

DEPRESSIVE DISORDERS

6A70. Single episode depressive disorders

- ① Presence of 1/0 single depressive episode is required for diagnosis
- ② no 1/0 mixed, mania or hypomania episode which would indicate presence of bipolar disorder

TYPES

- Mild
 - Moderate
 - Severe
- } w/ or w/o psychotic symptoms
- Unspecified Severity
 - In partial remission
 - in full remission
 - Other specified single episode depressive disorder
 - unspecified

Date: _____
RECURRENT DEPRESSIVE DISORDERS

① A history of at least 2 depressive episodes, which may include a current episode, separated by several months without a significant mood disturbance is required for diagnosis.

② no h/o mixed, mania or hypomanic episodes
Same types

NOTE → MNGMONIC for C/F of Depression

HI SWAP OFCCI

H → Hopelessness

I → ↓ Interest

S → ↓ Sleep

W → Worthlessness

A → Appetite Changes

P → ↓ PMA

D → Depressed Mood

I → Indifference (Marked)

C → ↓ Concentration

E → ↓ Energy & Fatigue

S → Suicidal Ideation & Passive Death Wishes

→ Note Same Criteria

Date: _____

DEPRESSIVE EPISODE **HE SWAP DICES**

Essential (required) features DICE SWAPS

- ① The concurrent presence of at least 5 of the following characteristic symptoms occurring for most of the day, nearly every day, during a period lasting at least [2 weeks] is required for diagnosis.

At least 1 symptom from the Affective cluster must be present.

Assessment of presence or absence should be made relative to typical functioning of the individual.

AFFECTIVE CLUSTER

- ① Depressed Mood as reported by the individual OR as observed (eg: feeling down, sad OR tearful, defeated appearance)

(NOTE: Children & Adolescents may manifest it as irritability)

- ② Markedly diminished interest or pleasure in activities, especially those normally found to be enjoyable to the individual.

(NOTE: may also manifest as reduced sexual desire)

COGNITIVE BEHAVIOUR CLUSTER

- ① Reduced ability to concentrate or sustain attention on tasks OR marked indecisiveness
- ② Belief of low self-worth OR excessive and inappropriate guilt that may be manifestly delusional [WORTHLESSNESS]

(NOTE: item should not be considered if guilt / self reproach is only due to / aimed at DEPRESSION)

- ③ Hopelessness [HOPELESSNESS] about the future
- ④ Recurrent thoughts of Death (not just fear of dying), recurrent suicide ideation (with or without a specifier) or evidence of an attempted suicide

NEUROVEGETATIVE CLUSTER

- ① Significantly disrupted sleep (delayed sleep onset, increased frequency of waking during night or early morning awakening)
- ② Significant change in appetite (diminished or increased) or significant weight change (gain or loss)

- ③ Psychomotor agitation or retardation
(Observable by others, not merely subjective feelings of restlessness or being slowed down).
- ④ Reduced energy, fatigue or marked tiredness following expenditure of only a minimum of effort

NOTE:

- ① Symptoms are not better accounted for by bereavement.
- ② Symptoms are not manifestation of another medical condition (eg: brain tumour)
- ③ It should not fulfill requirement for diagnosis of mixed episode.
- ④ The mood disturbance results in significant impairment of personal, family, social, educational or occupational or other important areas of functioning → if functioning is maintained, it is only through significant additional effort.

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Additional Clinical Features

- ① In some individuals, the affective component of a depressive episode may be experienced & expressed as irritability or even absence of emotional experience (eg: emptiness)
- ② In some individuals (especially with severe depressive episode) → there may be reluctance to describe certain experiences (eg: psychotic symptoms) or inability to detail (eg: psychomotor agitation / retardation). In such cases, clinical observation + informant reports determine severity & diagnostic status.
- ③ Depressive episodes may be associated with increased consumption of alcohol & other substances, exacerbation of pre-existing psychiatric symptoms (eg: phobic / obsessional symptoms) or somatic preoccupation.

Boundary with Normality (Threshold)

- ① Note: if the criteria are met, depressive episode is considered as present, even if there are identifiable life events which may have triggered episode.
- ② Depressive Episode during a period of bereavement
persistens of constant depressive symptoms
1 month or more following the loss.

Date: _____
C.i.e. no period of positive mood) ~~or~~ severe depressive symptoms (e.g. extreme belief of low self-worth & guilt not related to loved ones);
[OR] presence of psychotic symptoms, ~~or~~ suicidal ideation or psychomotor retardation.

Developmental Presentation

relatively rare in childhood (♀ = ♂)
lost puberty, 2x ♂ ♀ ~~and~~
~~or~~ compared to ♂ (twice as likely in girls).

I. Affective Cluster

Depressed mood may manifest as:

① may present as somatic complaints (e.g. headaches, stomach pain), whining, increased separation anxiety or excessive sleeping.

② may present as prolonged irritability.

II. Cognitive-Behavioural Cluster

Reduced ability to concentrate may present as:

① Decline in academic performance, increased time needed to complete school assignments or an inability to complete assignments.

III. Neurovegetative

- ① Hyperarousal
- ② Appetite disturbance
failure to gain weight
for age
than peers
- ③ ↑ Risk of
a) Suicide
b) Death
- ④ Self-harm
not
or enter

Differential

- ① Mixed
- ② ADHD
- ③ Personality
- ④ Dementia

III Neurovegetative Cluster

- ① Hyperronmia & Hyperphagia
- ② Appetite disturbances manifesting as failure to gain weight as expected for age & development rather than just losing weight
- ③ ↑ Risk of suicidality:
 - a) Suicide death statements
 - b) Death during play
- ④ Self-Injurious behaviors that are not explicitly suicidal in lethality or intent

15 Differential Diagnosis

- ① Mixed episode
- ② ADHD
- ③ Prolonged grief disorder
- ④ Dementia