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**Withdrawal Symptoms:
Similarities Within the
Addictive Process**

by

Vicki Aponte

August 1, 1990

In the 1960s and early 1970s researchers were interested in studying the effects of drug use, mainly because drug use was just beginning to become more popular throughout our society. At this time experimenters were investigating the psychological effects drugs had on individuals and researchers were just beginning to associate drug abuse with the term addiction. Such maladaptive behaviors as eating disorders, compulsive gambling, love addictions, sexual obsessions, etc., were not even thought about as addictions.

Today, researchers have attempted to broaden the concept of addiction by applying the term to a variety of maladaptive behaviors. Several recent studies have investigated the relationships among different types of addiction. Researchers have looked at similarities in behavioral mechanisms and the processes that take place during beginning phases of the addictive process. However, few studies have compared psychological and physiological effects of withdrawal symptoms across types of addiction. It has been the view of some researchers that investigations in this area of addiction has consistently examined addictive behaviors

as separate entities; therefore, excluding opportunities to find commonalities. As a consequence, reports dealing with alcoholism, heroin, and other drug dependencies, eating disorders, compulsive gambling, and other forms of addictive behavior tend to be found in distinct literatures with little cross reference to one another (Miller, 1980).

One reason for assessing similarities in withdrawal symptoms across addictions is the possibility that commonalities may exist across different types of addictions within the withdrawal phase. Withdrawal symptoms have been determined to be a consistent indicator of drug addiction. We recognize addiction by a persons heightened and habituated need for a substance; by the intense suffering that results from discontinuation of its use; and by the person's willingness to sacrifice all (to the point of self-destructiveness) for taking drugs (Peele, 1985). In other words, addiction is often understood as a process that is controlled by the experience of withdrawal symptoms after cessation of a substance. The main determinant as to whether the individual returns to the addiction generally depends on the

severity of the withdrawal symptoms. Therefore, if similarities can be found in withdrawal symptoms across different types of addictive behavior then this would provide a common indicator for compulsive behaviors such as drug addiction, eating disorders, addictive relationships, compulsive gambling, etc.

In order to show commonalities in the withdrawal phase of the addiction process it is important to review similarities and differences in withdrawal symptoms across different types of addiction. Withdrawal symptoms of substances were examined using (DSM-III-R) Diagnostic and Statistical Manual of Mental Disorders (Third Edition - Revised) published by (APA) American Psychiatric Association. There are two types of alcohol withdrawal categorized according to the amount of alcohol intake and the duration of alcoholism. One type is uncomplicated alcohol withdrawal which consists of symptoms such as nausea, vomiting, malaise or weakness, autonomic hyperactivity., eg., tachycardia, sweating, elevated blood pressure; anxiety, depressed mood, irritability, transient hallucinations or illusions, headache and insomnia. The other type of alcohol withdrawal delirium which involves

symptoms such as delirium, marked autonomic hyperactivity and hallucinations. Withdrawal from caffeine generally results in headaches, irritability, and lack of energy. Nicotine withdrawal generally consists of craving for nicotine, irritability, frustration, anger, anxiety, difficulty concentrating, restlessness, decreased heart rate, and increased appetite or weight gain.

In comparison, psychological and physiological symptoms associated with intense grief due to the loss of a loved one usually result in restlessness, disturbed sleep, loss of appetite, weight loss, irritability, depressed mood, guilt, loneliness, anger, hopelessness, and loss of energy (DeSpelder & Strickland, 1987). Restlessness and depressed mood seem to be common among alcohol. Caffeine and nicotine withdrawal is generally associated with weight gain; grief is not.

It has been found that when high frequency gamblers abstain, more than 20 percent of the subjects reported disturbances such as irritability (46.34%), restlessness (46.34%), depressed mood (39.02%), lack of concentration (36.58%), guilt (36.58%), anxious

(31.17%), anger (26.82%), and bored (29.27%) (Wray and Dickerson, 1981). These findings such as irritability and anger also seen to be common among all types, while restlessness, depressed mood, lack of concentration and anxiety seem to be common only to alcohol, nicotine and grief withdrawals.

When considering these similarities it seems plausible that withdrawal from a close human relationship would also resemble these types of symptoms. Therefore, the purpose of this study is to demonstrate similarities between types of withdrawal symptoms from broken relationships with symptoms across addictive types of behaviors. If similarities can be found then this will help in condensing information from the different types of addictive behaviors and commonalities among addictions may emerge. In this present study it is hypothesized that there shall be no significant difference between withdrawal symptoms of broken relationships and withdrawal symptoms across addictive use of psychoactive drugs.

Methods

Subjects. The subjects for this current study consist of a total of 27 individuals from Alcoholics Anonymous and 191 undergraduate students enrolled in an Introductory Psychology course at Southern Illinois University-Carbondale. There were 13 males and 14 females in the Alcoholics Anonymous group and 117 males and 74 females in the undergraduate group.

Apparatus. Three questionnaires were administered. The first questionnaire provided a general description of the subjects involved in this survey (see Appendix 1 for general questionnaire). The second questionnaire allowed the experimenter to measure the subjects perceptions of the term "addiction" on three categories; relationship addiction, drug and alcohol addiction and a general overall explanation of addiction (see Appendix 2 for Interpretation of Addiction Questionnaire). The third questionnaire (WSS) Withdrawal Symptom Survey indicated possible withdrawal symptoms the subjects may have encountered when and if he/she dealt with cessation of one of the following substances (Nicotine, Caffeine, Alcohol, Food) or if they experienced withdrawal symptoms from one of the

following events (grief, loss of a loved one; relationship broken) See Appendix 3 for (WSS) Withdrawal Symptom Survey.

Procedure. The first group surveyed were the members from Alcoholics Anonymous. The general information questionnaire was administered first then proceeding this the interpretation questionnaire was given and lastly the (WSS) Withdrawal Symptom Survey. The experimenter submitted the proposed study to the Carbondale Committee for Research Involving Human Subjects (CCRHS) in order to acquire permission to survey the Introductory Psychology students. After receiving approval by CCRHS several time periods were set up in order to administer the surveys. During this allotted time the experimenter handed out the general information questionnaire which took approximately two minutes to complete. Next, the subjects were given the interpretation questionnaire in which the subjects completed within 10 to 15 minutes. Finally the subjects were asked to complete the (WSS) Withdrawal Symptom Survey in which the subjects were able to finish within 15 to 20 minutes. The total amount of

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time this survey took to complete was approximately 40 minutes. Afterwards the subjects were debriefed by the experimenter explaining the purpose of this study and then the subjects were excused.

Results

Separate rank ordering of the means of the symptoms was used to assess the degree of similarity between different types of "addictive" behaviors. Among 202 students, "irritability," "restlessness" and "could not concentrate" were ranked in the top 10 of the 40 symptoms for all six "addictive" behaviors. "Irritability" and "restlessness" were among the top five symptoms for all six behaviors. "Impatience" and "depression" were among the top 10 for the categories; death (grief), relationship, food, caffeine, and nicotine. "Anxiousness" was among the top 10 of the categories relationship break-up, food, caffeine, alcohol and nicotine and "lack of energy" was among the top 10 for the categories death (grief), relationship break-up, food, caffeine and alcohol. "Could not sleep" was among the categories death (grief), relationship (break-up) and caffeine withdrawal. While "headaches" was among the categories food, caffeine and alcohol withdrawal. "Anger" and "loss of appetite" was specific to death (grief) and relationship (break-up); "dizzy" and "sick" was among food and alcohol withdrawal, and "jumpy" was among caffeine and nicotine

withdrawal. "Happy" and "calm" was a symptom of alcohol withdrawal; "bored," "fingers shake," and "panicky" was a symptom of nicotine; "guilty" was a symptom of death (grief); and "weak" was among food withdrawal. (See table for top 10 (202)).

Second, the means were compared within the alcoholics anonymous group. It was found that in each category death (grief), relationship (break-up), food, caffeine, alcohol and nicotine all contained in the top 10 the symptoms "irritability," "impatience," "anxiety," "depression," "restlessness" and "anger"; with "anxiety" among the top five of all these categories. "Could not concentrate" was among the top 10 for the categories relationship (break-up), food, caffeine, alcohol and nicotine. "Jumpy" was among the top 10 for the categories food, caffeine, alcohol and nicotine withdrawal. "Panicky" was among the top 10 for relationship (break-up), caffeine, alcohol, and nicotine. "Hopeless" was among the top 10 for death (grief), relationship (break-up), and alcohol. "Lack of energy" was among the top 10 for death (grief), food and caffeine. "Guilty" was among the top 10 for death (grief), and relationship. "Weak" was among the top 10 for

Symptoms

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food and caffeine. "Could not sleep" was in the top 10 for nicotine"; headaches" was among the top 10 for caffeine and "could not face the day" was among the top 10 for death (grief). (See Table for Top 10 Symptoms for AA).

Next, an analysis between the 202 student group and the Alcohol Anonymous group was assessed.

"Irritability" and "restlessness" were among the top 10 among all withdrawal categories for both groups. "Could not concentrate" was among all categories for both groups except death (grief) for AA group and alcohol for 202 students. "Anxiety" was among both groups in all categories except for death (grief) for the 202 students.

"Impatience" and "depression" was among both groups in all categories except for alcohol withdrawal for the 202 students. "Lack of energy" was in all categories of withdrawal for both groups except for relationship and nicotine withdrawal for the 202 students and relationship, alcohol and nicotine withdrawal for the AA members. "Could not sleep" was among the categories death (grief), relationship (break-up) and caffeine; whereas for the AA group "could not sleep" was specific to nicotine withdrawal. "Headaches" for the 202

students was in the top 10 for caffeine withdrawal and also for the AA group. "Anger" was in all categories for both groups except food, caffeine, alcohol and nicotine for the 202 students only. "Dizzy" was specific to the 202 students only for food withdrawal and was not in the top 10 for the AA group. "Jumpy" was under the categories caffeine and nicotine for 202 students and food, caffeine, alcohol and nicotine for the AA group. "Sick" was not in the top 10 for AA and only under food and alcohol for the 202 students. "Loss of appetite" also was not in the top 10 for the AA groups, however, for the 202 students loss of appetite was under the categories death (grief) and relationship (break-up). "Happy" was not in the top 10 for the AA group, but it was under alcohol withdrawal for the 202 students. "Bored" was not in the top 10 for the AA group, but it was under nicotine for the 202 students. "Guilty" was under death (grief) and relationship (break-up) for the AA group and death (grief) for the 202 students. "Fingers shake" was only under nicotine withdrawal for the 202 students. "Weak" was under the categories food and caffeine for the AA group and food for the 202 students. "Panicky" was under relationship (break-up),

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caffeine, alcohol and nicotine for the AA group, while "panicky" was only under nicotine withdrawal for the 202 students. "Calm" was not in the top 10 for the AA group but "calm" was under the category alcohol for the 202 group. "Hopelessness" was not among the top 10 for the 202 students, however, for the AA group "hopelessness" was under death (grief), relationship (break-up) and alcohol. Also, "could not face the day" was not among the top 10 symptoms for the 202 students but was under death (grief) for the AA group. (See top 10 for AA and top 10 for 202).

Finally, the data was analyzed within groups by gender. First, for the AA group males and females had "impatience," "depression," "anxiety," "irritability" and "restlessness" in the top 10 for every category. Males and females both "could not sleep" for nicotine; "guilty" for death (grief) and relationship (break-up) and "jumpy" as in the categories food, caffeine, alcohol, and nicotine. "Anger" was under all categories for males and only under death (grief), food, caffeine and alcohol for females (see gender charts). For the 202 students the only symptoms that they had under every category for both males females was "irritability" and

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"restlessness". "Anxiousness" was under every category for males, however for females "anxiousness" was not a top 10 symptom for death (grief). "Impatience" was under every category for males, but for females "impatience" was not in the top 10 for death (grief) or alcohol.

"Depression" was only under the categories death (grief), relationship (break-up) and nicotine withdrawal for females while for males "depression" was only under death (grief) and relationship (break-up). "Anger" for males was only under the categories death (grief) and relationship (break-up) while for females "anger" was under the categories for death (grief), relationship (break-up) and nicotine. "Could not concentrate" was among all the categories for males and for all the categories except alcohol for females.

Discussion

It was hypothesized that there shall be no significant difference between withdrawal symptoms of broken relationships and withdrawal symptoms across addictive use of psychoactive drugs. It was found through rank order that there was a significant amount of similarity in the withdrawal symptoms of broken relationships and withdrawal symptoms across addictive use of psychoactive drugs. The probability that any of these symptoms would show up in the top 10 of all these addictive categories was 1/4096. When comparing the rank ordering between groups and within groups it was found that there was a great deal of similarity between the top 10 symptoms and therefore the hypothesis was supported.

