



North Carolina Problem Gambling Program
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DSM-5 Diagnostic Criteria: Gambling Disorder

This is for informational purposes only.

- A) Persistent and recurrent problematic gambling behavior leading to clinically significant impairment or distress, as indicated by the individual exhibiting four (or more) of the following in a 12-month period:
- Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
 - Is restless or irritable when attempting to cut down or stop gambling.
 - Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
 - Is often preoccupied with gambling (e.g., having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble).
 - Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed).
 - After losing money gambling, often returns another day to get even (“chasing” one’s losses)
 - Lies to conceal the extent of involvement with gambling.
 - Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
 - Relies on others to provide money to relieve desperate financial situations caused by gambling.
- B) The gambling behavior is not explained by a manic episode.

Specify if:

Episodic: Meeting diagnostic criteria at more than one time point, with symptoms subsiding between periods of gambling disorder for at least several months.

Persistent: Experiencing continuous symptoms, to meet diagnostic criteria for multiple years.

Specify if:

In early remission: After full criteria for gambling disorder were previously met, none of the criteria for gambling disorder have been met for at least 3 months but for less than 12 months.

In sustained remission: After full criteria for gambling disorder were previously met, none of the criteria for gambling disorder have been met during a period of 12 months or longer.

Specify current severity:

Mild: 4-5 criteria met.

Moderate: 6-7 criteria met.

Severe: 8-9 criteria met.

Reference: From the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (section 312.31).



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