World Health Organization’s  
International Classification of Diseases – 10th Edition  
Research Criteria for “Tobacco Withdrawal State”  
(ICD-10 Diagnostic Criteria for Research, p 61)

A. There must be clear evidence of recent cessation or reduction of substance use after repeated, and usually prolonged and/or high-dose, use of that substance.

B. Symptoms and signs are compatible with the known features of a withdrawal state from the particular substance or substances (see below).

C. Symptoms and signs are not accounted for by a medical disorder unrelated to substance use, and not better accounted for by another mental or behavioural disorder.

D. Any two of the following signs must be present:
   1) anxiety
   2) craving for tobacco (or other nicotine-containing products)
   3) difficulty in concentrating
   4) dysphoric mood
   5) increased appetite
   6) increased cough
   7) insomnia
   8) irritability or restlessness
   9) malaise or weakness
   10) mouth ulceration