

World Health Organization's
International Classification of Diseases – 10th Edition
Research Criteria for "Tobacco Withdrawal State"
(ICD-10 Diagnostic Criteria for Research, p 61)

- A. There must be clear evidence of recent cessation or reduction of substance use after repeated, and usually prolonged and/or high-dose, use of that substance.
- B. Symptoms and signs are compatible with the known features of a withdrawal state from the particular substance or substances (see below).
- C. Symptoms and signs are not accounted for by a medical disorder unrelated to substance use, and not better accounted for by another mental or behavioural disorder.
- D. Any two of the following signs must be present:
 - 1) anxiety
 - 2) craving for tobacco (or other nicotine-containing products)
 - 3) difficulty in concentrating
 - 4) dysphoric mood
 - 5) increased appetite
 - 6) increased cough
 - 7) insomnia
 - 8) irritability or restlessness
 - 9) malaise or weakness
 - 10) mouth ulceration