American Psychiatric Association’s
Diagnostic and Statistical Manual, Fourth Edition Revised
Criteria for “Nicotine Withdrawal”
(DSM-V)

A. Daily use of nicotine for at least several weeks.

B. Abrupt cessation of nicotine use, or reduction in the amount of nicotine used, followed within 24 hours by four (or more) of the following signs:

1) anxiety
2) decreased heart rate
3) difficulty concentrating
4) dysphoric or depressed mood
5) increased appetite or weight gain
6) insomnia
7) irritability, frustration or anger
8) restlessness

C. The symptoms in Criterion B cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

D. The symptoms are not due to a general medical condition and are not better accounted for by another mental disorder.