

Depression

By

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A major depressive disorder (MDD)

A disorder with only major depressive episodes,
without a history of a manic, mixed, or
hypomanic episode.

A major depressive episode (Def)

A major depressive episode

must last at least 2 weeks, and also experiences at least four symptoms from a list that includes changes in appetite and weight, changes in sleep and activity, lack of energy, feelings of guilt, problems thinking and making decisions, and recurring thoughts of death or suicide.

DSM-5 Diagnostic Criteria for Major Depressive disorder

A. Five (or more) of the following nine symptoms have been present during the same 2-week period and represent a change from previous functioning: at least one of the symptoms is either (1) depressed mood or (2) loss of interest or pleasure (Anhedonia).

Criteria A cont.

1. Depressed mood most of the day, nearly every day, as indicated by either subjective report (e.g., feels sad, empty, hopeless) or observation made by others (e.g., appears tearful).
2. Markedly diminished interest or pleasure (Anhedonia) in all, or almost all, activities
3. Significant weight loss when not dieting or weight gain

Criteria A cont.

4. Insomnia or hypersomnia nearly every day.

5. Psychomotor agitation or retardation nearly every

6. Fatigue or loss of energy nearly every day.

7. Feelings of worthlessness or excessive or inappropriate guilt

8. Diminished ability to think or concentrate, or indecisiveness,
nearly every day

9. Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide.

DSM-5 Diagnostic Criteria for Major Depressive **disorder cont.**

B. The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

C. The episode is not attributable to the physiological effects of a substance or to another medical condition.

Prevalence of MDD

- Up to 17%
- The most common cause of suicide