Interestingly, several of the top 10 symptoms found in this study for alcohol withdrawal are not listed in the DSM-III-R as part of the withdrawal process. For example, in the DSM-III-R the symptoms listed for uncomplicated alcohol withdrawal are; nausea, vomiting, malaise or weakness autonomic hyperactivity, (eg.) tachycardia, sweating, elevated

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blood pressure, anxiety, depressed mood, irritability, transient hallucinations or illusions, headache and insomnia. Whereas the top 10 symptoms found in this study for alcohol withdrawal for the 202 students were; irritability, restlessness, could not concentrate, anxiety, lack of energy, headaches, dizzy, sick, happy and calm. For the AA group withdrawal symptoms from alcohol consisted of irritability, anxiety, depression, restlessness, angry, could not concentrate, jumpy, panicky and hopelessness. Even though these symptoms are not totally identical there still remains a great deal of similarities between these listed. The DSM-III-R lists headaches, irritability and lack of energy as symptoms for withdrawal from caffeine. These symptoms were also in the top 10 of this study within both groups. However, other symptoms that were in the top 10 were also common among the two groups such as; impatience, anxiety, depression, restlessness, could not concentrate, and jumpy. There was also a great deal of similarity found in the withdrawal symptoms listed in the DSM-III-R for nicotine which were irritability, frustration, anger, anxiety, difficulty

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concentrating, restlessness, decreased heart rate and increased appetite or weight gain. For this study the top 10 symptoms for the 202 students for nicotine withdrawal were; irritability, restlessness, could not concentrate, anxiousness, impatience, depression, jumpy, bored, fingers shake and panicky. For the AA group the top 10 symptoms for withdrawal from nicotine were irritability, impatience, anxiety, depression, restlessness, anger, could not concentrate, jumpy, hopelessness and could not sleep. According to DeSpelder and Strickland withdrawal symptoms of death (grief) consisted of restlessness, lack of sleep, loss of appetite, weight loss, irritability, depression, guilt, loneliness, anger, hopelessness and loss of energy. The top 10 symptoms for the 202 students in the category of death (grief) were; irritability, restlessness, could not concentrate, impatience, depression, lack of energy, could not sleep, anger, loss of appetite and guilty. For the AA group the top 10 symptoms for death (grief) consisted of irritability, impatience, anxiety, depression, restlessness, anger, hopelessness, lack of energy,

guilty and could not face the day. Finally, when comparing all the categories; death (grief), relationship (break-up), food, caffeine, alcohol and nicotine with the findings of Wray and Dickerson on high frequency gamblers all findings in both studies are similar. For the high frequency gamblers the main withdrawal symptoms found were irritability, restlessness, depressed mood, lack of concentration, guilt, anxious, anger and bored. Irritability, restlessness, depressed mood, lack of concentration, anxious, and anger seem to be common among all categories.

The purpose of this study was to uncover similarities between types of withdrawal symptoms from broken relationships and death with symptoms across addictive types of behaviors. Since similarities were found within the withdrawal process (ie.) similarities in emotional, physical and psychological then this may have provided evidence of how similar the process of addiction may be as a whole. Some possible limitations of this study include that it was difficult to determine whether the 202 students understood what

addiction meant. In other words they may have misinterpreted the term of addiction. Whereas, for the Alcoholic Anonymous group it seemed that they had an exact knowledge of what was meant by addiction therefore, their response in this survey may have been more accurate. The study was lengthy and could have confused some people in the process of filling out the survey unless the directions were read and explained in great detail.

Suggestions for future research include further investigation into the process of withdrawal and its relationship between addictive types of behaviors. A continuance of this type of research may result in some very interesting findings. This type of investigation would require several different types of surveys of different groups and would require a great deal of time and money. These groups would first need to be thoroughly evaluated for their understanding of the meaning of addiction and they would need to be evaluated as to the extent they may have used and abused psychoactive drugs. The subjects would also need to be evaluated for their experience with death

(grief) and relationship (break-up). It may be important that the investigator select certain subjects first who fit the criteria for having experienced addiction and then randomly select within that group. This may help in finding more accurate results.

Appendix 1

Part One: About Yourself. Please fill in the number that corresponds with the most appropriate response on this answer form.

1. How many years of college have you completed?

- 1) 0-2
- 2) 3-4
- 3) 5-8
- 4) Over 8

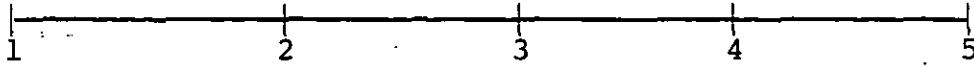
2. What was your last year of college completed?

- 1) Freshman
- 2) Sophomore
- 3) Junior
- 4) Senior
- 5) None

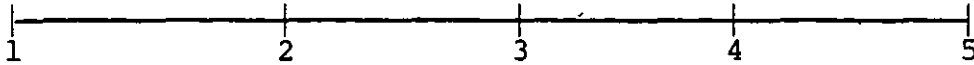
3. What is your national origin?

- 1) Caucasian
- 2) Black Amercian
- 3) Native American
- 4) Hispanic
- 5) Asian
- 6) Other

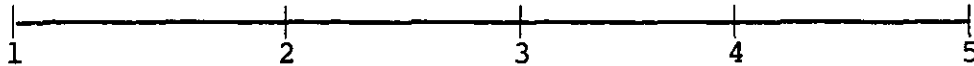
6. Arthur drinks only on special occasions (holidays and special events) and he drinks until he passes out. Arthur is addicted to alcohol.



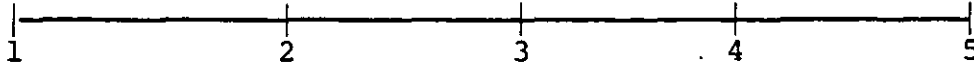
7. Alice has to see Mike every day and if she does not she claims she can't cope: Alice has an addiction.



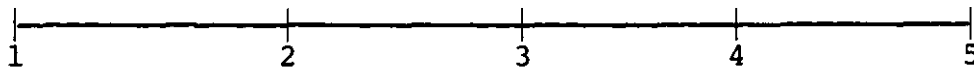
8. Addiction can be described as a complex, progressive behavior pattern having biological, psychological, sociological, and behavioral components.



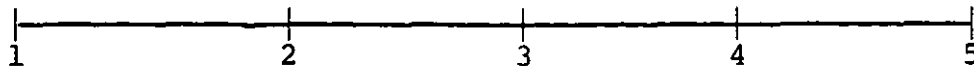
9. Drinking alcohol only in situations when an individual is under stress is a form of addiction.



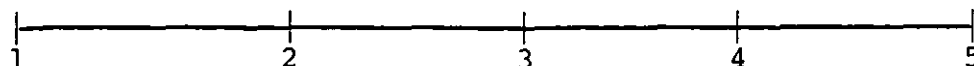
10. Sally and Dan gave up their friends, extra-curricular activities they were involved in and arranged their class schedule just so they could spend as much time as possible together. They have an addictive type of relationship.



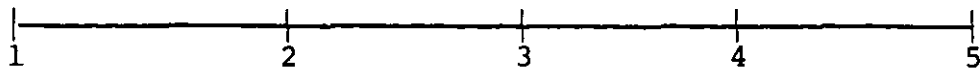
11. Addiction can be described as any type of activity, habit or involvement that a person has an uncontrollable desire to be involved in on a regular basis.



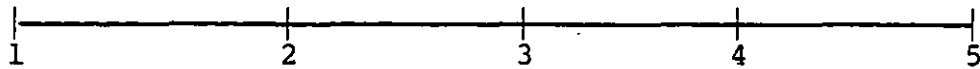
12. Danny smokes pot every day to help him relax. Danny has an addiction.



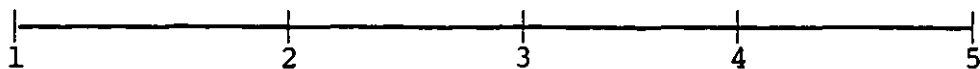
13. Every time Bob is under stress he gets an overwhelming desire to see his girlfriend. This is a form of addiction.



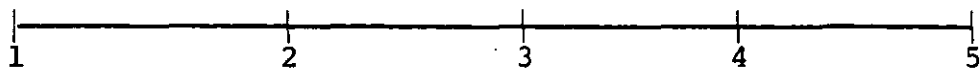
14. Addiction can be considered a pathological habit.



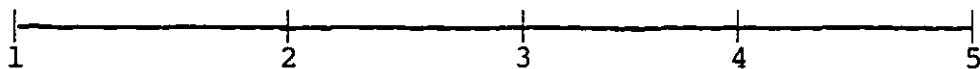
15. Ed drinks every day until he is drunk. Ed is an addict.



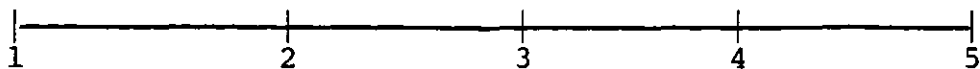
16. Sarah's relationship with her boyfriend is very abusive but she keeps the relationship going. Sarah is addicted to the relationship.



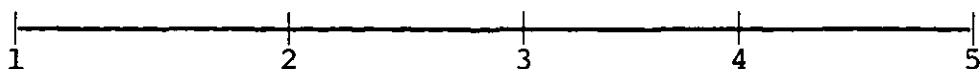
17. Addiction is not a chemical reaction. Addiction is an experience.



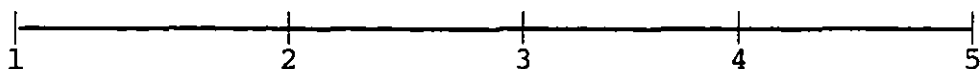
18. Mark only drinks on weekends but he always gets drunk at those times. Mark is addicted to alcohol.



19. John always waits for Alice to get done with her chores so that they can be together. John is addicted to Alice.



20. A person can become addicted to their partner in a relationship.



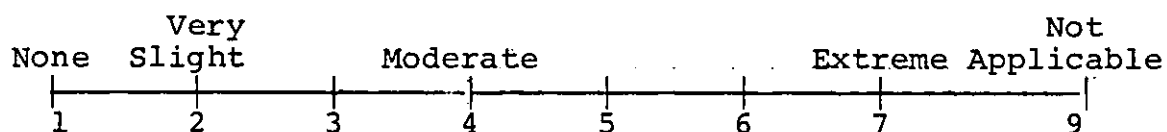
Appendix 3

Part Three: This is an indication of how you felt after experiencing these events (grief, loss of a loved one; broken relationships). Please indicate the degree to which you experienced a symptom you felt by filling in the number (from 1=none of the symptoms to 7=extremely intense or frequent occurrence of the symptom) under the corresponding category. If you have not experienced grief through the death of a loved one or a broken relationship that meant a great deal to you, then fill in 9 for not applicable.

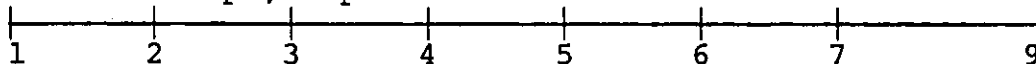
Withdrawal Symptoms Survey (WSS)

Category: Grief (Death of a Loved One)

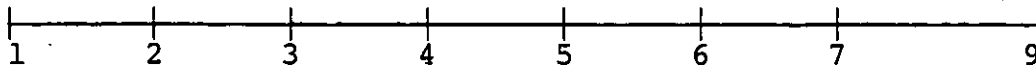
21. I felt impatient.



22. I felt 'fed up', depressed.



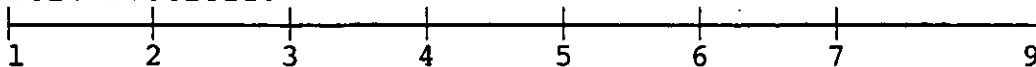
23. I felt anxious.



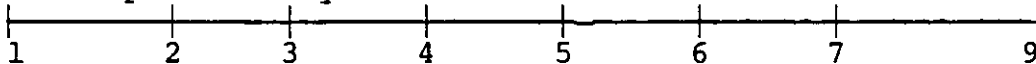
24. I felt irritable.



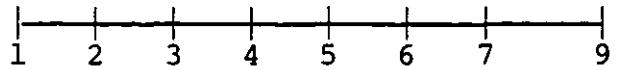
25. I felt restless.



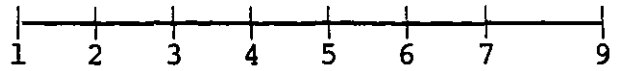
26. I woke up too early.



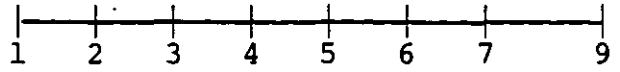
27. I could not get to sleep.



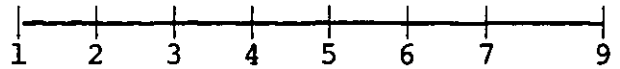
28. I sweated more.



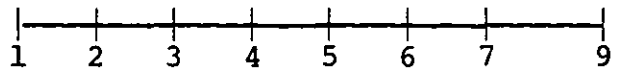
29. I felt guilty.



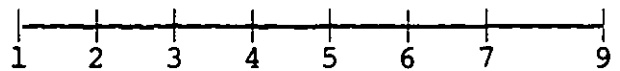
30. I felt panicky.



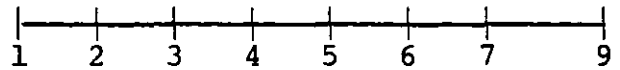
31. I could not 'face the day'.



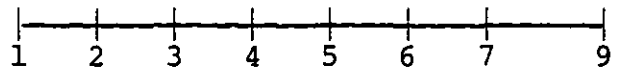
32. I felt angry.



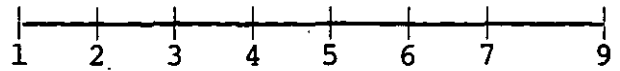
33. I lost my appetite.



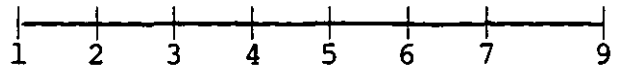
34. I felt sick.



