

American Psychiatric Association's
Diagnostic and Statistical Manual, Fourth Edition Revised
Criteria for "Nicotine Withdrawal"
(DSM-IV-TR, p 266)

- 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.