

Categories and Definitions for Patterns of Alcohol Use

Category	Organization	Definition
Moderate drinking	NIAAA	Men, less than or equal to 2 drinks per day Women, less than or equal to 1 drink per day Over 65 years, less than or equal to 1 drink per day
At-risk drinking	NIAAA	Men, >14 drinks per wk or >4 drinks per occasion Women, >7 drinks per wk or >3 drinks per occasion
Hazardous drinking	WHO	At risk for adverse consequences from alcohol
Harmful drinking	WHO	Alcohol is causing physical or psychological harm
DSM-IV alcohol abuse	APA	One or more of the following events in a year: Recurrent use resulting in failure to fulfill major role obligations Recurrent use in hazardous situations Recurrent alcohol-related legal problems (e.g., DUI) Continued use despite social or interpersonal problems caused or exacerbated by alcohol
DSM-IV Alcohol dependence	APA	Three or more of the following events in a year: Tolerance Increased amounts to achieve effect; diminished effect from same amount Withdrawal Great deal of time spent obtaining alcohol, using it, or recovering from its effects Important activities given up or reduced because of alcohol Drinking more or longer than intended Persistent desire or unsuccessful efforts to cut down or control alcohol use Use continued despite knowledge of having a psychological problem caused or exacerbated by alcohol

APA = American Psychiatric Association; DSM-IV = *Diagnostic and Statistical Manual of Mental Disorders*; DUI = driving under the influence; NIAAA = National Institute on Alcoholism and Alcohol Abuse; WHO = World Health Organization.