Table 3

Differential diagnosis of depression in children and adolescents

Normal
- Sadness
- Adolescent mood changes
- Grief/bereavement
- Premenstrual tension

Psychiatric condition
- Anxiety
- Eating disorder
- Substance misuse e.g. cannabis, alcohol
- Dysthymia/bipolar disorder/psychosis
- ADHD

Medical condition
- Side effects of medication e.g. methylphenidate, corticosteroids
- Endocrine e.g. thyroid, diabetes
- Haematological e.g. anaemia, cancer
- Neurological e.g. headaches/ chronic pain/epilepsy
- Infections/inflammatory e.g. pneumonia, TB, HIV