

Symptomatology of problematic cell-phone use vs. DSM-5 criteria for compulsive gambling and substance use.

Symptomatology of problematic cell-phone use, according to the references noted in this section	DSM-5 Criteria–Substance use disorder (64)	DSM-5 Criteria for compulsive gambling – Gambling disorder (64)
Problems and conscious use in dangerous situations or in prohibited contexts	Dangerous use Difficulty performing important social, work or leisure activities due to use	Turns to loans when faced with the desperate personal economic situation produced by gambling
Social and family conflicts and confrontations, as well as loss of interest in other activities	Social, interpersonal problems related to use Abandonment of usual activities due to use	Personal and social relationships, jobs, studies, or careers are in danger or are lost
Continuing behaviour despite the negative effects and/or personal malaise it causes	Continues using the substance despite being conscious of recurring or persistent psychological or physical problems, which appear to be caused or exacerbated by substance use	Even when losing money, keeps gambling
Harm, physical, mental, social, work, or family disturbances		
Difficulty of controlling	Repeated attempts to quit, to stop using	Repeated unsuccessful efforts to avoid said conduct
Frequent and constant checking of phone in very brief periods of time with insomnia and sleep disturbances	Spends a lot of time getting the substance, using it, or recovering from its effects	Excessive preoccupation about gambling (persistent thoughts, memories of previous experiences, search for new opportunities to gamble, means to get money and continue gambling)
Tolerance	Tolerance	Growing need to gamble a progressively increasing amount of money in order to achieve well-being
Increase in use to achieve satisfaction or relaxation or to counteract a dysphoric mood		
Excessive use, urgency, need to be connected	Progressive increase in use	Search for gambling opportunities when faced with feelings of unease, such as anxiety, guilt, depression, powerlessness, etc
Need to respond immediately to messages, preferring the cell phone to personal contact		
Abstinence, dependence, craving	Abstinence syndrome	Lies to self, denies dependence
Anxiety, irritability if cell phone is not accessible, feelings of unease when unable to use it		Unease and irritability when trying to avoid or stop said behaviour