Table 2

ICD-10 diagnostic criteria for major depression (adapted from ICD-10 Classification of Mental and Behavioural Disorders[17])

ICD-10 uses a list of ten key depressive symptoms for diagnostic criteria.

- Persistent sadness or low mood and/or
- Loss of interest or pleasure
- Fatigue or low energy

Patients must suffer from at least one of these symptoms most of the time for at least two weeks. If any of the above are present, ask about associated symptoms:

- Disturbed sleep
- Poor concentration or indecisiveness
- Low self-confidence
- Poor or increased appetite
- Suicidal thoughts or acts
- Agitation or slowing of movements
- Guilt or self-blame

NOTE: These symptoms should be present for a month or more, and every symptom should be present for most of every day.
The number of symptoms then defines the severity of the depression:

Fewer than four symptoms — Not depressed
Four symptoms — Mild depression
Five to six symptoms — Moderate depression
Seven or more symptoms ± psychotic symptoms — Severe depression