

**Your answers to the exercise on selected vignette (Anita, Kevin, Norman or Francine) should approximate the responses below.**

**Anita** demonstrates at least 7 of the 11 DSM 5 criteria for dependence:

1. Taken in larger amounts or over longer period than intended:
  - ◆ She has made several attempts intending only to have one or two cigarettes, but has relapsed back to regular smoking.
2. Persistent desire or unsuccessful efforts to cut down or control use:
  - ◆ She wants to stop smoking, and has made several attempts to quit.
3. Great deal of time spent to obtain or use:
  - ◆ N/A
4. Craving, or a strong desire to use tobacco:
  - ◆ Feels she must stop whatever she is doing to buy cigarettes
5. Recurrent use resulting in a failure to fulfill major role obligations:
  - ◆ N/A
6. Continued use despite have a persistent or recurrent social or interpersonal problems exacerbated by the effects of tobacco
  - ◆ N/A
7. Giving up or reducing important social, occupational or recreational activities because of tobacco use:
  - ◆ She has given up going to the gym, and leaves whatever activity she is engaged in to buy cigarettes.
8. Recurrent use in situations in which it is physically hazardous
  - ◆ N/A
9. Continued use despite knowledge of having persistent or recurrent physical or psychological problem caused or exacerbated by tobacco use:
  - ◆ She describes coughing, stained teeth, and ongoing bouts of bronchitis.
10. Tolerance:
  - ◆ Able to smoke a pack per day with no nausea or dizziness
11. Withdrawal:
  - ◆ She mentions the relief she feels as soon as she lights up, and the depression she felt when she stopped smoking for a few days.

Some of the physiological, psychological, and social components of tobacco dependence for Anita are:

1. **Physiological:** She describes the relief of smoking after she's run out of cigarettes, showing the power of withdrawal; smoking relaxes her; she has experienced depression as withdrawal; she gets bronchitis and is out of breath.
2. **Psychological:** She feels relief as she undoes the pack of cigarettes, and feels like herself again when she smokes (showing the strength of her identity as a smoker). She loves the taste, smell, everything about smoking, and cigarettes are her friends. She has had depression as a withdrawal symptom, allowing the possibility that she is using smoking as a self-medication for depression (this would also fit as a physiological component). Smoking has become a habit for her (as for all regular smokers). Finally, she is embarrassed to ask for help, illustrating the shame that many smokers feel.
3. **Social:** She describes cigarettes as her best friends, and she does not mention other people in her life.

**Kevin** demonstrates at least 8 of the 11 DSM 5 criteria for dependence:

1. Taken in larger amounts or over longer period than intended:
  - ◆ He never thought that he would be addicted
2. Persistent desire or unsuccessful efforts to cut down or control use:
  - ◆ He wants to quit, and he has tried before.
3. Great deal of time spent to obtain or use:
  - ◆ N/A
4. Craving, or a strong desire to use tobacco:
  - ◆ Smokes to manage stress
5. Recurrent use resulting in a failure to fulfill major role obligations:
  - ◆ N/A
6. Continued use despite have a persistent or recurrent social or interpersonal problems exacerbated by the effects of tobacco
  - ◆ Lies to his mother about the amount he is smoking
  - ◆ Is a source of conflict with his girlfriend who would like him to quit
7. Giving up or reducing important social, occupational or recreational activities because of tobacco use:
  - ◆ He doesn't play basketball as often as he used to because of the health effects of smoking. He can't afford to pay for the movies, and he can't save money.
8. Recurrent use in situations in which it is physically hazardous
  - ◆ N/A
9. Continued use despite knowledge of having persistent or recurrent physical or psychological problem caused or exacerbated by tobacco use:
  - ◆ Describes a tightness in his chest with exertion that he attributes to smoking
10. Tolerance:
  - ◆ He describes initially smoking just a few, eventually building up to a pack a day.
  - ◆ Able to smoke a pack per day with no nausea or dizziness
11. Withdrawal:
  - ◆ He talks about lighting up right after the movie, and that the last time he tried to quit, he was "all nerved up" and irritable.

