

Appendix 7. Diagnostic criteria according to DSM-IV-TR

Major Depressive Disorder Diagnostic Criteria according to DSM-IV-TR

A	<p>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 (1) depressed mood or (2) loss of interest or pleasure.</p> <p>(1) Depressed mood most of the day, nearly every day, as indicated by either subjective report or observation made by others.</p> <p>(2) Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day.</p> <p>(3) Significant weight loss when not dieting or significant gain, or decrease or increase in appetite nearly every day.</p> <p>(4) Insomnia or hypersomnia nearly every day.</p> <p>(5) Psychomotor agitation or retardation nearly every day.</p> <p>(6) Fatigue or loss of energy nearly every day.</p> <p>(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).</p> <p>(8) Diminished ability to think or concentrate, or indecisiveness, nearly every day (either by subjective account or as observed by others).</p> <p>(9) Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a suicide attempt or specific plan for committing suicide.</p>
B	The symptoms do not meet the 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 (for example, a drug of abuse, a medication), or a general medical condition (for example, hyperthyroidism).
E	The symptoms are not better accounted for by bereavement, i.e. after the loss of a loved one, the symptoms persist for longer than 2 months or are characterised by marked functional impairment, morbid preoccupation with worthlessness, suicidal ideation, psychotic symptoms or psychomotor retardation.
<p>Source: American Psychiatric Association. DSM-IV-TR. Diagnostic and statistical manual of mental disorders, 4th ed. Barcelona: Masson 2003.</p>	

DSM-IV-TR criteria for severity/psychotic/remission specifiers for current (or most recent) major depressive episode

Note: Coding in the fifth digit. Mild, moderate, severe without psychotic features and severe with psychotic features can be applied only if the major depressive episode criteria are currently met. In partial remission and in complete remission, they can be applied to the most recent major depressive episode of the major depressive disorder and to a major depressive episode of bipolar I or II disorder only if it is the most recent type of mood episode.

Mild: Few, if any, symptoms in excess of those required to make the diagnosis, and the symptoms result in only minor impairment of occupational functioning or in the usual social activities or relationships with others.

Moderate: Symptoms or functional impairment between "mild" and "severe".

Severe without psychotic features: Several symptoms in excess of those required to make the diagnosis, and symptoms that markedly interfere with occupational functioning or the usual social activities or relationships with others.

Severe with psychotic features: Delusions or hallucinations. If possible, specify whether the psychotic features are mood-congruent or mood-incongruent.

- a) **Mood-congruent psychotic features:** Delusions or hallucinations whose content is entirely consistent with the typical depressive themes of personal inadequacy, guilt, disease, death, nihilism or deserved punishment.
- b) **Mood-incongruent psychotic features:** Delusions or hallucinations whose content does not involve typical depressive themes of personal inadequacy, guilt, disease, death, nihilism or deserved punishment. Included are such symptoms as persecutory delusions (not directly related to depressive themes), thought insertion, thought broadcasting and delusions of control.

In partial remission: There are symptoms of a major depressive episode, but the full criteria are not met, or there is a period without any significant symptoms of a major depressive episode lasting less than 2 months following the end of the major depressive episode. (If the major depressive episode was superimposed on dysthymic disorder, the diagnosis of dysthymic disorder alone is given once the full criteria for a major depressive disorder are no longer met.)

In full remission: During the past 2 months, no significant signs or symptoms of the disturbance were present.

Unspecified.

Source: American Psychiatric Association. DSM-IV-TR. Diagnostic and statistical manual of mental disorders, 4th ed. Barcelona: Masson 2003.

DSM-IV-TR diagnostic criteria for major depressive disorder, single episode

A. A single major depressive episode.

B. The major depressive episode is not better accounted for by schizoaffective disorder and is not superimposed on schizophrenia, schizophreniform disorder, delusional disorder or psychotic disorder not otherwise specified.

C. There has never been a manic episode, a mixed episode or a hypomanic episode. Note: This exclusion does not apply if all the manic-like, mixed-like or hypomanic-like episodes are substance or treatment induced or are due to the direct physiological effects of a general medical condition.

If the full criteria are currently met for a major depressive episode, specify its current clinical status and/or features:

- ~ Mild, moderate, severe without psychotic features/severe with psychotic features.
- ~ Chronic
- ~ With catatonic features
- ~ With melancholic features
- ~ With atypical features
- ~ With postpartum onset

If the full criteria are not currently met for a major depressive episode, specify the current clinical status of the major depressive disorder or features of the most recent episode:

- ~ In partial remission, in full remission
- ~ Chronic
- ~ With catatonic features
- ~ With melancholic features
- ~ With atypical features
- ~ With postpartum onset

Source: American Psychiatric Association. DSM-IV-TR. Diagnostic and statistical manual of mental disorders, 4th ed. Barcelona: Masson 2003.

DSM-IV-TR diagnostic criteria for major depressive disorder, recurrent

A. Two or more major depressive episodes.

Note: to be considered separate episodes, there must be an interval of at least 2 consecutive months in which criteria are not met for a major depressive episode.

B. The major depressive episodes are not better accounted for by schizoaffective disorder and are not superimposed on schizophrenia, schizophreniform disorder, delusional disorder or psychotic disorder not otherwise specified.

C. There has never been a manic episode, a mixed episode or a hypomanic episode. Note: This exclusion does not apply if all the manic-like, mixed-like or hypomanic-like episodes are substance or treatment induced or are due to the direct physiological effects of a general medical condition.

If the full criteria are currently met for a major depressive episode, specify its current clinical status and/or features:

- ~ Mild, moderate, severe without psychotic features/severe with psychotic features.
- ~ Chronic
- ~ With catatonic features
- ~ With melancholic features
- ~ With atypical features
- ~ With postpartum onset

If the full criteria are not currently met for a major depressive episode, specify the current clinical status of the major depressive disorder or features of the most recent episode:

- ~ In partial remission, in full remission
- ~ Chronic
- ~ With catatonic features
- ~ With melancholic features
- ~ With atypical features
- ~ With postpartum onset

Specify:

- ~ Longitudinal course specifiers (with and without interepisode recovery)
- ~ With seasonal pattern.

Source: American Psychiatric Association. DSM-IV-TR. Diagnostic and statistical manual of mental disorders, 4th ed. Barcelona: Masson 2003.