

# Symptoms of Depression and Dysthymia



## Major Depressive Disorder (MDD)

- ❖ Depressed or irritable mood
- ❖ Loss of interest or pleasure
- ❖ Change in weight or appetite
- ❖ Sleep problems
- ❖ Motor agitation or retardation
- ❖ Fatigue or loss of energy
- ❖ Feelings of worthlessness or guilt
- ❖ Difficulty thinking, 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*

# Symptoms of Depression and Dysthymia



## 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*