

Diagnostic Criteria for Major Depressive Disorder and Depressive Episodes

DSM-IV Criteria for Major Depressive Disorder (MDD)

- Depressed mood or a loss of interest or pleasure in daily activities for more than two weeks.
- Mood represents a change from the person's baseline.
- Impaired function: social, occupational, educational.
- Specific symptoms, at least 5 of these 9, present nearly every day:
 1. **Depressed mood or irritable** most of the day, nearly every day, as indicated by either subjective report (e.g., feels sad or empty) or observation made by others (e.g., appears tearful).
 2. **Decreased interest or pleasure** in most activities, most of each day
 3. **Significant weight change (5%) or change in appetite**
 4. **Change in sleep**: Insomnia or hypersomnia
 5. **Change in activity**: Psychomotor agitation or retardation
 6. **Fatigue or loss of energy**
 7. **Guilt / worthlessness**: Feelings of worthlessness or excessive or inappropriate guilt
 8. **Concentration**: diminished ability to think or concentrate, or more indecisiveness
 9. **Suicidality**: Thoughts of death or suicide, or has suicide plan

DSM – V proposed (not yet adopted) anxiety symptoms that may indicate depression: irrational worry, preoccupation with unpleasant worries, trouble relaxing, feeling tense, fear that something awful might happen.

Screen for conditions that may mimic or co exist with Major Depressive Disorder:

- **Substance abuse** causing depressed mood (eg. drugs, alcohol, medications)
- **Medical illness** causing depressed mood
- **Other psychiatric disorders**: mania, hypomania, bipolar, schizoaffective, schizophrenia, etc.
- **Bereavement** unless sx persist for > two months or show marked functional impairment, morbid preoccupation with worthlessness, suicidal ideation, psychotic symptoms, or psychomotor retardation.

Depressive Episode Criteria (may be part of Major Depressive Disorder OR an isolated episode)

A	B
Depressed Mood Loss of interest and enjoyment in usual activities Reduced energy and decreased activity	Reduced self esteem and confidence Ideas of guilt and unworthiness Pessimistic thoughts Disturbed sleep Diminished appetite Ideas of self harm

Severity of Depressive Episode:

- Mild:** > 1 from column A plus 1-2 from column B. Or 5-6 sx but mild in severity and functional impairment.
- Moderate:** > 1 from column A plus 2-3 from column B. Or 7 – 8 sx but moderate functional impairment.
- Severe:** All 3 from column A plus > 3 from column B. Or fewer sx but any of these: severe functional impairment, psychotic sx, recent suicide attempt, or has specific suicide plan or clear intent.

Functional Domain	Moderately Impaired	Severely Impaired
Family Relationships	Quiet, negative and oppositional	Withdrawn, won't talk, brusque, angry, aggressive
School & Academics / Work	Grades/work performance deteriorating, missing/cutting class or work, decreased effort, moderate academic or work stress	Failing performance, missing school or work, doesn't care about work, oppositional, argumentative, high academic or work stress
Peer Relationships	Decreased socializing or extracurricular activities, more time on computer	Isolated, discontinued extracurricular activities, excessive computer time
Stress Level, Anxiety	Minimizes or denies issues, projects onto others or blames others	Withholds feelings, won't talk
Suicidal Ideation	Vague/occasional	Frequently considered, has a plan, or prior attempt
Other Self Harm	Occasional thoughts but no attempts	Cutting, other self injury