Table 1

ICD-10[10] and DSM-5[7] criteria for depression

Core	Biological	Cognitive
● Depressed mood (sad, empty, irritable, hopeless, tearful)	● Decreased energy or fatigue	● Guilt, worthlessness
● Decreased interest or pleasure in all/most activities	● Change in sleep (increased or decreased)	● Reduced concentration/thinking/ decisiveness
● Decreased energy or fatigue	● Change in weight (increased or decreased)	● Recurrent thoughts of death or suicide may be associated with plans or attempts
	● Observable psychomotor agitation/retardation	● Reduced self-esteem and self-confidence
		● Bleak and negative views about the future

Key: ICD and DSM ICD only DSM only

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