

Table 1**ICD-10 and DSM-V criteria for depression^{5,6}****Core**

- Depressed mood (sad, empty, irritable, hopeless, tearful)
- Decreased interest or pleasure in all/most activities
- Decreased energy or fatigue

Key: ICD and DSM ICD only DSM only

Biological

- Decreased energy or fatigue
- Change in sleep (increased or decreased)
- Change in weight (increased or decreased)
- Observable psychomotor agitation/retardation

Cognitive

- Guilt, worthlessness
- Reduced concentration/thinking/decisiveness
- Recurrent thoughts of death or suicide, may be associated with plans or attempts
- Reduced self-esteem and self-confidence
- Bleak and negative views about the future

Symptoms

- Must have a minimum of 4 (ICD) or 5 (DSM)
- Are present for at least two weeks
- Are present most of the time during this period
- Cause significant distress and/or impairment of social/occupational/other functioning