3649-3649 ALCABDEPP12DX ALCOHOL ABUSE/DEPENDENCE PRIOR TO THE LAST 12 MONTHS

31677	0. No alcohol diagnosis
6994	1. Alcohol abuse only
563	2. Alcohol dependence only
3859	3. Alcohol abuse and dependence

3650-3650 TAB12MDX NICOTINE DEPENDENCE IN THE LAST 12 MONTHS

38131	0. No nicotine dependence
4962	1. Nicotine dependence

3651-3651 TABP12MDX NICOTINE DEPENDENCE PRIOR TO THE LAST 12 MONTHS

36585	0. No nicotine dependence
6508	1. Nicotine dependence

3652-3652 TABLIPEDX NICOTINE DEPENDENCE - LIFETIME

36156	0. No nicotine dependence
6937	1. Nicotine dependence

3653-3653 STIM12ABDEP AMPHETAMINE ABUSE/DEPENDENCE IN LAST 12 MONTHS

43032	0. No amphetamine diagnosis
34	1. Amphetamine abuse only
3	2. Amphetamine dependence only
24	3. Amphetamine abuse and dependence

3654-3654 STIMP12ABDEP AMPHETAMINE ABUSE/DEPENDENCE PRIOR TO THE LAST 12 MONTHS

42342	0. No amphetamine diagnosis
530	1. Amphetamine abuse only
25	2. Amphetamine dependence only
196	3. Amphetamine abuse and dependence

3655-3655 PAN12ABDEP OPIOID ABUSE/DEPENDENCE IN LAST 12 MONTHS

42963	0. No opioid diagnosis
89	1. Opioid abuse only
14	2. Opioid dependence only
27	3. Opioid abuse and dependence

3656-3656 PANP12ABDEP OPIOID ABUSE/DEPENDENCE PRIOR TO LAST THE 12 MONTHS

42609	0. No opioid diagnosis
374	1. Opioid abuse only
19	2. Opioid dependence only
91	3. Opioid abuse and dependence

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Tape Location Source Code Frequency Item value and description

3657-3657 SED12ABDEP SEDATIVE ABUSE/DEPENDENCE IN LAST 12 MONTHS

43031	0. No sedative diagnosis
34	1. Sedative abuse only
18	2. Sedative dependence only
10	3. Sedative abuse and dependence

3658-3658 SEDP12ABDEP SEDATIVE ABUSE/DEPENDENCE PRIOR TO THE LAST 12 MONTHS

42717	0. No sedative diagnosis
287	1. Sedative abuse only
22	2. Sedative dependence only
67	3. Sedative abuse and dependence

3659-3659 TRAN12ABDEP TRANQUILIZER ABUSE/DEPENDENCE IN LAST 12 MONTHS

43042	0. No tranquilizer diagnosis
32	1. Tranquilizer abuse only
9	2. Tranquilizer dependence only
10	3. Tranquilizer abuse and dependence

3660-3660 TRANP12ABDEP TRANQUILIZER ABUSE/DEPENDENCE PRIOR TO THE LAST 12 MONTHS

42742	0. No tranquilizer diagnosis
269	1. Tranquilizer abuse only
18	2. Tranquilizer dependence only
64	3. Tranquilizer abuse and dependence

3661-3661 COC12ABDEP COCAINE ABUSE/DEPENDENCE IN LAST 12 MONTHS

42996	0. No cocaine diagnosis
48	1. Cocaine abuse only
5	2. Cocaine dependence only
44	3. Cocaine abuse and dependence

3662-3662 COCP12ABDEP COCAINE ABUSE/DEPENDENCE PRIOR TO THE LAST 12 MONTHS

41951	0. No cocaine diagnosis
756	1. Cocaine abuse only
17	2. Cocaine dependence only
369	3. Cocaine abuse and dependence

3663-3663 SOL12ABDEP INHALANT/SOLVENT ABUSE/DEPENDENCE IN LAST 12 MONTHS

43084	0. No inhalant/solvent diagnosis
7	1. Inhalant/solvent abuse only
2	2. Inhalant/solvent dependence only

3664-3664 SOLP12ABDEP INHALANT/SOLVENT ABUSE/DEPENDENCE PRIOR TO THE LAST 12 MONTHS

42960	0. No inhalant/solvent diagnosis
114	1. Inhalant/solvent abuse only
2	2. Inhalant/solvent dependence only
17	3. Inhalant/solvent abuse and dependence