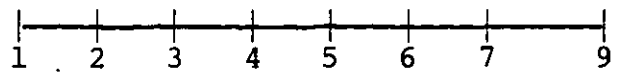
35. I felt dizzy.



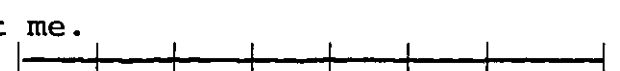
36. I had more headaches.



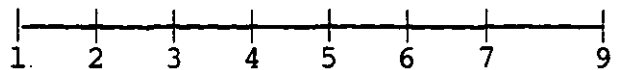
37. My heart used to race.



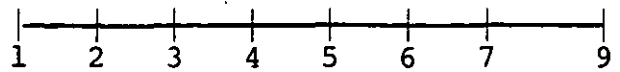
38. I thought people were against me.



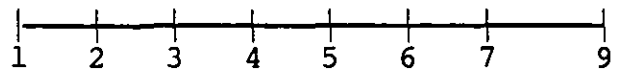
39. I had nightmares.



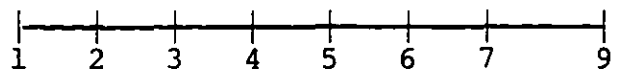
40. I used to throw up.



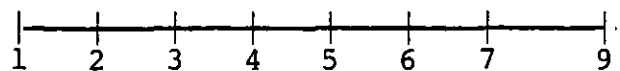
41. I used to get indigestion.

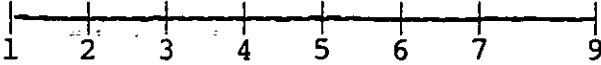
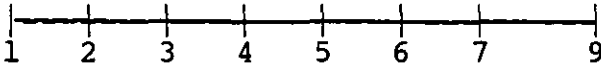
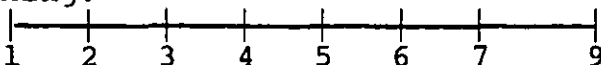
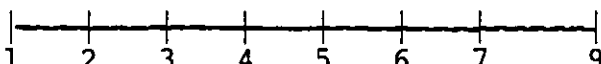
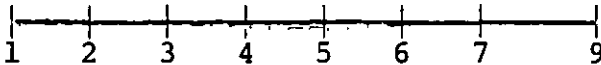
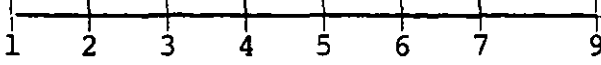
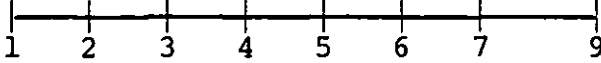
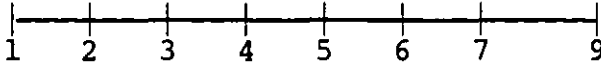
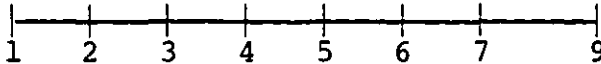
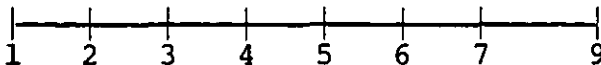
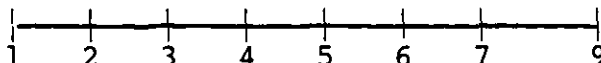
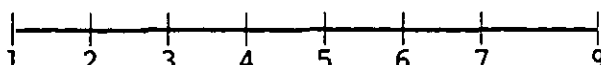
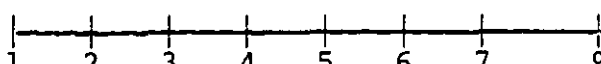
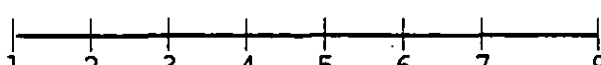
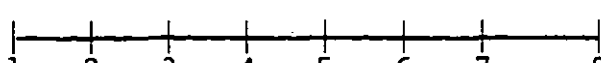
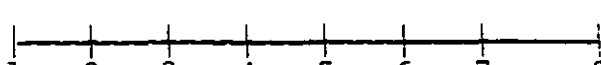
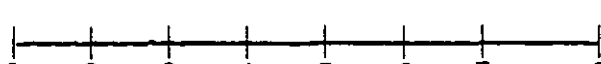


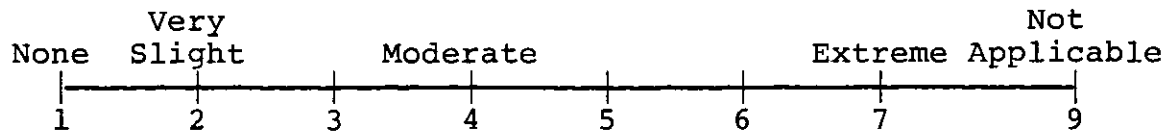
42. I felt paranoid.



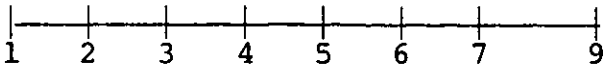
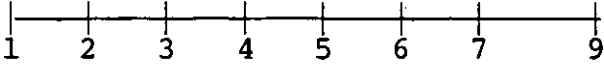
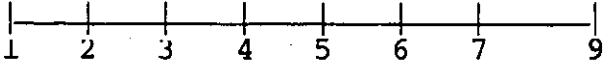
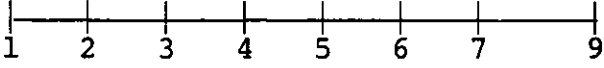
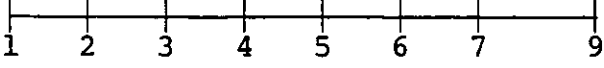
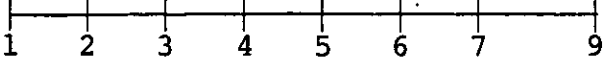
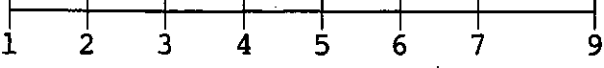
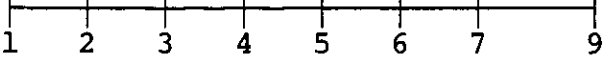
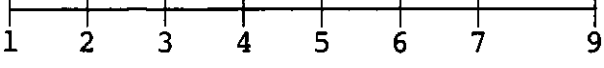
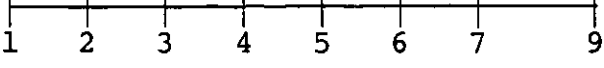
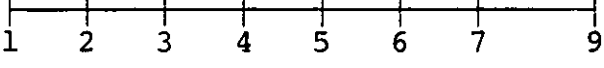
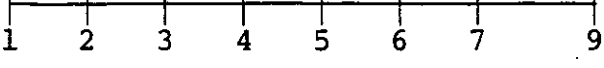
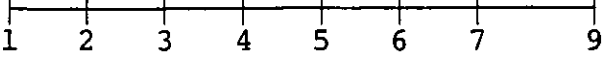
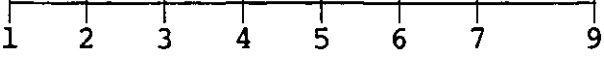
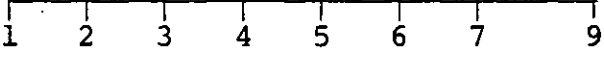
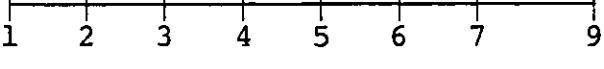

43. My eyesight was blurred.



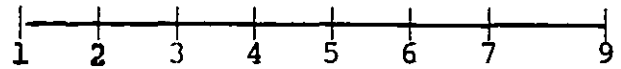
44. I used to get muscle cramps. 
45. My whole body kept shaking. 
46. My hands and fingers kept shaking. 
47. I had pains in my chest. 
48. I found it difficult to breathe. 
49. I used to see or hear things that weren't really there. 
50. I felt weak. 
51. I had diarrhea. 
52. I urinated more often. 
53. I felt jumpy. 
54. I could not concentrate. 
55. I felt happy. 
56. I felt bored. 
57. I could not remember things. 
58. I felt calm. 
59. I felt hopeless. 
60. I had a lack of energy. 



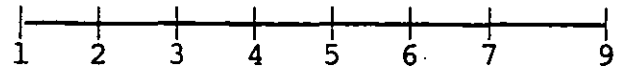
Category: Broken Relationships

- 61. I felt impatient. 
- 62. I felt 'fed up', depressed. 
- 63. I felt anxious. 
- 64. I felt irritable. 
- 65. I felt restless. 
- 66. I woke up too early. 
- 67. I could not get to sleep. 
- 68. I sweated more. 
- 69. I felt guilt. 
- 70. I felt panicky. 
- 71. I could not 'face the day'. 
- 72. I felt angry. 
- 73. I lost my appetite. 
- 74. I felt sick. 
- 75. I felt dizzy. 
- 76. I had more headaches. 
- 77. My heart used to raced. 

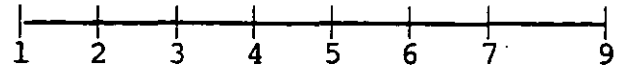
78. I thought people were against me.



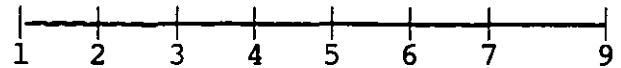
79. I had nightmares.



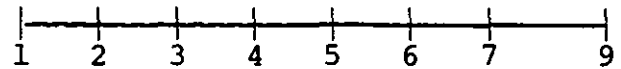
80. I used to throw up.



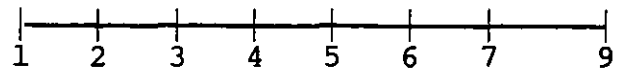
81. I used to get indigestion.



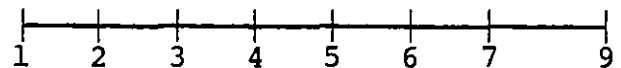
82. I felt paranoid.



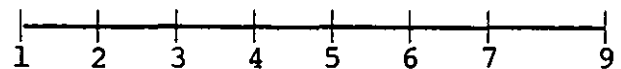
83. My eyesight was blurred.



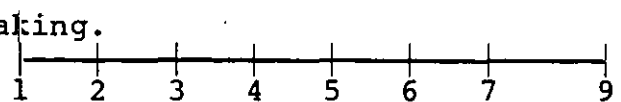
84. I used to get muscle cramps.



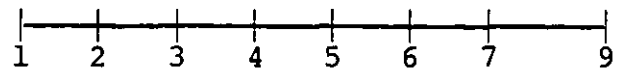
85. My whole body kept shaking.



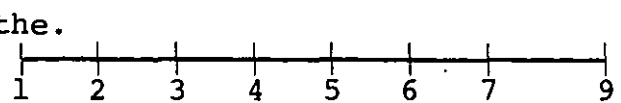
86. My hands and fingers kept shaking.



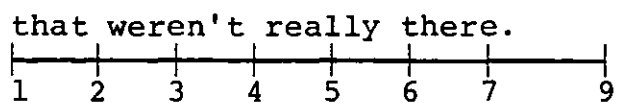
87. I had pains in my chest.



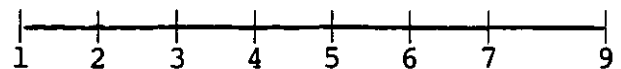
88. I found it difficult to breathe.



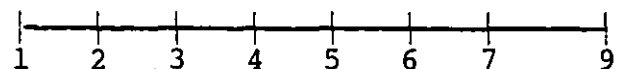
89. I used to see or hear things that weren't really there.



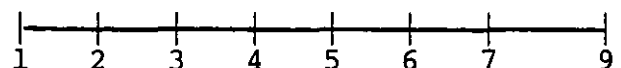
90. I felt weak.



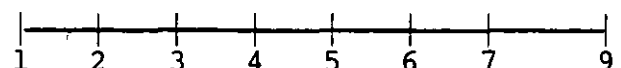
91. I had diarrhea.



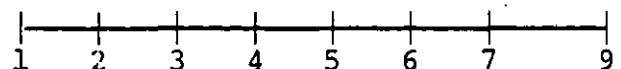
92. I urinated more often.



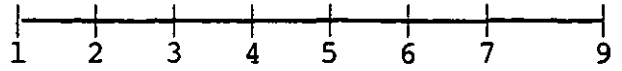
93. I felt jumpy.



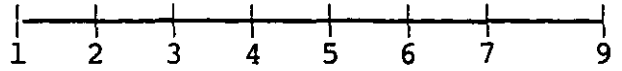
94. I could not concentrate.



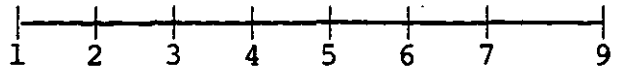
95. I felt happy.



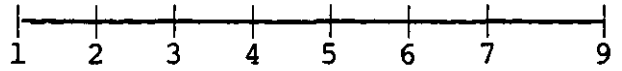
96. I felt bored.



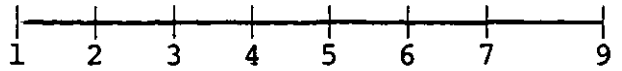
97. I could not remember things.



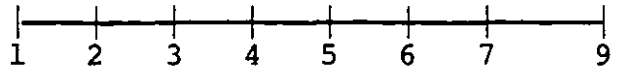
98. I felt calm.



