

DEPRESSION NOTE CARDS

Card #1:

Adjustment Disorder with Depressed Mood

- sadness
- irritability
- decreased sleep from 8 to 4 hours each night
- appetite loss
- decreased self esteem

DEPRESSION NOTE CARDS (continued)

Card #2:

Major Depression, Single Episode

- depressed mood
- low self esteem
- weight loss
- increased sleep from 8 to 12 hours each night

DEPRESSION NOTE CARDS (continued)

Card #3:

Major Depression, Recurrent

- depressed mood
- inability to function at work
- loss of libido
- irritability
- lack of sleep
- weight gain of 25 pounds

DEPRESSION NOTE CARDS (continued)

Card #4:

Major Depression with Psychotic Features

- depressed mood
- lack of energy
- confusion
- paranoia about close friends and family
- weight loss of 20 pounds in 2 weeks
- lack of sleep (about 3 hours a night)