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Tape Location Source Code Frequency Item value and description

3665-3665 HAL12ABDEP HALLUCINOGEN ABUSE/DEPENDENCE IN LAST 12 MONTHS

- | | |
|-------|--------------------------------------|
| 43042 | 0. No hallucinogen diagnosis |
| 43 | 1. Hallucinogen abuse only |
| 1 | 2. Hallucinogen dependence only |
| 7 | 3. Hallucinogen abuse and dependence |

3666-3666 HALP12ABDEP HALLUCINOGEN ABUSE/DEPENDENCE PRIOR TO THE LAST 12 MONTHS

- | | |
|-------|--------------------------------------|
| 42493 | 0. No hallucinogen diagnosis |
| 511 | 1. Hallucinogen abuse only |
| 12 | 2. Hallucinogen dependence only |
| 77 | 3. Hallucinogen abuse and dependence |

3667-3667 MAR12ABDEP CANNABIS ABUSE/DEPENDENCE IN LAST 12 MONTHS

- | | |
|-------|----------------------------------|
| 42533 | 0. No cannabis diagnosis |
| 427 | 1. Cannabis abuse only |
| 23 | 2. Cannabis dependence only |
| 110 | 3. Cannabis abuse and dependence |

3668-3668 MARP12ABDEP CANNABIS ABUSE/DEPENDENCE PRIOR TO THE LAST 12 MONTHS

- | | |
|-------|----------------------------------|
| 39883 | 0. No cannabis diagnosis |
| 2751 | 1. Cannabis abuse only |
| 33 | 2. Cannabis dependence only |
| 426 | 3. Cannabis abuse and dependence |

3669-3669 HER12ABDEP HEROIN ABUSE/DEPENDENCE IN LAST 12 MONTHS

- | | |
|-------|--------------------------------|
| 43086 | 0. No heroin diagnosis |
| 3 | 1. Heroin abuse only |
| 4 | 3. Heroin abuse and dependence |

3670-3670 HERP12ABDEP HEROIN ABUSE/DEPENDENCE PRIOR TO THE LAST 12 MONTHS

- | | |
|-------|--------------------------------|
| 42991 | 0. No heroin diagnosis |
| 53 | 1. Heroin abuse only |
| 1 | 2. Heroin dependence only |
| 48 | 3. Heroin abuse and dependence |

3671-3671 OTHB12ABDEP OTHER DRUG ABUSE/DEPENDENCE IN LAST 12 MONTHS

- | | |
|-------|------------------------------------|
| 43091 | 0. No other drug diagnosis |
| 1 | 1. Other drug abuse only |
| 1 | 3. Other drug abuse and dependence |

3672-3672 OTHBP12ABDEP OTHER DRUG ABUSE/DEPENDENCE PRIOR TO THE LAST 12 MONTHS

- | | |
|-------|------------------------------------|
| 43055 | 0. No other drug diagnosis |
| 30 | 1. Other drug abuse only |
| 1 | 2. Other drug dependence only |
| 7 | 3. Other drug abuse and dependence |

3673-3674 ETHRACE2A IMPUTED RACE/ETHNICITY

- | | |
|-------|---|
| 24507 | 1. White, Not Hispanic or Latino |
| 8245 | 2. Black, Not Hispanic or Latino |
| 701 | 3. American Indian/Alaska Native, Not Hispanic or Latino |
| 1332 | 4. Asian/Native Hawaiian/Pacific Islander, Not Hispanic or Latino |
| 8308 | 5. Hispanic or Latino |

NESARC DSM-IV DEFINITIONS

Social Phobia

Individuals suffering from this disorder experience unreasonable fear or anxiety in connection with exposure to **social** situations involving contact with people they do not know or who they expect may judge them and because of this avoid such situations whenever possible.

- (1) A marked and persistent fear of one or more social or performance situations in which the person is exposed to unfamiliar people or to possible scrutiny by others. The individual fears that he or she will act in a way (or show anxiety symptoms) that will be humiliating or embarrassing.
- (2) Exposure to the feared social situation almost invariably provokes anxiety, which may take the form of a situationally bound or situationally predisposed Panic Attack.
- (3) The person recognizes that the fear is excessive or unreasonable.
- (4) The feared social or performance situations are avoided or else are endured with intense anxiety or distress.
- (5) The avoidance, anxious anticipation, or distress in the feared social or performance situation(s) interferes significantly with the person's normal routine, occupational (academic) functioning, or social activities or relationships, or there is marked distress about having the phobia.