99. I felt hopeless.



100. I had a lack of energy.



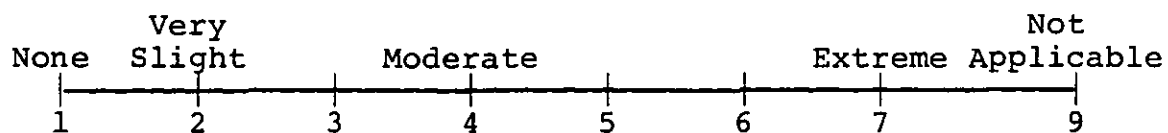
PACKET 02

Part One: This is a measure of different symptoms that you have experienced after withdrawal of these substances (food, caffeine, alcohol). Please indicate the degree to which you experienced a symptom you felt after withdrawal of any of these substances by filling in the number (from 1=none of the symptoms to 7=extremely intense or frequent occurrence of the symptom) under the corresponding category. If you have not habitually ate food, drank caffeine or drank alcohol then fill in 9 for all the items which will indicate not applicable.

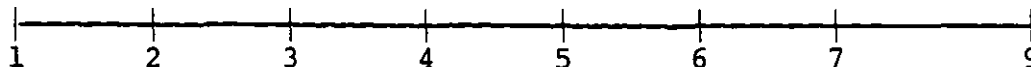
Withdrawal Symptoms Survey (WSS).

Category: Food

1. I felt impatient.



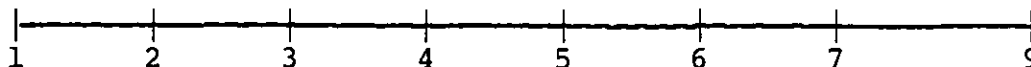
2. I felt 'fed up', depressed.



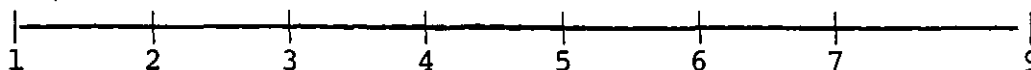
3. I felt anxious.

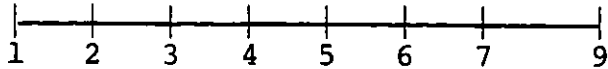
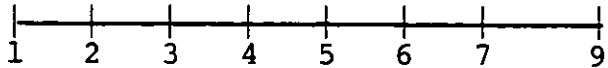
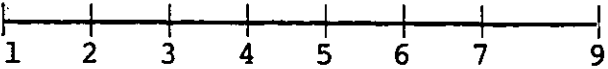
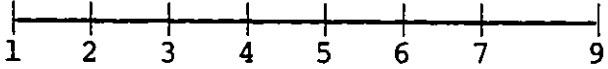
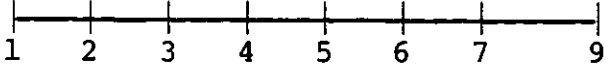
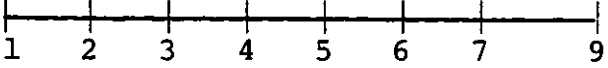
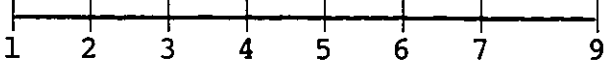
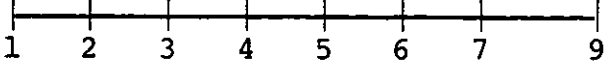
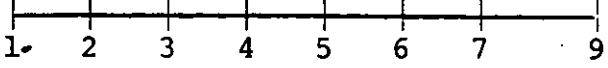
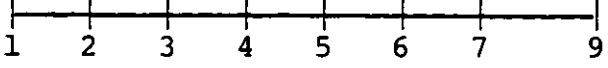
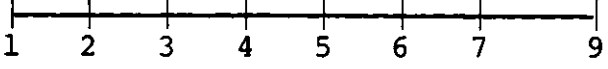
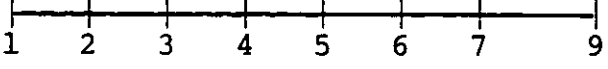
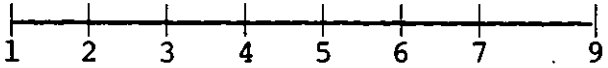
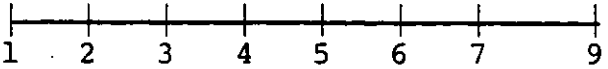
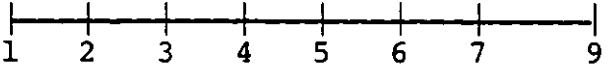
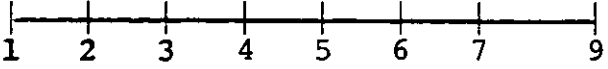
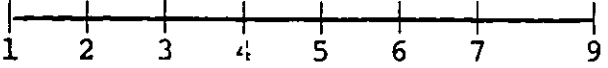
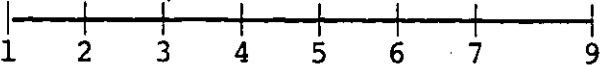


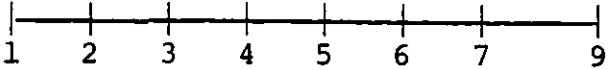
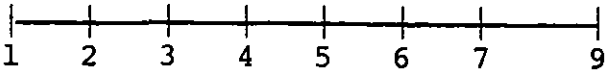
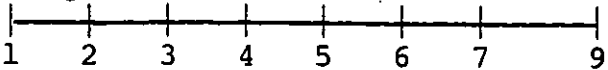
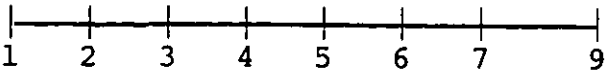
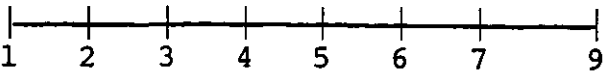
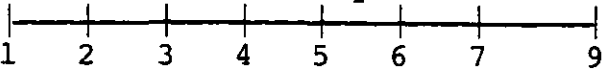
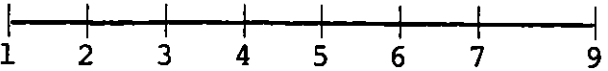
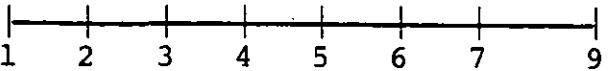
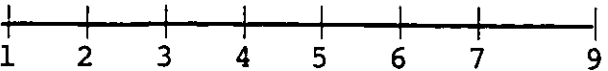
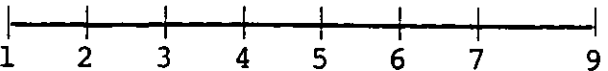
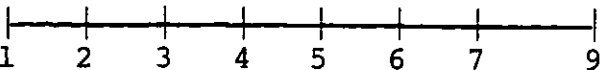
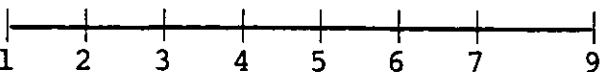
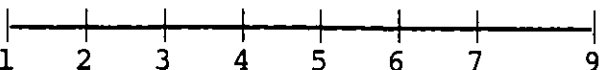
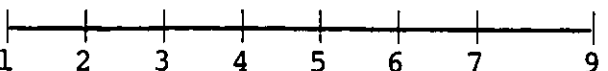
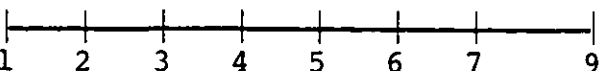
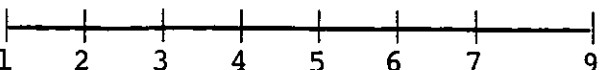
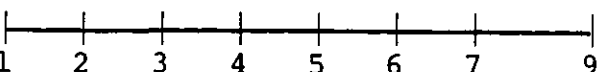
4. I felt irritable.

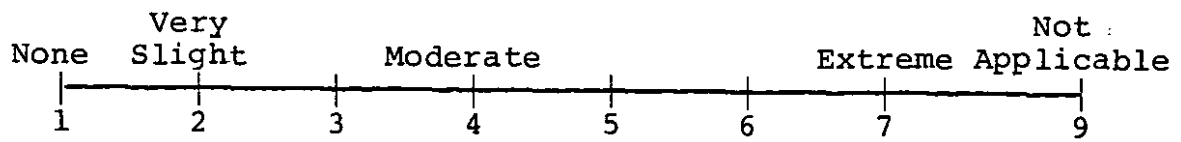


5. I felt restless.

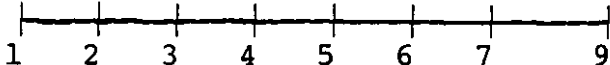
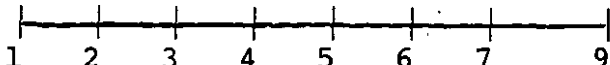
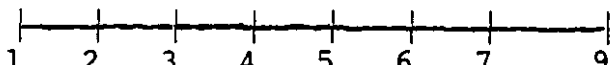
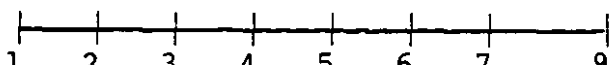
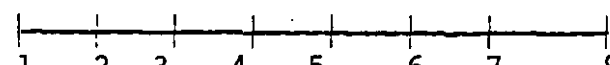
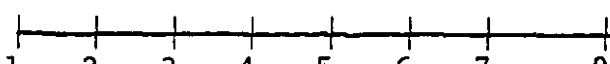
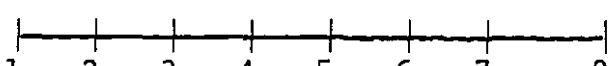
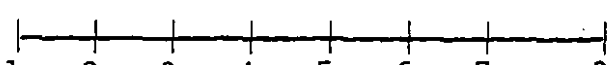
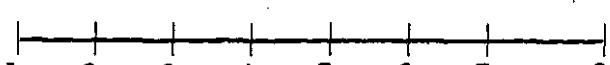
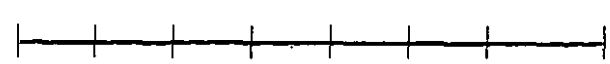
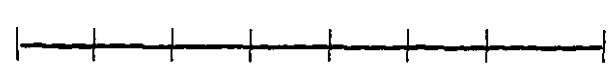
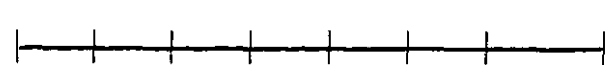
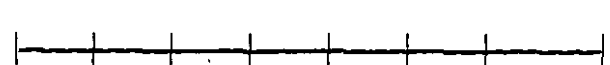
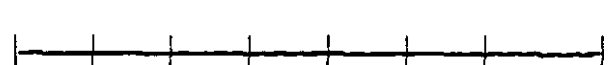
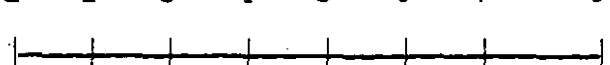
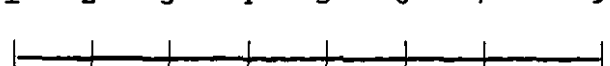
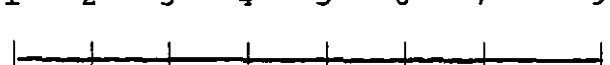
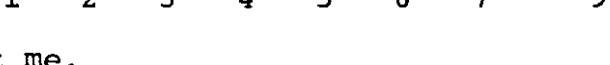


6. I woke up too early. 
7. I could not go to sleep. 
8. I sweated more. 
9. I felt guilty. 
10. I felt panicky. 
11. I could not 'face the day'. 
12. I felt angry. 
13. I lost my appetite. 
14. I felt sick. 
15. I felt dizzy. 
16. I had more headaches. 
17. My heart used to race. 
18. I thought people were against me. 
19. I had nightmares. 
20. I used to throw up. 
21. I used to get indigestion. 
22. I felt paranoid. 
23. My eyesight was blurred. 

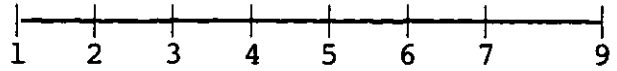
24. I used to get muscle cramps. 
25. My whole body kept shaking. 
26. My hands and fingers kept shaking. 
27. I had pains in my chest. 
28. I found it difficult to breathe. 
29. I used to see or hear things that weren't really there. 
30. I felt weak. 
31. I had diarrhea. 
32. I urinated more often. 
33. I felt jumpy. 
34. I could not concentrate. 
35. I felt happy. 
36. I felt bored. 
37. I could not remember things. 
38. I felt calm. 
39. I felt hopeless. 
40. I had a lack of energy. 



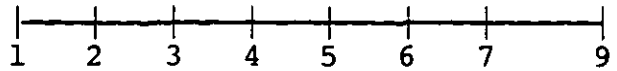
Category: Caffeine

- 41. I felt impatient. 
- 42. I felt 'fed up', depressed. 
- 43. I felt anxious. 
- 44. I felt irritable. 
- 45. I felt restless. 
- 46. I woke up too early. 
- 47. I could not go to sleep. 
- 48. I sweated more. 
- 49. I felt guilty. 
- 50. I felt panicky. 
- 51. I could not 'face the day'. 
- 52. I felt angry. 
- 53. I lost my appetite. 
- 54. I felt sick. 
- 55. I felt dizzy. 
- 56. I had more headaches. 
- 57. My heart used to race. 
- 58. I thought people were against me. 

