Table 1

Abridged DSM-IV-TR criteria for major depressive episode*

A. Over the past 2 weeks, five of the following symptoms (which must include 1 or 2) should be present. Symptoms 1-8 should be present on nearly every day:

1 Depressed mood most of the day
2 Loss of interest or pleasure in almost all activities most of the day
3 An increase or decrease in appetite or significant weight loss or gain (more than 5% change in 1 month)
4 Insomnia or hypersomnia
5 Psychomotor agitation or retardation (observable by others)
6 Fatigue or loss of energy
7 Feelings of worthlessness or excessive or inappropriate guilt (not merely self-reproach about being sick)
8 Diminished ability to think or concentrate, or indecisiveness (either by subjective account or observation by others)
9 Recurrent thoughts of death (not just fear of dying), or suicidal ideation, or a suicide attempt or a specific plan for committing suicide.

B. Symptoms cause clinically significant distress or impairment in functioning.

C. Symptoms are not due to substance abuse, medication or physical illness. Symptoms are not better explained by bereavement (although this can be complicated by major depression). Episodes are classified as mild (symptoms barely meet minimal criteria, mild functional impairment), moderate (more than minimum symptoms and functional impairment between mild and severe), severe (most symptoms present, marked or greater functional impairment).

*Adapted from American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders (4th edn). Text Revision (DSM-IV-TR). 2000 American Psychiatric Association, Arlington, VA, USA