Major Depressive Disorder

For an individual to be diagnosed with this Depressive Disorder they must have experienced at least one Major Depressive Episode, but no Manic, Hypomanic, or Mixed Episodes.

A Major Depressive Episode presents at least five of the following symptoms for a 2-week period, and represent a change from previous behavior:

- (1) Depressed mood most of the day, nearly every day, as indicated by either subjective report (e.g., feels sad or empty) or observation made by others (e.g., appears tearful).
- (2) Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day (as indicated by either subjective account or observation made by others)

- (3) Significant weight loss when not dieting or weight gain (e.g., a change of more than 5% of body weight in a month), or decrease or increase in appetite nearly every day.
- (4) Insomnia or Hypersomnia early every day
- (5) Psychomotor agitation or retardation nearly every day (observable by others, not merely subjective feelings of restlessness or being slowed down)
- (6) Fatigue or loss of energy nearly every day
- (7) Feelings of worthlessness or excessive or inappropriate guilt (which may be delusional) nearly every day (not merely self-reproach or guilt about being sick)
- (8) Diminished ability to think or concentrate, or indecisiveness, nearly every day (either by subjective account or as observed by others)
- (9) Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide

Panic Disorder without Agoraphobia

When an individual suffers recurrent *Panic Attacks* with no associated *Agoraphobia* they may be diagnosed with this *Anxiety Disorder*.

- (1) Both (a) and (b):
 - (a) Recurrent unexpected *Panic Attacks*
 - (b) At least one of the attacks has been followed by 1 month (or more) of one (or more) of the following:
 - (i) Persistent concern about having additional attacks
 - (ii) Worry about the implications of the attack or its consequences (e.g., losing control, having a heart attack, "going crazy")
 - (iii) A significant change in behavior related to the attacks
- (2) Absence of *Agoraphobia*.

Agoraphobia

Avoidance or anxiety related to open spaces or any place outside of one's home or a safe zone characterize this *Anxiety Disorder* related to *Panic Disorder*.

- (1) Anxiety about being in places or situations from which escape might be difficult (or embarrassing) or in which help may not be available in the event of having an unexpected or situationally predisposed Panic Attack or panic-like symptoms. Agoraphobic fears typically involve characteristic clusters of situations that include being outside the home alone; being in a crowd, or standing in a line; being on a bridge; and traveling in a bus, train, or automobile.
- (2) The situations are avoided (e.g., travel is restricted) or else are endured with marked distress or with anxiety about having a Panic Attack or panic-like symptoms, or require the presence of a companion.

Generalized Anxiety Disorder

- (1) Excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least 6 months, about a number of events or activities (such as work or school performance).
- (2) The person finds it difficult to control the worry.
- (3) The anxiety and worry are associated with three (or more) of the following six symptoms (with at least some symptoms present for more days than not for the past 6 months). Note: Only one item is required in children.
 - (a) Restlessness or feeling keyed up or on edge
 - (b) Being easily fatigued
 - (c) Difficulty concentrating or mind going blank
 - (d) Irritability
 - (e) Muscle tension
 - (f) Sleep disturbance (difficulty falling or staying asleep, or restless unsatisfying sleep)
- (4) The anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

Pathological Gambling

(1) Persistent and recurrent maladaptive gambling behavior as indicated by five (or more) of the following:

- (a) Is preoccupied with gambling (e.g., preoccupied with reliving past gambling experiences, handicapping or planning the next venture, or thinking of ways to get money with which to gamble)
 - (b) Needs to gamble with increasing amounts of money in order to achieve the desired excitement
 - (c) Has repeated unsuccessful efforts to control, cut back, or stop gambling
 - (d) Is restless or irritable when attempting to cut down or stop gambling
 - (e) Gambles as a way of escaping from problems or of relieving adysphoric mood (e.g., feelings of helplessness, guilt, anxiety, depression)
 - (f) After losing money gambling, often returns another day to get even ("chasing" one's losses)
 - (g) Lies to family members, therapist, or others to conceal the extent of involvement with gambling
 - (h) Has committed illegal acts such as forgery, fraud, theft, or embezzlement to finance gambling
 - (i) Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling
 - (j) Relies on others to provide money to relieve a desperate financial situation caused by gambling
- (2) The gambling behavior is not better accounted for by a Manic Episode.