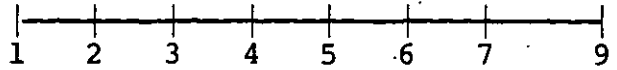
59. I had nightmares.



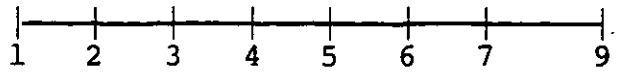
60. I used to throw up.



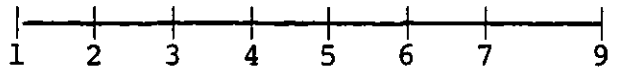
61. I used to get indigestion.



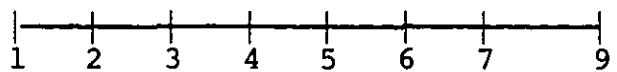
62. I felt paranoid.



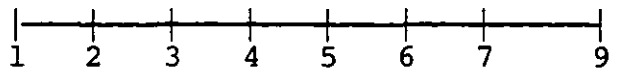
63. My eyesight was blurred.



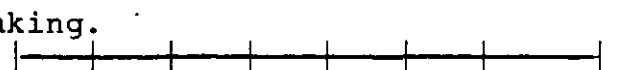
64. I used to get muscle cramps.



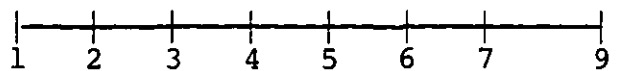
65. My whole body kept shaking.



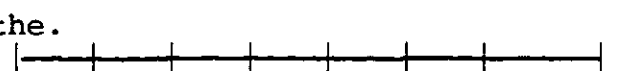
66. My hands and fingers kept shaking.



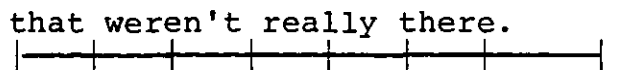
67. I had pains in my chest.



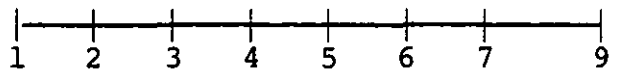
68. I found it difficult to breathe.



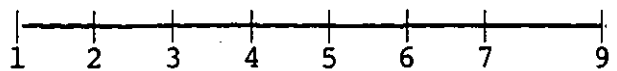
69. I used to see or hear things that weren't really there.



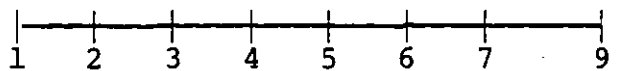
70. I felt weak.



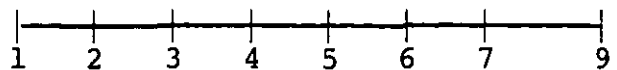
71. I had diarrhea.



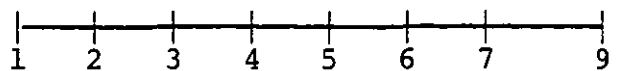
72. I urinated more often.



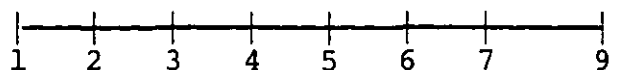
73. I felt jumpy.

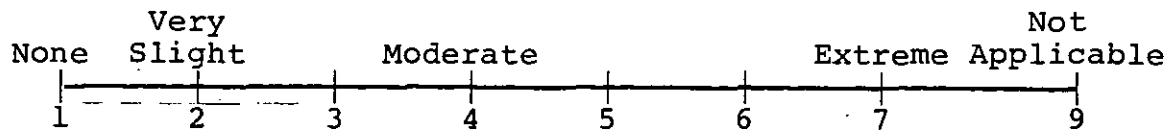


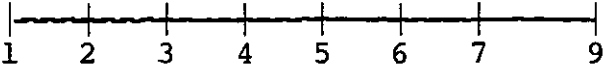
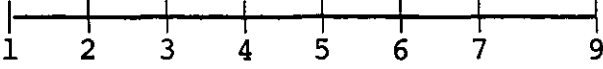
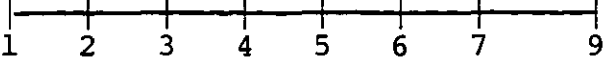
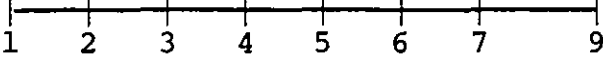
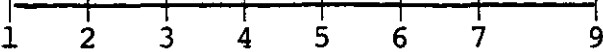
74. I could not concentrate.



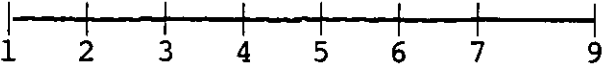
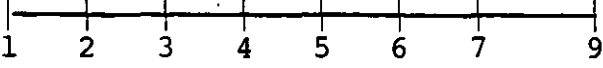
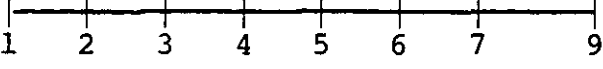
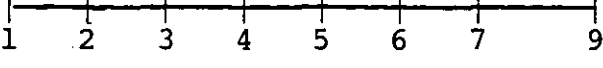
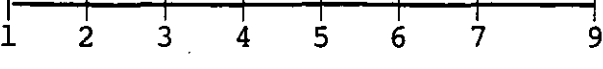
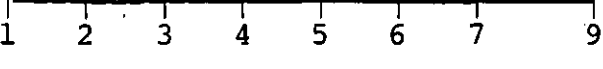
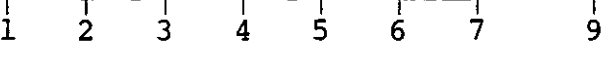
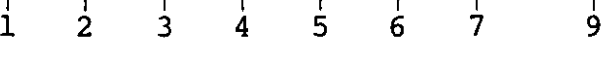
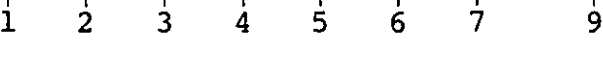
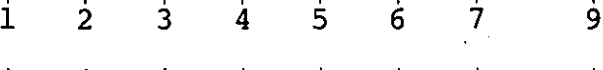
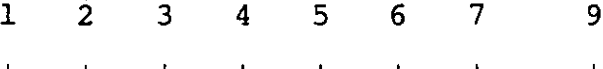
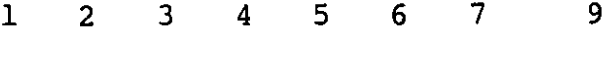
75. I felt happy.

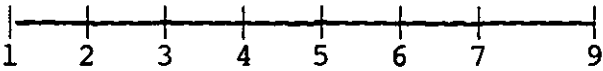
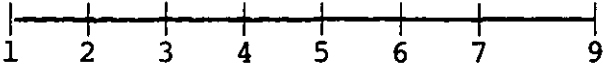
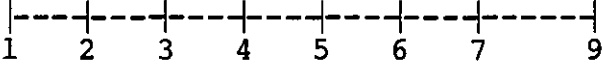
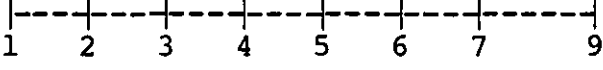
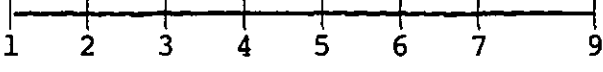
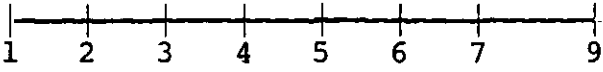
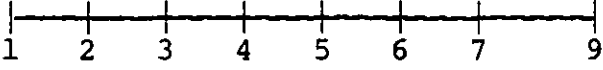
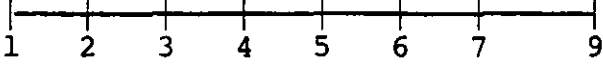
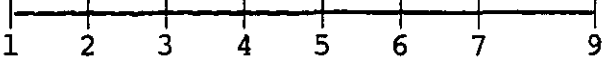
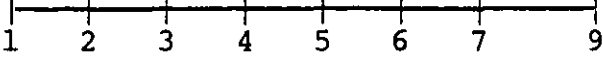
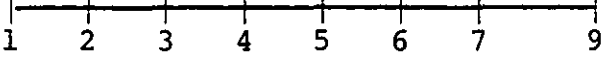
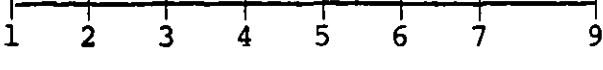
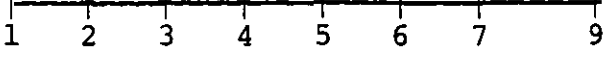
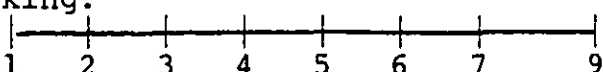
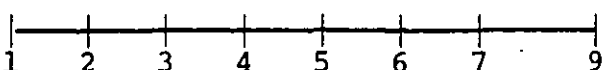
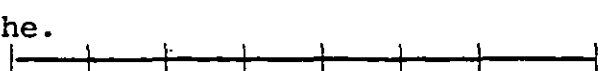
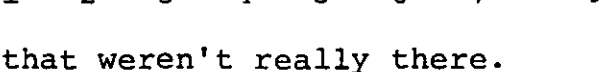




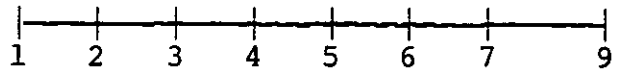
- 76. I felt bored. 
- 77. I could not remember things. 
- 78. I felt calm. 
- 79. I felt hopeless. 
- 80. I had a lack of energy. 

Category: Alcohol

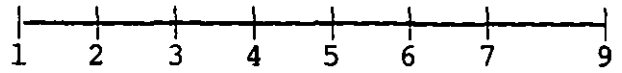
- 81. I felt impatient. 
- 82. I felt 'fed up', depressed. 
- 83. I felt anxious. 
- 84. I felt irritable. 
- 85. I felt restless. 
- 86. I woke up too early. 
- 87. I could not go to sleep. 
- 88. I sweated more. 
- 89. I felt guilty. 
- 90. I felt panicky. 
- 91. I could not 'face the day'. 
- 92. I felt angry. 

93. I lost my appetite. 
94. I felt sick. 
95. I felt dizzy. 
96. I had more headaches. 
97. My heart used to race. 
98. I thought people were against me. 
99. I had nightmares. 
100. I used to throw up. 
101. I used to get indigestion. 
102. I felt paranoid. 
103. My eyesight was blurred. 
104. I used to get muscle cramps. 
105. My whole body kept shaking. 
106. My hands and fingers kept shaking. 
107. I had pains in my chest. 
108. I found it difficult to breathe. 
109. I used to see or hear things that weren't really there. 

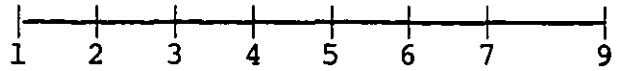
110. I felt weak.



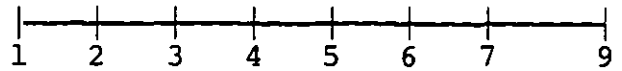
111. I had diarrhea.



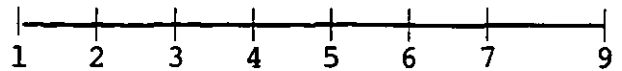
112. I urinated more often.



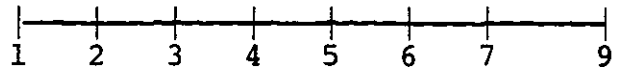
113. I felt jumpy.



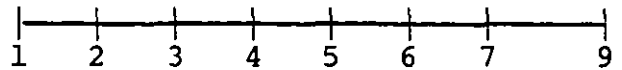
114. I could not concentrate.



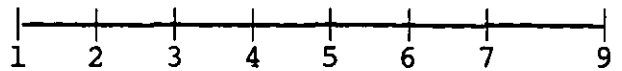
115. I felt happy.



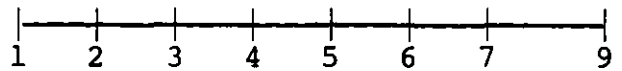
116. I felt bored.



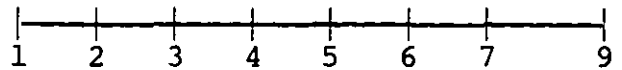
117. I could not remember things.



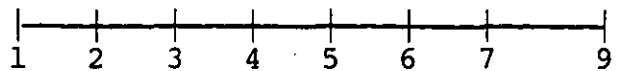
118. I felt calm.



119. I felt hopeless.



120. I had a lack of energy.



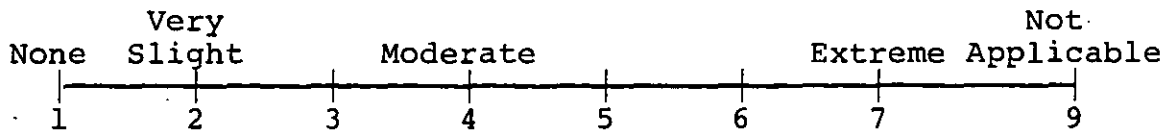
PACKET 03

Part One: This is a measure of different symptoms that you have experienced after withdrawal of nicotine. Please indicate the degree to which you experienced a symptom you felt after withdrawal of nicotine by filling in the number (from 1=none of the symptoms to 7=extremely intense or frequent occurrence of the symptom) under the corresponding category. If you have not habitually smoked cigarettes then fill in 9 for all the items which will indicate not applicable.

