

Appendix 1 (as supplied by the authors): Diagnostic checklist for alcohol use disorder and major depressive episode¹

(Adapted from DSM-5)

Alcohol Use Disorder

Problematic pattern of alcohol use leading to clinically significant impairment or distress as manifested by the presence of at least of two of those alcohol related criteria occurring within a 12-month period:

1. Loss of control over quantity and/or frequency of drinking
2. Inability to cut down
3. Great deal of time is spent on alcohol
4. Cravings
5. Failure to fulfill major role obligations
6. Social and interpersonal problems
7. Activities are given up or reduced
8. Use in physically hazardous situations
9. Important activities are given up
10. Increased tolerance
11. Withdrawal

Major Depressive Episode

- A. **Five** or more of the following symptoms were present at the same **2-week** period and represent a change from previous functioning. At least one of the first two criteria is met.
 1. **Depressed mood**
 2. **Diminished interest or pleasure**
 3. Weight loss or gain
 4. Insomnia or hypersomnia
 5. Psychomotor agitation or retardation
 6. Fatigue or loss of energy
 7. Feeling of worthlessness or guilt
 8. Inability to concentrate
 9. Thoughts of death or suicide
- B. The symptoms cause distress or impairment of functioning
- C. The episode is not due to substance use or medical condition
- D. The episode is not better explained by another mental disorder
- E. No history of manic or hypomanic episode

NB: If episode is due to alcohol use, depressive disorder is classified as alcohol-induced.

Reference:

1. American Psychiatric Association. *Diagnostic and statistical manual of mental disorders. Fifth edition.* Arlington (VA): American Psychiatric Association Publishing; 2013.