Some signs of the physiological, psychological, and social components of tobacco dependence for Kevin are:

1. **Physiological:** Smoking calms him down and helps him to think when he is stressed. He describes the symptoms of withdrawal that he experienced the last time that he quit (anxiety, irritability).
2. **Psychological:** Again, smoking calms him down and helps him think when stressed. He likes to smoke.
3. **Social:** He first got cigarettes from his friends. His brother and all his brother's friends smoke. Smoking is permitted in the home, and he feels like he does not have any say in this. Buying cigarettes means he can't pay for his dates with his girlfriend, which bothers him. He is lying to his mother about how much he smokes. He doesn't spend time with the basketball players as much as he did. His girlfriend says he smells bad, and her concern about his irritability the last time he quit was a factor in his decision to smoke again.

**Norman** demonstrates at least 7 of the 11 DSM 5 criteria for dependence:

1. Taken in larger amounts or over longer period than intended:
  - ◆ He did not anticipate that he would wind up smoking a pack and a half for 10 years
2. Persistent desire or unsuccessful efforts to cut down or control use:
  - ◆ He's ready to quit, and has quit before but relapsed.
3. Great deal of time spent to obtain or use:
  - ◆ N/A
4. Craving, or a strong desire to use tobacco:
  - ◆ Craves cigarettes during the work day
5. Recurrent use resulting in a failure to fulfill major role obligations:
  - ◆ Beginning to have concerns at work because of his frequent smoking breaks
6. Continued use despite have a persistent or recurrent social or interpersonal problems exacerbated by the effects of tobacco
  - ◆ N/A
7. Giving up or reducing important social, occupational or recreational activities because of tobacco use:
  - ◆ N/A
8. Recurrent use in situations in which it is physically hazardous
  - ◆ N/A
9. Continued use despite knowledge of having persistent or recurrent physical or psychological problem caused or exacerbated by tobacco use:
  - ◆ He continues to smoke, despite coughing and getting heart palpitations.
10. Tolerance:
  - ◆ He increased from smoking once in a while to a pack and a half a day
  - ◆ Able to smoker pack and a half per day with no nausea or dizziness
11. Withdrawal:
  - ◆ He gets anxious and depressed when he quits, and also gained weight

Some signs of the physiological, psychological, and social components of tobacco dependence for Norman are:

1. **Physiological:** He has experienced withdrawal symptoms of anxiety and depression, which may be a sign of an underlying psychiatric illness. He gained weight when he quit. He's been coughing a lot and having heart palpitations.
2. **Psychological:** Gets anxious and depressed when he quits, and is surprised by how difficult it has been for him to quit (which can lead to feelings of hopelessness). He does not know how he will cope with worries and tough situations without smoking, and doesn't think that any help or programs exist for him.
3. **Social:** Most of his friends smoke, and he's not sure how they'll react if he quits. He started smoking in the social situation of the bars.

**Francine** demonstrates at least 5 of the 11 DSM 5 criteria for dependence:

1. Taken in larger amounts or over longer period than intended:
2. Persistent desire or unsuccessful efforts to cut down or control use:
  - ◆ She has made several quit attempts intending not to smoke again, but has relapsed.
3. Great deal of time spent to obtain or use:
  - ◆ N/A
4. Craving, or a strong desire to use tobacco:
  - ◆ N/A
5. Recurrent use resulting in a failure to fulfill major role obligations:
  - ◆ N/A
6. Continued use despite have a persistent or recurrent social or interpersonal problems exacerbated by the effects of tobacco
  - ◆ N/A
7. Giving up or reducing important social, occupational or recreational activities because of tobacco use:
  - ◆ She has given up bingo because the venue is non-smoking
8. Recurrent use in situations in which it is physically hazardous
  - ◆ N/A
9. Continued use despite knowledge of having persistent or recurrent physical or psychological problem caused or exacerbated by tobacco use:
  - ◆ She has emphysema, and her breathing is getting bad.
10. Tolerance:
  - ◆ Able to smoke 2 packs per day with no nausea or dizziness
11. Withdrawal:
  - ◆ Describes headache during a quit attempt

Some signs of the physiological, psychological, and social components of tobacco dependence for Francine are:

1. **Physiological:** She has emphysema as a result of smoking. Having experienced uncomfortable withdrawal symptoms when she tried to quit is a deterrent to making another quit attempt. Her breathing is getting bad.
2. **Psychological:** She feels that she will never be able to quit. She enjoys smoking.
3. **Social:** All of her friends smoke, and she imagines that she would have to give up playing cards with them if she quit. She gave up bingo already. It sounds like she doesn't feel supported by her husband and doctor.