

Features of Adult Depression

The following features may be part of a person's diagnosis:

- Mild - few, if any symptoms in excess of those required to make diagnosis
- Moderate - symptoms or functional impairment is between mild and severe
- Severe without psychotic features - several symptoms in excess of those required AND symptoms markedly interfere with occupational or social functioning
- Severe with psychotic features - delusions or hallucinations
 - Mood congruent psychotic features - delusions or hallucinations whose content is entirely consistent with the typical depressive themes of personal inadequacy, guilt, disease, death...
 - Mood-incongruent psychotic features - delusions or hallucinations whose content does not involve typical depressive themes
- Catatonic Features - at least two of the following are present:
 - Motor immobility
 - Excessive motor activity
 - Extreme negativism or mutism
 - Peculiarities of voluntary movement
 - Echolalia or echopraxia
- Melancholic Features - either loss of pleasure in all, or almost all, activities and/or lack of reactivity to usually pleasurable stimuli and three or more of the following:
 - Distinct quality of depressed mood - different from how the person normally reacts to grief or other life losses
 - Depression regularly worse in the morning
 - Early morning awakening (2 hours or more before normal time)
 - Marked psychomotor agitation or retardation
 - Significant anorexia or weight loss
 - Excessive or inappropriate guilt

Features of Adult Depression (continued)

- Atypical Features - mood reactivity (mood changes when something good happens) and two or more of the following:
 - Significant weight gain or increase in appetite
 - Hypersomnia
 - Leaden paralysis
 - Long-standing pattern of interpersonal rejection sensitivity
- Postpartum Onset - onset of episode within 4 weeks postpartum
- Seasonal Pattern - there is a relationship between the onset and full remission of depression and the time of the year over at least 2 years

