

APPENDIX 2: A SUMMARY OF THE DSM-IV DEFINITIONS OF DEPRESSION, SUBSTANCE ABUSE/DEPENDENCE AND CONDUCT DISORDER

Major depression: Mood disorders in young people are often difficult to recognise since individuals with major depression may exhibit little outward sign of their inner despair and feelings.

Table 2.1 Major depressive disorder.

The key features that define this condition include at least five of the following symptoms (including either 1 or 2) which must be present during a two week period and which represent a change from previous functioning:

- depressed mood most of the day, almost every day
- a markedly diminished interest or pleasure in normal activities
- significant weight loss or weight gain
- difficulty in sleeping, or sleeping too much
- inability to remain still, or slowed physical movements
- fatigue or loss of energy
- feelings of worthlessness or excessive guilt
- diminished ability to think or to concentrate, or significant indecisiveness
- recurrent thoughts of death or suicidal thoughts, plans or behaviours.

Substance abuse disorders:

Substance use disorders in young people may also be difficult to detect, particularly in the school context. Substance use disorders include both substance abuse disorders and substance dependence disorders. The key features of substance dependence disorders relate to a cluster of cognitive, behavioural and physiological symptoms indicating that the individual continues to use the substance despite significant substance-related problems. There is a pattern of repeated self-administration which usually results in tolerance, withdrawal and compulsive drug-taking behaviour (American Psychiatric Association, 1994). The essential feature of substance abuse disorders is a maladaptive pattern of substance use, and unlike the criteria for substance dependence, the criteria

for substance abuse do not include tolerance, withdrawal or a pattern of compulsive use and instead include only the harmful consequences of repeated use (American Psychiatric Association, 1994). The key features of substance abuse and dependence disorders are given as follows:

Table 2.2 Substance abuse disorder.

A maladaptive pattern of substance use which does not meet criteria for substance dependence, and which includes at least one of the following features:

- recurrent substance use which significantly affects performance at school, work or home
- recurrent substance use in situations in which it is physically hazardous
- recurrent substance related legal problems
- continued substance use despite having persistent or recurrent social or interpersonal problems caused by the effects of the substance.

Table 2.3 Substance dependence disorder.

A maladaptive pattern of substance use, leading to significant impairment or distress, and including at least three of the following features which occur within the same 12 month period:

- **tolerance** - indicated by either the need for greatly increased amounts of the substance to achieve intoxication (or the desired effect) or a markedly diminished effect with continued use of the same amount of the substance
- **withdrawal** - indicated by either the characteristic withdrawal pattern for the particular substance, or the use of the same or similar substance to relieve or avoid withdrawal effects
- the substance is often taken in larger amounts or over a longer period than was intended

- there is a persistent desire to decrease or stop substance use
- a great deal of time is present in activities necessary to get the substance, to use it or to recover from its effects
- important social, occupational or recreational activities are given up or reduced because of substance use
- use of the substance continues despite knowledge of having a persistent or recurrent physical or psychological problem with the substance.

Conduct disorder: In contrast to major depression and substance abuse disorders which may be somewhat difficult to detect within the school context, young people with conduct disorders are likely to be well recognised and conspicuous within the school context owing to their high frequency of antisocial, and often aggressive, behaviours. The key features of conduct disorder include:

Table 2.4 Conduct disorder.

A repetitive and persistent pattern of behaviour in which the rights of others or societal standards of behaviour are violated, the behaviour leads to significant impairment in social, academic or occupational performance, and which includes three or more of the following behaviours:

- **Aggression to people and animals, including -**
often bullying, threatening or intimidating others
often initiating physical fights using a weapon capable of causing serious harm against others
physical cruelty against people or animals
stealing while confronting a victim
forcing someone into sexual activity
- **destruction of property, including -**
arson or other deliberate destruction of other's property
- **deceitfulness or theft, including -**
breaking into other's house, building or car
often lying to deceive others or to obtain property
stealing items of significant value
- **serious violation of rules, including -**
staying out at night, beginning before age 13, and despite parental prohibitions
running away from home and staying out overnight, at least twice
often truanting from school, beginning before age 13