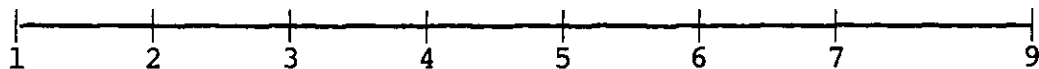
Withdrawal Symptoms Survey (WSS)

Category: Nicotine

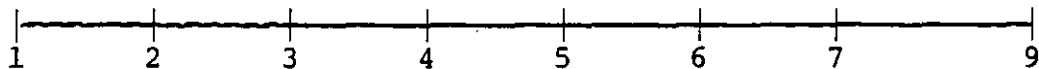
1. I felt impatient



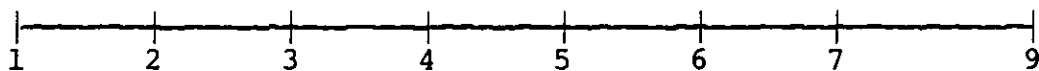
2. I felt 'fed up', depressed.



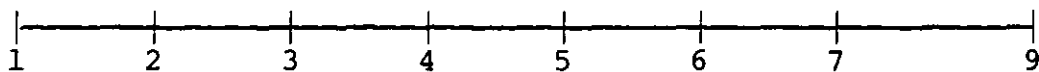
3. I felt anxious.



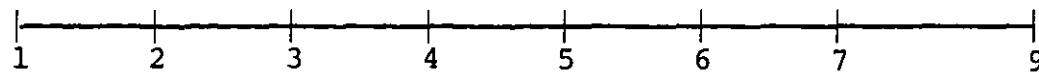
4. I felt irritable.

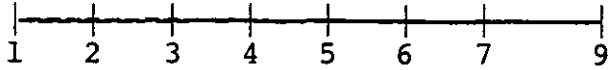
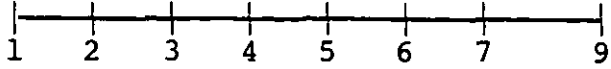
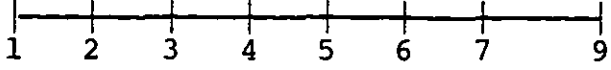
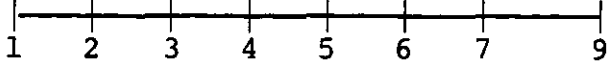
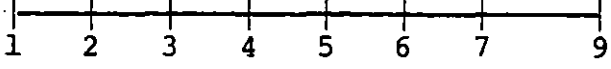
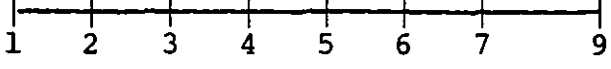
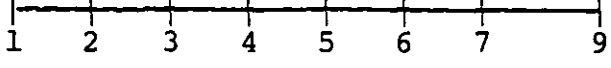
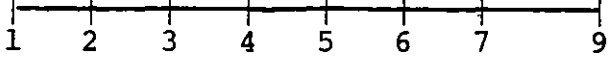
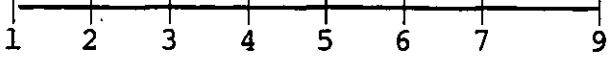
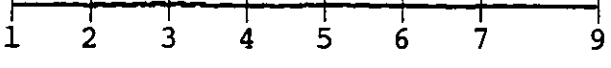
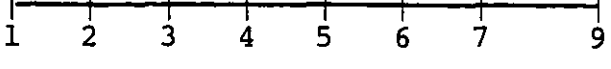
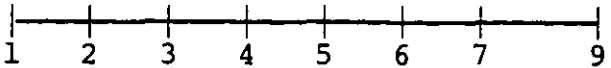
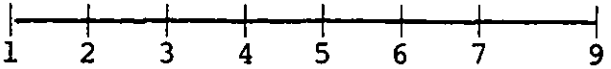
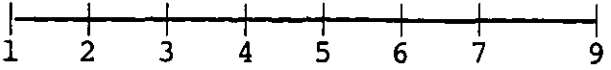
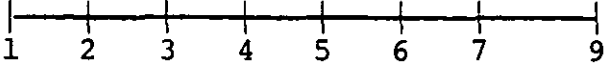
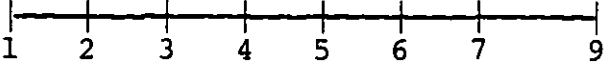
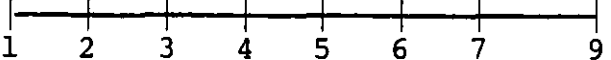


5. I felt restless.



6. I woke up too early.



7. I could not get to sleep. 
8. I sweated more. 
9. I felt guilty. 
10. I felt panicky. 
11. I could not 'face the day'. 
12. I felt angry. 
13. I lost my appetite. 
14. I felt sick. 
15. I felt dizzy. 
16. I had more headaches. 
17. My heart used to race. 
18. I thought people were against me. 
19. I had nightmares. 
20. I used to throw up. 
21. I used to get indigestion. 
22. I felt paranoid. 
23. My eyesight was blurred. 

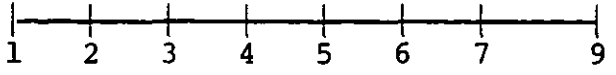
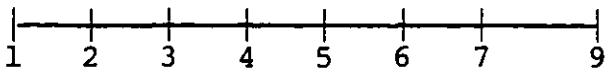

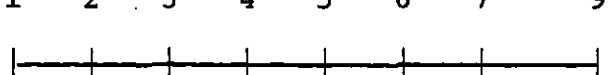
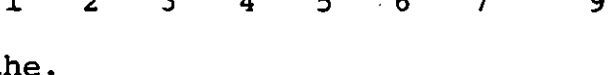
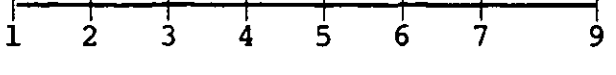
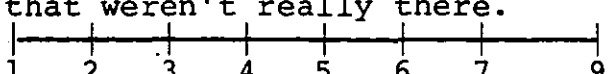
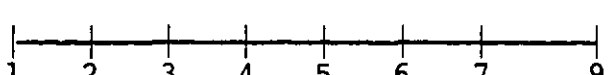
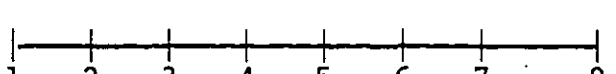
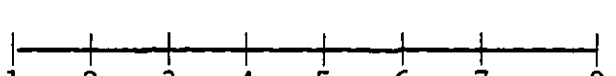
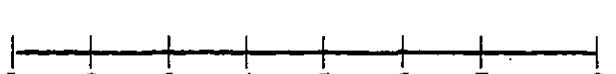
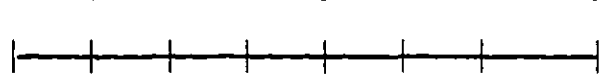
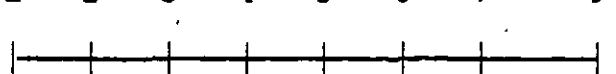
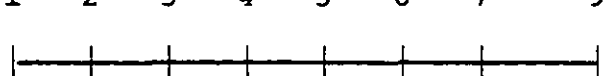
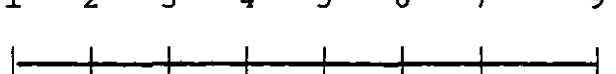
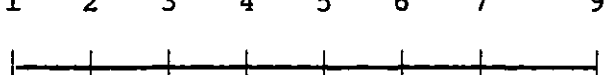
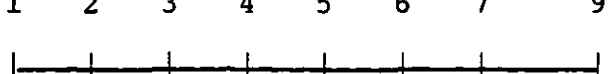
24. I used to get muscle cramps. 
25. My whole body kept shaking. 
26. My hands and fingers kept shaking. 
27. I had pains in my chest. 
28. I found it difficult to breathe. 
29. I used to see or hear things that weren't really there. 
30. I felt weak 
31. I had diarrhea. 
32. I urinated more often. 
33. I felt jumpy. 
34. I could not concentrate. 
35. I felt happy. 
36. I felt bored. 
37. I could not remember things. 
38. I felt calm. 
39. I felt hopeless 
40. I had a lack of energy. 

Table for Top 10 (202)

	Death (Grief)	Rela- tionship (break-up)	Food	Caffeine	Alcohol	Nicotine
Irritability	4.73-3	4.84-3	4.18-2	3.92-1	3.01-2	4.77-1
Restlessness	4.53-5	4.84-4	4.05-3	3.71-2	3.04-1	4.45-4
Could not concentrate	4.61-4	4.58-6	3.61-9	3.22-6	2.80-8	3.60-7
Anxiousness	3.52	4.17-8	3.68-5	3.59-3	2.92-6	4.45-3
Impatient	3.93-9	4.41-7	3.75-4	3.47-4	2.71	4.51-2
Depressed	4.82-2	5.09-2	3.18-10	2.69-10	2.62	3.12-9
Lack of Energy	3.90-10	3.88-10	4.28-1	2.87-8	2.80-9	2.66
Could not Sleep	4.50-6	4.58-5	2.99	3.29-5	2.32	2.91
Headaches	3.41	3.34	3.64-9	2.81-9	2.93-4	2.80
Angry	4.83-1	5.13-1	2.88	2.21	2.11	3.15
Dizzy	2.86	2.67	3.68-6	2.64	2.97-3	2.86
Jumpy	3.12	3.07	2.69	3.17-7	2.47	3.95-5
Sick	3.86	3.68	3.64-7	2.46	2.86-7	2.62
Loss of Appetite	4.04-7	4.04-9	2.57	2.18	2.38	2.40
Happy	1.80	1.81	2.37	2.25	2.92-5	2.35
Bored	2.71	3.62	3.07	2.37	2.52	3.65-6
Guilty	3.98-8	3.85	2.40	1.99	2.39	2.75
Fingers Shake	3.25	2.62	2.38	2.32	2.19	3.26-8
Weak	3.55	3.04	3.68-8	2.48	2.73	2.57
Panicky	3.38	3.52	2.69	2.55	2.23	3.05-10
Calm	2.34	2.28	2.30	2.11	2.76-10	1.85

Table for Top 10 (202) - Continued

	Death (Grief)	Rela- tionship (break-up)	Food	Caffeine	Alcohol	Nicotine
Woke Early	3.07	2.96	2.59	2.51	2.14	2.80
Sweated	2.66	2.68	2.11	2.38	2.35	2.52
Could not face day	3.32	3.57	2.28	2.27	2.26	2.39
Heart Race	3.25	3.53	2.32	2.47	2.44	2.48
People against me	2.43	3.06	2.05	1.79	2.19	1.65
Nightmares	2.91	2.70	1.99	1.60	1.95	1.85
Threw up	2.03	2.14	2.16	1.58	2.51	1.54
Indigestion	2.23	2.36	2.25	2.10	2.18	2.09
Paranoid	2.75	2.74	2.15	2.13	2.04	2.23
Eyes blurred	2.08	1.73	1.96	1.82	2.41	1.85
Muscle Cramps	1.74	1.68	2.18	1.79	1.83	2.05
Body Shake	2.69	2.30	2.40	2.19	2.12	2.68
Pains in Chest	2.28	2.32	2.10	1.84	2.01	2.42
Difficult to Breathe	2.32	2.06	1.97	2.02	1.87	2.54
See and hear things	2.40	1.86	1.74	1.73	1.80	1.74
Diarrhea	1.58	1.49	2.08	1.81	2.13	1.62
Urinated more	1.81	1.80	2.26	2.21	2.62	1.95
Could not Remember	2.91	2.80	2.41	1.85	2.56	2.34
Hopelessness	3.42	3.84	2.42	1.99	1.98	2.42

Table for 202 Students

Death (Grief)

1. Angry 4.83
2. Depressed 4.82
3. Irritability 4.72
4. Could not concentrate 4.61
5. Restlessness 4.53
6. Could not sleep 4.50
7. Loss of appetite 4.04
8. Guilty 3.98
9. Impatient 3.93
10. Lack of energy 3.90

Caffeine

1. Irritability 3.92
2. Restlessness 3.71
3. Anxious 3.59
4. Impatient 3.47
5. Could not sleep 3.29
6. Could not concentrate 3.22
7. Jumpy 3.17
8. Lack of energy 2.87
9. Headaches 2.81
10. Depressed 2.69

Relationship

1. Anger 5.13
2. Depressed 5.09
3. Irritability 4.84
4. Restlessness 4.84
5. Could not sleep 4.58
6. Could not concentrate 4.58
7. Impatience 4.41
8. Anxious 4.17
9. Loss of appetite 4.04
10. Lack of energy 3.98

Alcohol

1. Restlessness 3.04
2. Irritability 3.01
3. Dizzy 2.97
4. Headaches 2.93
5. Happy 2.92
6. Anxious 2.92
7. Sick 2.86
8. Could not concentrate 2.80
9. Lack of energy 2.80
10. Calm 2.76

