

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
- ◆ Change in functioning
- ◆ Depressed mood or loss of interest or pleasure
 - ◆ Depressed mood most of the time
 - ◆ Diminished interest or pleasure in activities
 - ◆ Significant weight loss or gain
 - ◆ Insomnia or hypersomnia
 - ◆ Psychomotor agitation or retardation
 - ◆ Fatigue or loss of energy
 - ◆ Feelings of worthlessness or excessive inappropriate guilt
 - ◆ Diminished ability to think or concentrate, indecisive
 - ◆ Recurrent thoughts of death

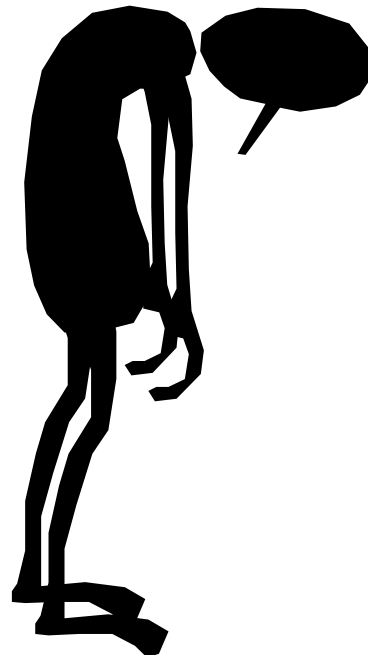
Signs and Symptoms of Adult Depression (continued)

Major Depressive Disorder, Single Episode

- ◆ Meets criteria for Major Depressive Episode
- ◆ No diagnosed Schizoaffective Disorder or other illnesses
- ◆ No manic episode

Major Depressive Disorder, Recurrent

- ◆ Presence of two or more Major Depressive Episodes
- ◆ No diagnosed Schizoaffective Disorder or other illnesses
- ◆ No manic episode



Signs and Symptoms of Adult Depression (continued)

Dysthymic Disorder

- ◆ Depressed mood
- ◆ 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
- ◆ Symptoms always present
- ◆ No Major Depressive Episode
- ◆ No manic episode
- ◆ Not related to a chronic psychotic disorder
- ◆ Not direct effect of a substance or medical condition
- ◆ Symptoms cause significant distress or impairment in social, occupational, or other areas of functioning