

Symptoms of Depression and Dysthymia

Major Depressive Disorder (MDD)

- ❖ Depressed or irritable mood
- ❖ Loss of interest or pleasure
- ❖ Change in weight or appetite or failure to meet expected weight gains
- ❖ Sleep problems
- ❖ Motor agitation or retardation
- ❖ Fatigue or loss of energy
- ❖ Feelings of worthlessness or guilt
- ❖ Difficulty thinking, concentrating, or making decisions
- ❖ Thoughts of death or suicidal thoughts/behavior

Presence of five or more symptoms

Symptoms present for at least two weeks

Symptoms cause significant distress or impairment in functioning

Dysthymia

- ❖ Many of the symptoms of major depressive disorder are present but in less severe form
- ❖ Depressed or irritable mood plus at least two of the following symptoms: poor appetite or overeating; sleep disturbance; low energy or fatigue; low self-esteem; concentration or decision making problems; feelings of hopelessness

Symptoms present for at least one year

Dysthymia typically occurs prior to a major depressive episode