

Table 1

Summary of the ICD-10 criteria for depression⁴

Symptoms must be present for at least two weeks

At least 2 of the following core symptoms must be present (all 3 in severe episodes):

- Depressed mood
- Reduced energy/increased fatiguability
- Anhedonia/loss of pleasure and interest

In addition, other symptoms must be present (2 present in mild, 3-4 in moderate and > 4 in severe episodes):

- Reduced concentration and attention
- Reduced self-esteem and self-confidence
- Ideas of guilt and worthlessness
- Bleak and pessimistic view of the future
- Ideas or acts of self-harm or suicide
- Disturbed sleep
- Diminished appetite

Severe depressive episode with psychotic symptoms: As well as meeting the criteria above for a severe depressive episode, there will also be delusions, hallucinations or depressive stupor present