Food

1. Lack of Energy 4.28
2. Irritability 4.18
3. Restlessness 4.05
4. Impatient 3.75
5. Anxious 3.68
6. Dizzy 3.68
7. Weak 3.68
8. Sick 3.64
9. Headaches 3.64
10. Could not concentrate 3.61

Nicotine

1. Irritability 4.77
2. Impatience 4.51
3. Anxiousness 4.45
4. Restlessness 4.45
5. Jumpy 3.95
6. Bored 3.65
7. Could not concentrate 3.60
8. Fingers shake 3.26
9. Depressed 3.12
10. Panicky 3.05

Table for Top 10 (AA)

	Death (Grief)	Rela- tionship (break-up)	Food	Caffeine	Alcohol	Nicotine
Irritability	4.33-7	5.80-2	5.75-1	4.83-1	6.44-2	5.94-2
Impatience	4.38-5	5.31-9	5.19-3	4.50-2	6.30-4	5.28-1
Anxiety	4.67-3	5.62-4	5.06-4	4.22-5	6.22-5	5.72-3
Depressed	4.91-1	6.00-1	5.00-5	3.61-10	6.48-1	4.00-8
Restlessness	3.91-9	5.39-7	5.31-2	4.33-3	6.35-3	5.68-4
Angry	4.52-4	5.46-6	4.94-6	3.94-7	6.13-6	3.89-9
Could not concentrate	3.57	5.35-8	4.44-10	4.28-4	5.96-8	4.39-7
Jumpy	3.10	4.19	4.81-8	4.06-6	5.78-9	5.11-5
Panicky	3.67	5.15-10	3.56	3.67-9	6.04-7	4.50-6
Hopeless*	4.33-6	5.54-5	3.31	2.72	5.70-10	2.06
Lack of energy	4.10-8	5.15	4.60-9	3.67-9	5.26	2.83
Guilty	4.91-2	5.65-3	4.00	2.89	5.26	2.17
Weak	2.52	3.58	4.94-7	3.78-8	4.41	2.79
Could not sleep	3.52	4.80	4.13	3.56	5.57	3.56-10
Headaches	1.81	2.62	3.19	3.61-10	3.00	2.83
Could not face the day*	3.76-10	4.42	2.19	2.83	5.04	2.17
Woke up early	3.19	3.96	3.25	3.11	4.26	3.44
Sweated	2.29	2.77	1.88	1.72	4.22	1.83
Lost appetite	3.43	4.15	2.75	2.50	4.17	1.61
Sick	2.86	3.81	3.38	2.39	4.52	1.72
Dizzy	1.38	2.12	2.81	2.39	3.70	2.56
Heart raced	2.19	3.46	2.13	2.28	4.13	2.94
People against me	2.76	3.50	2.94	2.11	5.30	1.89

Table for Top 10 (AA) Continued

	Death (Grief)	Rela- tionship (break-up)	Food	Caffeine	Alcohol	Nicotine
Nightmares	3.19	2.81	2.44	1.78	4.74	1.50
Threw up	1.10	1.42	1.44	1.50	2.30	1.17
Indigestion	2.29	3.19	4.25	2.39	3.26	2.39
Paranoid	2.71	3.65	3.00	2.28	5.00	1.83
Eyes blurred	1.33	1.62	1.63	1.33	2.78	1.72
Muscle cramps	1.43	1.31	1.75	1.55	3.22	1.44
Body shake	1.62	1.81	1.50	3.83	1.50	1.50
Finger shake	2.14	2.39	2.63	2.17	4.09	2.83
Pains in chest	2.00	2.19	2.25	1.50	2.52	2.00
Difficult to breathe	2.33	2.23	2.00	1.44	2.35	2.00
See/hear things	2.14	1.50	1.50	1.50	3.39	1.11
Diarrhea	1.86	1.77	2.19	1.83	3.70	1.61
Urinated more	2.33	2.35	3.31	2.44	3.61	2.33
Happy	1.14	1.27	1.63	1.89	1.78	2.06
Could not remember	2.67	3.58	2.63	2.83	5.22	2.89
Calm	1.71	1.54	1.69	2.28	1.22	1.44

Table for AA Group (Top 10)

Death

1. Depressed 4.91
2. Guilty 4.91
3. Anxious 4.67
4. Angry 4.52
5. Impatient 4.38
6. Hopeless 4.33
7. Irritability 4.33
8. Lack of energy 4.10
9. Restless 3.91
10. Not face day 3.76

Relationship

1. Depressed 6.00
2. Irritability 5.80
3. Guilty 5.65
4. Anxious 5.62
5. Hopelessness 5.54
6. Angry 5.46
7. Restless 5.39
8. Could not concentrate 5.35
9. Impatient 5.31
10. Panicky 5.15

Food

1. Irritability 5.75
2. Restlessness 5.31
3. Impatient 5.19
4. Anxiousness 5.06
5. Depressed 5.00
6. Angry 4.94
7. Weak 4.94
8. Jumpy 4.81
9. Lack of energy 4.60
10. Could not concentrate 4.44

Caffeine

1. Irritability 4.83
2. Impatience 4.50
3. Restless 4.33
4. Could not concentrate 4.28
5. Anxious 4.22
6. Jumpy 4.06
7. Angry 3.94
8. Weak 3.78
9. Lack of energy/panicky 3.67
10. Depressed/headaches 3.61

Alcohol

1. Depressed 6.48
2. Irritable 6.44
3. Restless 6.35
4. Impatient 6.30
5. Anxious 6.22
6. Angry 6.13
7. Panicky 6.04
8. Could not concentrate 5.96
9. Jumpy 5.78
10. Hopeless 5.70

Nicotine

1. Impatient 6.28
2. Irritable 5.94
3. Anxious 5.72
4. Restless 5.68
5. Jumpy 5.11
6. Panicky 4.50
7. Could not concentrate 4.39
8. Depressed 4.00
9. Angry 3.89
10. Could not sleep 3.56

Gender Chart (202 Males)

	Death (Grief)	Rela- tionship (break-up)	Food	Caffeine	Alcohol	Nicotine
Irritability	4.65-2	4.73-3	3.97-3	3.65-2	3.13-2	4.77-1
Restlessness	4.13-5	4.60-4	4.08-2	3.77-1	3.14-1	4.31-4
Impatience	4.03-7	4.42-6	3.79-4	3.40-3	2.86-8	4.40-3
Anxiousness	3.51-10	4.04-8	3.65-5	3.40-4	2.92-6	4.49-2
Could not concentrate	4.10-6	4.32-7	3.51-7	3.21-7	3.30-4	3.77-6
Could not sleep	4.35-4	4.44-5	3.00	3.39-5	2.44	3.23-10
Lack of energy	3.46	3.63	4.32-1	2.79-9	2.84-10	2.74
Depression	4.79-1	4.92-1	2.91	2.60	2.70	3.11
Anger	4.42-3	4.88-2	2.86	2.12	2.11	3.23
Jumpy	2.94	2.88	2.57	3.21-6	2.56	3.94-5
Dizzy	2.48	2.39	3.33-9	2.21	2.98-5	2.74
Sick	3.29	3.28	3.49-8	2.35	2.92-7	2.83
Guilty	3.85-5	3.76-9	2.16	2.25	2.25	2.89
Bored	2.80	3.63	3.32-10	2.54	2.77	3.74-7
Panicky	3.28	3.30	2.71	2.68-10	2.28	3.34-9
Appetite	3.61-9	3.67-10	2.70	2.04	2.48	2.40
Headaches	2.72	2.69	3.22	2.32	3.03-3	2.71
Weak	2.85	2.70	3.52-6	2.39	2.81	2.31
Wake early	2.96	2.85	2.43	2.67	2.19	3.54-8
Sweat	2.76	2.96	2.30	2.81-8	2.50	2.74
Happy	2.05	1.89	2.41	2.39	2.86-9	2.31
Hopelessness	3.01	3.67-10	2.14	1.91	2.06	2.37
Face the day	2.90	3.07	2.18	2.26	2.27	2.37
Heart race	3.00	3.26	2.32	2.43	2.56	2.49

Gender Chart (202 Males) Continued

	Death (Grief)	Rela- tionship (break-up)	Food	Caffeine	Alcohol	Nicotine
People against me	2.30	2.99	2.19	1.88	2.22	1.83
Nightmares	2.63	2.46	2.24	1.54	2.00	1.89
Throw up	1.89	1.86	2.14	1.63	2.56	1.40
Indigestion	2.18	2.19	2.29	2.14	2.25	2.03
Paranoid	2.71	2.67	2.21	2.14	2.09	2.26
Eyes blurred	1.88	1.66	1.95	1.84	2.44	1.91
Muscle cramps	1.60	1.62	2.16	1.88	1.80	2.34
Body shake	2.32	2.07	2.32	2.14	2.16	2.74
Fingers shake	2.85	2.31	2.29	2.27	2.19	3.17
Pains in chest	2.09	2.23	2.11	1.80	2.11	2.43
Difficulty breathing	2.15	1.95	1.98	2.07	1.88	2.49
See things	2.06	1.70	1.84	1.89	1.73	1.89
Diarrhea	1.56	1.47	2.10	1.91	2.33	1.46
Urinated more	1.61	1.69	2.19	2.32	2.77	1.97
Could not remember	2.52	2.78	2.71	1.98	2.59	2.31
Calm	2.48	2.37	2.29	2.11	2.69	1.97

Table for 202 Males Top 10

Death

1. Depressed 4.79
2. Irritable 4.65
3. Angry 4.42
4. Not sleep 4.35
5. Restlessness 4.13
6. Could not concentrate 4.10
7. Impatient 4.03
8. Guilty 3.85
9. Loss of appetite 3.61
10. Anxious 3.51

Relationship

1. Depressed 4.92
2. Angry 4.88
3. Irritable 4.73
4. Restlessness 4.60
5. Not sleep 4.44
6. Impatient 4.42
7. Could not concentrate 4.32
8. Anxious 4.04
9. Guilty 3.76
10. Loss of appetite 3.67

Food

1. Lack energy 4.32
2. Restlessness 4.08
3. Irritable 3.97
4. Impatient 3.79
5. Anxious 3.65
6. Weak 3.52
7. Could not concentrate 3.51
8. Sick 3.49
9. Dizzy 3.33
10. Bored 3.32

Caffeine

1. Restless 3.77
2. Irritable 3.65
3. Impatient 3.40
4. Anxious 3.40
5. Could not sleep 3.39
6. Jumpy 3.21
7. Could not concentrate 3.21
8. Sweat 2.81
9. Lack energy 2.79
10. Panicky 2.78

Alcohol*

1. Restless 3.14
2. Irritable 3.13
3. Headaches 3.03
4. Could not concentrate 3.03
5. Dizzy 2.98
6. Anxious 2.92
7. Sick 2.92
8. Impatient 2.86
9. Happy 2.86
10. Lack energy 2.84

Nicotine

1. Irritable 4.77
2. Anxious 4.49
3. Impatient 4.40
4. Restless 4.31
5. Jumpy 3.94
6. Could not concentrate 3.77
7. Bored 3.74
8. Woke early 3.54
9. Panicky 3.34
10. Could not sleep 3.23

Gender Chart (202 Females)

	Death (Grief)	Rela- tionship (break-up)	Food	Caffeine	Alcohol	Nicotine
Irritability	4.84-6	4.99-4	4.43-1	4.31-1	2.77-6	4.77-1
Restlessness	5.30-3	5.18-3	4.02-5	3.62-3	2.84-5	4.60-3
Anxiousness	3.54	4.35-9	3.71-10	3.87-2	2.90-3	4.40-4
Could not concentrate	5.49-2	4.94-5	3.73-9	3.23-7	2.32	3.40-7
Dizzy	3.56	3.06	4.08-4	3.26-6	2.94-2	3.00-10
Impatience	3.77	4.41-8	3.73-8	3.59-4	2.39	4.63-2
Lack of energy	4.72-10	4.24	4.23-2	3.00-10	2.71-9	2.57
Anger	5.56-1	5.47-1	2.90	2.33	2.10	3.07-9
Depressed	4.88-5	5.33-2	3.53	2.82	2.45	3.13-8
Headaches	4.67	4.27	4.16-3	3.51-5	2.71-8	2.90
Sick	4.93-4	4.26	3.82-7	2.62	2.74-7	2.37
Could not sleep	4.72-9	4.79-6	2.98	3.15-8	2.07	2.52
Loss of appetite	4.87-7	4.58-7	2.41	2.39	2.16	2.40
Weak	4.84-8	3.53	3.88-6	2.60	2.55	2.87
Jumpy	3.44	3.33	2.83	3.10-9	2.29	3.97-5
Happy	1.28	1.68	2.31	2.05	3.03-1	2.40
Calm	2.07	2.14	2.31	2.10	2.90-4	1.70
Bored	2.58	3.61	2.77	2.13	2.00	3.53-6
Guilty	4.16	3.99	2.71	1.62	2.68-10	2.60
Could not face the day	4.09	4.27-10	2.41	2.28	2.26	2.40
Woke early	3.30	3.12	2.78	2.28	2.03	1.93
Sweat	2.54	2.29	1.88	1.74	2.03	2.27
Panicky	3.63	3.84	2.67	2.36	2.13	2.70

