Caffeine Intoxication DSM-5 Criteria

Patient information	
Name: Jess McDonald	**Gender:** Female
Date of birth: 11/11/1996	**Date of evaluation:** 27/11/2024

Diagnostic criteria

Review the criteria below. Check the boxes that apply to the individual.

- [x] **A. Recent caffeine consumption** (typically a high dose, well in excess of 250 mg)
- [x] **B. Five (or more) of the following signs or symptoms developing during or shortly after caffeine use:**

[x] 1. Restlessness	[x] 7. Gastrointestinal disturbance
[x] 2. Nervousness	[x] 8. Muscle twitching
[x] 3. Excitement	[x] 9. Rambling flow of thought and speech
[x] 4. Insomnia	[ ] 10. Tachycardia or cardiac arrhythmia
[x] 5. Flushed face	[x] 11. Periods of inexhaustibility
[x] 6. Diuresis	[ ] 12. Psychomotor agitation

- [x] **C. Signs or symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning**
- [x] **D. Signs or symptoms are not attributable to another medical condition or better explained by another mental disorder, including intoxication with another substance**

Additional notes

The patient reports consuming approximately 800 mg of caffeine daily, primarily through energy drinks and coffee. Symptoms began within an hour of caffeine intake and include restlessness, a persistent sense of nervousness, and difficulty falling asleep. Gastrointestinal distress has been noted, along with heightened excitement and inability to concentrate at work. Symptoms have disrupted occupational performance and social interactions. There is no evidence of underlying medical conditions or other substance use contributing to the presentation.

Reference: American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Pearson.