Major Depressive Episode
As defined in the Diagnostic and Statistical Manual of Mental Disorders.

A. Five (or more) of the following symptoms have been present during the same 2-week period and represent a change from previous functioning; at least one of the symptoms is either (1) depressed mood (2) loss of interest or pleasure.

Note: Do not include symptoms that are clearly due to a general medical condition, or mood-incongruent delusions or hallucinations.

(1) Depressed mood most of the day, nearly every day, as indicated by either subjective report (e.g., feels sad or empty) or observation made by others (e.g., appears tearful). Note: In children and adolescents, can be irritable mood.

(2) Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day (as indicated by either subjective account or observation made by others)

(3) Significant weight loss when not dieting or weight gain (e.g., a change of more than 5% of body weight in a month), or decrease or increase in appetite nearly every day. Note: In children, consider failure to make expected weight gains.

(4) Insomnia or hypersomnia nearly every day

(5) Psychomotor agitation or retardation nearly every day (observable by others, not merely subjective feelings of restlessness or being slowed down)

(6) Fatigue or loss of energy nearly every day

(7) Feelings of worthlessness or excessive or inappropriate guilt (which may be delusional) nearly every day (not merely self-reproach or guilt about being sick)

(8) Diminished ability to think or concentrate, or indecisiveness, nearly every day (either by subjective account or as observed by others)

(9) Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide

B. The symptoms do not meet criteria for a Mixed Episode.

C. The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

D. The symptoms are not due to the direct physiological effects of a substance (e.g., a drug of abuse, a medication) or a general medical condition (e.g., hypothyroidism).

E. The symptoms are not better accounted for by Bereavement, i.e., after a loss of a loved one, the symptoms persist for longer than 2 months or are characterized by marked functional impairment, morbid preoccupation with worthlessness, suicidal ideation, psychotic symptoms, or psychomotor retardation.

A simple way to remember the signs of depression

D – Definite personality change (defiant, disagreeable, distant or disorganized)

U – Underachieving (grades fall As to Cs in one semester, avoids school)

M – Morbid preoccupation, dwells on death and disaster, voices suicidal thinking, self-destructive

P – Pessimism and/or psychosis … grim, no joy

S – Somatic complaints without physical basis

Other Available Resources To Investigate:

Adolescent Depression Awareness Program (ADAP): [http://www.hopkinsmedicine.org/Psychiatry/moods/outreach_adap/](http://www.hopkinsmedicine.org/Psychiatry/moods/outreach_adap/)

Suicide Prevention West Virginia: [http://preventsuicidewv.org/](http://preventsuicidewv.org/)

Suicide Prevention Lifeline: 1-800-273-8255

American Association of Suicidology School Suicide Prevention Accreditation Program: [www.suicidology.org](http://www.suicidology.org)


For more information call [513-536-HOPE (4673)](tel:+15135364673)  www.lindnercenterofhope.org

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