Box 4

DSM-5 criteria for depression

At least 5 symptoms present for at least 2 weeks, for most of nearly every day:

One symptom must include:

- Depressed mood
- Markedly diminished interest or pleasure in all or most activities

Other symptoms:

- Clinically significant weight loss, or increase or decrease in appetite
- Insomnia or hypersomnia
- Psychomotor agitation or retardation
- Fatigue or loss of energy
- Feelings of worthlessness or excessive or inappropriate guilt
- Diminished ability to think or concentrate, or indecisiveness
- Recurrent thoughts of death or suicidal ideation (with or without a specific plan)

Symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of function

Symptoms are not due to direct physiological effects of a substance or another medical condition, not better explained by schizoaffective disorder or other psychotic disorders, and there has never been a manic or hypomanic episode