Appendix 1. Severity criteria according to ICD-10 and DSM-IV-TR

Severity criteria of a depressive episode according to ICD-10

A. General criteria for depressive episode:
1. The depressive episode must last at least two weeks.
2. The episode cannot be attributed to the abuse of psychoactive substances or to an organic mental disorder.

B. Presence of at least two of the following symptoms:
1. Clearly abnormal depressive mood for the subject, present during most of the day and almost every day, which is altered very little by environmental circumstances and which persists for at least two weeks.
2. Marked loss of interest or ability to enjoy activities that were previously pleasurable.
3. Lack of vitality or increase of fatigability.

C. Moreover, one or more symptoms of the following list must be present so that the sum total is at least 4:
1. Loss of confidence and self-esteem and feelings of inferiority.
2. Disproportionate self-reproaches and feelings of excessive guilt or inadequacy.
3. Recurrent thoughts of death or suicide or any suicidal behaviour.
4. Complaints about or decrease of the ability to concentrate and think, accompanied by a lack of decision and vacillation.
5. Changes of psychomotor activity, with agitation or inhibition.
6. Sleep alterations of any kind.
7. Changes of appetite (decrease or increase), with the corresponding weight change.

D. There may or may not be the somatic syndrome*:

Mild depressive episode: Two or three of the symptoms of criteria B are present. A person with a mild episode is probably capable of continuing with the majority of their activities.

Moderate depressive episode: At least two of the symptoms of criteria B are present, in addition to symptoms of criteria C until there is a minimum total of 6 symptoms. A person with a moderate episode will probably have difficulties continuing with their ordinary activities.

Severe depressive episode: There must be 3 symptoms of criteria B, in addition to symptoms of criteria C until there is a minimum of 8 symptoms. People with this type of depression have symptoms that are marked and distressing, mainly the loss of self-esteem and feelings of guilt or worthlessness. Suicidal thoughts and acts are common, and a number of somatic symptoms are present. Psychotic symptoms can appear, such as hallucinations, delusions, psychomotor retardation or severe stupor. In this case, it is called a severe depressive episode with psychotic symptoms. The psychotic phenomena such as hallucinations or delusions may or may not be mood-congruent.


*Somatic syndrome: see Table 4 (page 42).
### 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.

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Mild:</strong></td>
<td>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.</td>
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<td><strong>Moderate:</strong></td>
<td>Symptoms or functional impairment between “mild” and “severe”</td>
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<tr>
<td><strong>Severe without psychotic features:</strong></td>
<td>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.</td>
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<tr>
<td><strong>Severe with psychotic features:</strong></td>
<td>Delusions or hallucinations. If possible, specify whether the psychotic features are mood-congruent or mood-incongruent.</td>
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<tr>
<td>a) Mood-congruent psychotic features:</td>
<td>Delusions or hallucinations whose content is entirely consistent with the typical depressive themes of personal inadequacy, guilt, disease, death, nihilism or deserved punishment.</td>
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<tr>
<td>b) Mood-incongruent psychotic features:</td>
<td>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.</td>
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<tr>
<td><strong>In partial remission:</strong></td>
<td>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.).</td>
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<tr>
<td><strong>In full remission:</strong></td>
<td>During the past 2 months, no significant signs or symptoms of the disturbance were present.</td>
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<tr>
<td><strong>Unspecified:</strong></td>
<td></td>
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</table>

# 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.