Mood Disorders: Major Depression Diagnostic Tool

**Major Depressive Episode Criteria:** Has **5 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, or 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 (e.g., feels sad, empty, tearful). In children and adolescents, can be irritable mood.

☐ 2. Markedly diminished interest or pleasure in all, or most, activities most of the day, nearly every day.

☐ 3. Significant weight loss when not dieting or weight gain (5% or more change in body weight in a month), or decrease or increase in appetite nearly every day. 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).

☐ 6. Fatigue or loss of energy, nearly every day.

☐ 7. Feelings of worthlessness or excessive or inappropriate guilt nearly every day (not merely self-reproach about being sick).

☐ 8. Diminished ability to think, concentrate, or indecisiveness, nearly every day.

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

**AND**

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

**AND**

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

**AND**

☐ D. The symptoms are not due to the direct physiological effects of a substance or of a general medical condition.

**AND**

☐ E. The symptoms are not better accounted for by bereavement, 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.

**Recurrent**

A. Presence of two or more Major Depressive Episodes

B. Not better accounted for by Schizoaffective Disorder, Schizophrenia, Schizophreniform Disorder, Delusional Disorder, or Psychotic Disorder NOS.

C. There has never been a Manic Episode, Mixed Episode, or Hypomanic Episode.

**Diagnostic Codes**

296.xx Major Depressive Disorder

.2x Single Episode

.3x Recurrent

1 = Mild

2 = Moderate

3 = Severe Without Psychotic Features

4 = Severe with Psychotic Features

5 = In Partial Remission

6 = In Full Remission

0 = Unspecified.

Single Episode

A. Presence of a single Major Depressive Episode

B. Not better accounted for by Schizoaffective Disorder, Schizophrenia, Schizophreniform Disorder, Delusional Disorder, or Psychotic Disorder NOS.

C. There has never been a Manic Episode, Mixed Episode, or Hypomanic Episode.