

DSM-IV COMMON CRITERIA OF MOOD EPISODES (2 of 3)

Major Depressive Episode:

- five of the following nine symptoms must be present nearly every day during the same two-week period:

1. Depressed mood most of the day (subjective or objective report)
2. Markedly diminished interest or pleasure in all, or almost all of the activities most of the day, or all day (subjective or objective report)
3. Significant weight gain or weight loss when not dieting (5% per month)/or change in appetite
4. Insomnia or hypersomnia
5. Slowing or agitation of mental and physical functioning as observed by others
6. Chronic fatigue/decrease in energy
7. Feelings of guilt/ helplessness / hopelessness/ worthlessness
8. Indecisiveness, or decreased ability to concentrate (subj. or obj. account)
9. Frequent thoughts of death or suicide, or a suicide attempt

These symptoms do not meet the criteria for a Mixed Episode.

Symptoms during a bereavement period are not diagnosed as a Major Depressive Episode (unless symptoms last longer than 2 months after a loss).

American Psychiatric Association. (1994).