Gender Chart (202 Females) Continued

	Death (Grief)	Rela- tionship (break-up)	Food	Caffeine	Alcohol	Nicotine
Heart race	3.69	3.92	2.31	2.54	2.19	2.48
People against me	2.65	3.17	1.88	1.67	2.13	1.43
Nightmares	3.42	3.05	1.69	1.69	1.84	1.80
Threw up	2.30	2.55	2.18	1.51	2.39	1.70
Indigestion	2.33	2.59	2.20	2.03	2.03	2.17
Paranoid	2.81	2.83	2.08	2.10	1.94	2.20
Eyes blurred	2.47	1.81	1.96	1.80	2.36	1.77
Muscle cramp	2.00	1.77	2.22	1.67	1.90	1.70
Body shake	3.35	2.62	2.51	2.26	2.03	2.60
Finger shake	4.02	3.06	2.49	2.39	2.19	3.37
Pain in chest	2.63	2.44	2.08	1.90	1.81	2.40
Difficulty breathing	2.63	2.23	1.94	1.95	1.87	2.60
See things	3.02	2.09	1.61	1.49	1.94	1.57
Diarrhea	1.63	1.52	2.06	1.67	1.71	1.80
Urinated more	2.19	1.96	2.35	2.05	2.32	1.93
Not remember	3.63	2.83	2.04	1.67	2.48	2.37
Hopelessness	4.21	4.09	2.75	2.10	1.81	2.47

Gender Chart (202 Females)

Death

1. Angry 5.56
2. Could not concentrate 5.49
3. Restless 5.30
4. Sick 4.93
5. Depressed 4.88
6. Irritable 4.84
7. Loss of appetite 4.84
8. Weak 4.84
9. Not sleep 4.72
10. Lack of energy 4.72

Relationship

1. Angry 5.47
2. Depressed 5.33
3. Restlessness 5.18
4. Irritable 4.99
5. Could not concentrate 4.94
6. Not sleep 4.79
7. Loss of appetite 4.58
8. Impatient 4.41
9. Anxious 4.35
10. Could not face day 4.27

Food

1. Irritable 4.43
2. Lack emotion 4.23
3. Headaches 4.16
4. Dizzy 4.08
5. Restless 4.02
6. Weak 3.88
7. Sick 3.82
8. Impatient 3.73
9. Could not concentrate 3.73
10. Anxious 3.71

Caffeine

1. Irritable 4.31
2. Anxious 3.87
3. Restless 3.62
4. Impatient 3.59
5. Headaches 3.51
6. Dizzy 3.26
7. Could not concentrate 3.23
8. Not sleep 3.15
9. Jumpy 3.10
10. Lack of energy 3.00

Alcohol

1. Happy 3.03
2. Dizzy 2.94
3. Anxious 2.90
4. Calm 2.90
5. Restless 2.84
6. Irritable 2.77
7. Sick 2.74
8. Headaches 2.71
9. Lack of energy 2.71
10. Guilty 2.68

Nicotine

1. Irritable 4.77
2. Impatient 4.63
3. Restless 4.60
4. Anxious 4.40
5. Jumpy 3.97
6. Bored 3.53
7. Could not concentrate 3.40
8. Depressed 3.13
9. Angry 3.07
10. Dizzy 3.00

Gender Chart for AA Males

	Death (Grief)	Rela- tionship (break-up)	Food	Caffeine	Alcohol	Nicotine
Irritability	4.56-5	6.00-2	5.73-1	5.25-1	6.31-3	5.56-3
Impatience	4.00-9	5.42-8	5.57-3	5.00-2	6.39-1	6.11-1
Anger	5.22-2	5.92-3	5.00-7	4.38-4	6.31-5	4.67-6
Depressed	4.89-3	6.08-1	5.57-2	3.75-10	6.39-2	3.56-10
Anxiety	4.44-6	5.67-5	5.43-5	4.50-3	6.15-7	5.44-4
Restlessness	4.00-8	5.58-7	5.43-4	4.13-5	6.31-4	6.00-2
Hopelessness	4.78.4	5.67-6	5.43-6	3.75	5.85-10	2.56
Jumpy	3.22	3.50	4.71-8	3.88-9	5.92-9	5.22-5
Could not concentrate	3.33	4.92-10	4.57	4.00-7	6.31-6	4.33-9
Lack of energy	4.11-7	5.33-9	4.71-10	4.00-8	5.39	2.00
Panicky	3.67-10	4.83	4.14	3.63	5.92-8	4.56-7
Guilty	5.78-1	5.68-4	4.57	3.25	5.15	1.78
Bored	2.22	3.75	4.71-9	2.63	5.77	4.44-8
Woke early	2.89	3.92	3.71	3.75-10	4.39	3.56-10
Could not sleep	3.33	4.50	4.57	3.63	5.69	3.56-10
Weak	2.33	3.00	4.00	4.00-6	4.50	2.11
Sweat	2.00	2.25	2.57	1.75	4.08	1.89
Face the day	2.89	3.25	3.43	3.25	4.69	2.00
Loss of appetite	3.44	3.67	2.57	3.00	3.80	1.56
Sick	2.67	3.50	3.00	2.13	4.15	1.45
Dizzy	1.00	1.50	2.14	1.88	3.31	3.00
Headaches	1.56	2.08	2.71	3.50	2.85	2.22
Heart race	1.56	2.75	2.43	2.63	3.85	2.67
People against me	3.00	3.83	3.86	3.38	5.77	2.78

Gender Chart for AA Males Continued.

	Death (Grief)	Rela- tionship (break-up)	Food	Caffeine	Alcohol	Nicotine
Nightmares	3.22	2.67	2.86	2.00	5.08	1.89
Threw up	1.11	1.58	1.58	1.25	1.77	1.33
Indigestion	2.56	3.67	4.71	3.13	2.92	2.33
Paranoid	3.33	3.92	3.43	1.25	5.46	2.56
Eyes blurred	1.11	1.75	1.58	1.75	1.92	1.56
Muscle cramp	1.56	1.42	1.29	1.38	3.23	1.67
Body shake	1.11	1.00	1.43	2.13	3.15	1.89
Fingers shake	2.33	2.17	2.29	1.50	3.69	3.11
Pain in chest	2.11	2.33	2.43	1.50	2.84	1.78
See things	2.00	1.50	1.71	1.75	3.00	1.22
Diarrhea	2.00	2.08	2.71	2.25	3.85	1.67
Urinated more	2.56	2.75	3.71	1.88	3.53	2.11
Happy	1.11	1.42	1.29	2.25	2.08	2.67
Could not remember	3.11	3.75	3.71	3.38	5.62	1.78
Calm	1.89	1.50	1.14	1.88	1.31	1.22
Difficulty breathing	1.56	2.33	2.14	1.38	2.53	1.67

Male AA Top 10

Death

1. Guilty 5.78
2. Angry 5.22
3. Depressed 4.89
4. Hopeless 4.78
5. Irritable 4.56
6. Anxious 4.44
7. Lack of energy 4.11
8. Restlessness 4.00
9. Impatient 4.00
10. Panicky 3.67

Alcohol

1. Impatient 6.39
2. Depressed 6.39
3. Irritable 6.31
4. Restlessness 6.31
5. Angry 6.31
6. Could not concentrate 6.31
7. Anxious 6.15
8. Panicky 5.92
9. Jumpy 5.92
10. Hopeless 5.85

Relationship

1. Depressed 6.08
2. Irritable 6.00
3. Angry 5.92
4. Guilty 5.68
5. Anxious 5.67
6. Hopeless 5.67
7. Restlessness 5.58
8. Impatient 5.42
9. Lack of energy 5.33
10. Could not concentrate 4.92

Caffeine

1. Irritable 5.25
2. Impatient 5.00
3. Anxious 4.50
4. Angry 4.38
5. Restlessness 4.13
6. Weak 4.00
7. Could not concentrate 4.00
8. Lack of energy 4.00
9. Jumpy 3.80
10. Woke early or depressed 3.75

Food

1. Irritable 5.73
2. Depressed 5.57
3. Impatient 5.57
4. Restlessness 5.43
5. Anxious 5.43
6. Hopeless 5.43
7. Angry 5.00
8. Jumpy 4.71
9. Bored 4.71
10. Lack of energy 4.71

Nicotine

1. Impatient 6.11
2. Restlessness 6.00
3. Irritable 5.56
4. Anxious 5.44
5. Jumpy 5.22
6. Angry 4.67
7. Panicky 4.56
8. Bored 4.44
9. Could not concentrate 4.33
10. Depressed, woke early, and could not sleep 3.56

Gender Chart for Females AA

	Death (Grief)	Rela- tionship (break-up)	Food	Caffeine	Alcohol	Nicotine
Irritability	4.17-6	5.57-5	5.78-1	4.50-1	6.60-2	6.33-2
Anxiety	4.83-2	5.57-4	4.78-7	4.00-6	6.30-4	6.00-3
Impatience	4.68-3	5.21-10	4.89-4	4.10-5	6.20-5	6.44-1
Restlessness	3.83-10	5.21-9	5.22-3	4.50-2	6.40-3	5.33-4
Depression	4.92-1	5.93-1	4.56-8	3.50	6.60-1	4.44-6
Could not concentrate	3.75	5.71-2	4.33-10	4.50-3	5.50-10	4.44-8
Jumpy	3.00	4.79	4.89-5	4.20-4	5.60-8	5.00-5
Panicky	3.67	5.43-6	3.11	3.70-7	6.20-6	4.44-7
Angry	4.00-8	5.07	4.89-6	3.60-9	5.90-7	3.11
Face the day	4.42-4	5.43-7	1.22	2.50	5.50-9	2.33
Guilty	4.25-5	5.64-3	3.56	2.60	5.40	2.56
Weak	2.67	4.07	5.67-2	3.60-10	4.30	3.44
Lack of energy	4.08-7	5.00	4.50-9	3.40	5.10	3.67
Hopelessness	4.00-9	5.43-8	1.67	1.90	5.50	1.56
Headaches	2.00	3.07	3.56	3.70-8	3.20	3.44
Could not remember	2.33	3.43	1.79	2.40	4.70	4.00-9
Could not sleep	3.68	5.00	3.78	3.50	5.40	3.56-10
Woke early	3.42	4.00	2.89	2.60	4.10	3.33
Sweat	2.50	3.21	1.33	1.70	4.40	1.79
Loss of appetite	3.42	4.57	2.89	2.10	4.70	1.68
Sick	3.00	4.07	3.68	2.60	5.00	2.00
Dizzy	1.67	2.64	3.33	2.80	4.20	2.11
Heart race	2.68	4.07	1.89	2.00	4.50	3.22
People against me	2.58	3.21	2.22	1.10	4.70	1.00

Gender Chart for Females AA Continued

	Death (Grief)	Rela- tionship (break-up)	Food	Caffeine	Alcohol	Nicotine
Nightmares	3.18	2.93	2.11	1.60	4.30	1.11
Threw up	1.08	1.29	1.33	1.70	3.00	1.00
Indigestion	2.08	2.79	3.89	2.10	3.70	2.44
Paranoid	2.25	3.43	2.67	1.60	4.40	1.11
Eyes blurred	1.50	1.50	1.68	1.40	3.90	1.89
Muscle cramps	1.33	1.21	2.11	1.40	3.20	1.22
Body shake	2.42	2.14	2.11	1.60	4.70	1.11
Fingers shake	2.00	2.57	2.89	2.20	4.60	2.57
Pain in chest	1.92	2.07	2.11	1.50	2.10	2.22
Difficulty breathing	2.92	2.14	1.89	1.50	2.10	2.33
See things	2.25	1.50	1.33	1.30	3.90	1.00
Diarrhea	1.75	1.50	1.78	1.50	3.50	1.56
Urinated more	2.17	2.00	3.00	2.90	3.70	2.56
Happy	1.17	1.14	1.89	1.60	1.40	1.44
Bored	2.08	2.86	2.22	2.60	3.50	1.78
Calm	1.58	1.57	2.11	2.60	1.10	1.68

Female AA Top 10

Death

1. Depressed 4.92
2. Anxious 4.83
3. Impatient 4.68
4. Could not face day 4.42
5. Guilty 4.25
6. Irritable 4.17
7. Lack energy 4.08
8. Angry 4.00
9. Hopeless 4.00
10. Restless 4.00

Caffeine

1. Irritable 4.50
2. Restless 4.50
3. Could not concentrate 4.50
4. Jumpy 4.20
5. Impatient 4.10
6. Anxious 4.00
7. Panicky 3.70
8. Headaches 3.70
9. Angry 3.60
10. Weak 3.60

Relationship

1. Depressed 5.93
2. Could not concentrate 5.71
3. Guilty 5.64
4. Anxious 5.57
5. Irritable 5.57
6. Panicky 5.43
7. Could not face day 5.43
8. Hopeless 5.43
9. Restless 5.21
10. Impatient 5.21

Alcohol

1. Depressed 6.60
2. Irritable 6.60
3. Restless 6.40
4. Anxious 6.30
5. Impatient 6.20
6. Panicky 6.20
7. Angry 5.90
8. Jumpy 5.60
9. Could not face day 5.50
10. Could not concentrate 5.50

Food

1. Irritable 5.78
2. Weak 5.67
3. Restless 5.22
4. Impatient 4.89
5. Jumpy 4.89
6. Angry 4.89
7. Anxious 4.78
8. Depressed 4.56
9. Lack energy 4.50
10. Could not concentrate 4.33

Nicotine

1. Impatient 6.44
2. Irritable 6.33
3. Anxious 6.00
4. Restless 5.33
5. Jumpy 5.00
6. Depressed 4.44
7. Panicky 4.44
8. Could not concentrate 4.44
9. Not remember 4.00
10. Not sleep 3.56

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