

**DIAGNOSTIC AND STATISTICAL MANUAL OF
MENTAL DISORDERS (DSM-IV)**

Major Depressive Episode: The central feature of a Major Depressive Episode is a period of at least two weeks during which there is either depressed mood or the loss of interest or pleasure in nearly all activities.

Criteria for Major Depressive Episode:

- A. Five (or more) of the following symptoms have been present during the same two-week period and represent a change from previous functioning; at least one of the symptoms is either (1) depressed mood or (2) loss of interest or pleasure.
- (1.) Depressed mood most of the day, nearly every day, as indicated by either subjective reports (*e.g.*, feels sad or empty) or observation made by others (*e.g.*, appears tearful).
 - (2.) Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day (as indicated by either subjective accounts or observations made by others).
 - (3.) Significant weight loss when not dieting or weight gain (*e.g.*, a change of more than five percent of body weight in a month), or decrease or increase in appetite nearly every day.
 - (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 ideations without a specific plan, or a suicide attempt or a specific plan for committing suicide.
- B. The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- C. The symptoms are not due to the direct physiological effects of a substance (*e.g.*, a drug of abuse, or medication) or a general medical condition (*e.g.*, hypothyroidism).
- D. The symptoms are not better accounted for by bereavement, *i.e.* after the loss of a loved one, the symptoms persist for longer than two months or are characterized by marked functional impairment, morbid preoccupation with worthlessness, suicidal ideation, psychotic symptoms, or psychomotor retardation.