

Signs and Symptoms of Adult Depression

Major Depressive Episode

- ◆ Five or more of the following symptoms must be present during the same 2-week period
- ◆ There must be a change in functioning
- ◆ One of the symptoms must be either depressed mood or loss of interest or pleasure
 - ◆ Depressed mood most of the day, nearly every day
 - ◆ Marked diminished interest or pleasure in all or most all activities
 - ◆ Significant weight loss or gain (more than 5%)
 - ◆ Insomnia or hypersomnia nearly every day
 - ◆ Psychomotor agitation or retardation nearly every day
 - ◆ Fatigue or loss of energy
 - ◆ Feelings of worthlessness or excessive inappropriate guilt
 - ◆ Diminished ability to think or concentrate, or indecisive, nearly every day
 - ◆ Recurrent thoughts of death, thoughts of suicide without a plan or an attempt

Major Depressive Disorder, Single Episode

- ◆ Meets criteria for Major Depressive Episode
- ◆ Not accounted for by Schizoaffective Disorder or other illnesses
- ◆ No manic episode

Major Depressive Disorder, Recurrent

- ◆ Presence of two or more Major Depressive Episodes (with at least two months between episodes)
- ◆ No accounted for by Schizoaffective Disorder or other illnesses
- ◆ No manic episode

Signs and Symptoms of Adult Depression (continued)

Dysthymic Disorder

- ◆ Depressed mood for most of the day, more days than not for at least two years
- ◆ Presence of at least two of the following
 - ◆ Poor appetite or overeating
 - ◆ Insomnia or hypersomnia
 - ◆ Low energy or fatigue
 - ◆ Low self-esteem
 - ◆ Poor concentration or difficulty making decisions
 - ◆ Feelings of hopelessness
- ◆ During the two years of being in a depressed mood, symptoms are always present
- ◆ No Major Depressive Episode
- ◆ No manic episode
- ◆ Not related to a chronic psychotic disorder
- ◆ Not a direct effect of a substance or medical condition
- ◆ Symptoms cause significant distress or impairment in social, occupational, or other areas of functioning