

Name:
DOB:
ID #:

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.

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.

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.

Clinician's Name:
Date of Assessment:
Signature: