

Table 1

Classification of depressive states

Classification	DSM IV criteria	ICD-10 equivalent
Subthreshold depressive symptoms	2-4 symptoms of depression; function maintained	Mixed anxiety and depressive disorder Depressive episode, mild with 4 symptoms
Mild depression	Few, if any, symptoms in excess of the 5 required for diagnosis; mild functional impairment	Depressive episode, mild with at least 5 symptoms
Moderate depression	Symptoms or functional impairment between mild and severe	Depressive episode, moderate
Severe depression	Most symptoms + marked functional impairment	Depressive episode, severe

Adapted from Anderson IM, Ferrier IN, Baldwin RC et al. Evidence-based guidelines for treating depressive disorders with antidepressants. A revision of the 2000 British Association for Psychopharmacology guidelines. *J Psychopharmacol* 2008;22:343-96