

# 11 - Problems associated with health behaviours

## Problems associated with health behaviours

Clinical Descriptions and Diagnostic Requirements for ICD-11 Mental, Behavioural or Neurodevelopmental Disorders

Concern about body appearance, unspecified Personality difficulty

See the section on personality disorders and related traits, p. 553.

- Personality difficulty refers to pronounced personality characteristics that may affect treatment or health services but do not rise to the level of severity to merit a diagnosis of personality disorder. Personality difficulty is characterized by longstanding difficulties (e.g. at least 2 years) in the individual's way of experiencing and thinking about the self, others and the world. In contrast to personality disorder, these difficulties are manifested in cognitive and emotional experience and expression only intermittently (e.g. during times of stress) or at low intensity. The difficulties are associated with some problems in functioning, but these are insufficiently severe to cause notable disruption in social, occupational and interpersonal relationships, or may be limited to specific relationships or situations.

Malingering

- Malingering is the feigning, intentional production or significant exaggeration of physical or psychological symptoms, or intentional misattribution of genuine symptoms to an unrelated event or series of events when this is specifically motivated by external incentives or rewards such as escaping duty or work, mitigating punishment, obtaining medications or drugs, or receiving unmerited recompense such as disability compensation or personal injury damages award.

Problems associated with health behaviours

Hazardous substance use

See the section on disorders due to substance use, p. 441.

Hazardous alcohol use

- Hazardous alcohol use refers to a pattern of alcohol use that appreciably increases the risk of harmful physical or mental health consequences – to the user or to others – to an extent QC30 QD3Z QE50.7 QE10

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743 Factors influencing health status or contact with health services particularly relevant to mental health services that warrants attention and advice from health professionals. The increased risk may be from the frequency of alcohol use, from the amount used on a given occasion, from risky behaviours associated with alcohol use or the context of use, or from a combination of these. The risk may be related to short-term effects of alcohol or to longer-term cumulative effects on physical or mental health or functioning. Hazardous alcohol use has not yet reached the level of having

caused harm to physical or mental health of the user or others around the user. The pattern of alcohol use often persists in spite of awareness of increased risk of harm to the user or to others.

**Hazardous drug use** • Hazardous drug use refers to a pattern of use of psychoactive substances other than nicotine or alcohol that appreciably increases the risk of harmful physical or mental health consequences – to the user or to others – to an extent that warrants attention and advice from health professionals. The increased risk may be from the frequency of substance use, from the amount used on a given occasion, from risky behaviours associated with substance use or the context of use, from a harmful route of administration, or from a combination of these. The risk may be related to short-term effects of the substance or to longer-term cumulative effects on physical or mental health or functioning. Hazardous drug use has not yet reached the level of having caused harm to physical or mental health of the user or others around the user. The pattern of drug use often persists in spite of awareness of increased risk of harm to the user or to others. Specify substance(s), if known: QE11.0 Hazardous use of opioids QE11.1 Hazardous use of cannabis QE11.2 Hazardous use of sedatives, hypnotics or anxiolytics QE11.3 Hazardous use of cocaine QE11.4 Hazardous use of stimulants, including amfetamines, methamphetamine and methcathinone QE11.5 Hazardous use of caffeine QE11.6 Hazardous use of MDMA or related drugs QE11.7 Hazardous use of dissociative drugs, including ketamine and PCP QE11.8 Hazardous use of other specified psychoactive substance QE11.9 Hazardous use of unknown or unspecified psychoactive substance QE11.Y Other specified hazardous drug use QE11.Z Hazardous drug use, unspecified

**Hazardous nicotine use** • Hazardous nicotine use refers to a pattern of nicotine use that appreciably increases the risk of harmful physical or mental health consequences – to the user or to others – to an extent that warrants attention and advice from health professionals. Most often nicotine is consumed in the form of tobacco, but there are also other forms of nicotine delivery (e.g. nicotine vapour). Hazardous nicotine use has not yet reached the level of having caused harm to physical or mental health of the user or others around the user. The pattern of nicotine use often persists in spite of awareness of increased risk of harm to the user or to others. This category is not intended to include the use of nicotine replacement therapies under medical supervision when these are used as part of attempts to stop or reduce smoking. QE11 Reasons for contact with mental health services | Problems associated with health behaviours QE12

Clinical Descriptions and Diagnostic Requirements for ICD-11 Mental, Behavioural or Neurodevelopmental Disorders Other specified hazardous substance use Hazardous gambling or gaming See the section on disorders due to addictive behaviours, p. 506. Hazardous gambling or betting • Hazardous gambling or betting refers to a pattern of gambling or betting that appreciably increases the risk of harmful physical or mental health consequences to the individual or to others around this individual. The increased risk may be from the frequency of gambling or betting, from the amount of time spent on these activities or the context of gambling or betting, from the neglect of other activities and priorities, from risky behaviours associated with gambling or betting or its context, from the adverse consequences of gambling or betting, or from a combination of these. The pattern of gambling or betting often persists in spite of awareness of increased risk of harm to the individual or to others. Hazardous gaming • Hazardous gaming refers to a pattern of gaming, either online or offline that appreciably increases the risk of harmful physical or mental health consequences to the individual or to others around this individual. The increased risk may be from the frequency of gaming, from the amount of time spent on these activities, from the neglect of other activities and priorities, from risky behaviours associated with gaming or its context, from the adverse consequences of gaming, or from a combination of these. The pattern of gaming often persists in spite of awareness of increased risk of harm to the individual or to others. QE1Y QE21

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