DSM-5 Criteria for Major Depressive Disorder

Diagnoses major depressive disorder (MDD).

DEPRESSIVE SYMPTOMS

≥5 symptoms during the same two week period that are a change from previous functioning; depressed mood and/or loss of interest/pleasure must be present; exclude symptoms clearly attributable to another medical condition

- Depressed mood
- Most of the day, nearly every day; may be subjective (e.g. feels sad, empty, hopeless) or observed by others (e.g. appears tearful); in children and adolescents, can be irritable mood
- Loss of interest/pleasure
- Markedly diminished interest/pleasure in all (or almost all) activities most of the day, nearly every day; may be subjective or observed by others
- Weight loss or gain
- Significant weight loss (without dieting) or gain (change of >5% body weight in a month), or decrease or increase in appetite nearly every day; in children, may be failure to gain weight as expected
- Insomnia or hypersomnia
- Nearly every day
- Psychomotor agitation or retardation
- Nearly every day and observable by others (not merely subjectively restless or slow)
- Fatigue
- Or loss of energy, nearly every day
- Feeling worthless or excessive/inappropriate guilt
- Nearly every day; guilt may be delusional; not merely self reproach or guilt about being sick
- Decreased concentration
- Nearly every day; may be indecisiveness; may be subjective or observed by others
- Thoughts of death/suicide
- Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without specific plan, or suicide attempt, or a specific plan for suicide
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ADDITIONAL REQUIRED CRITERIA

Must have all 4, plus ≥5 depressive symptoms above

- Symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning
- Episode not attributable to physiological effects of a substance or another medical condition
- Episode not better explained by schizoaffective disorder, schizophrenia, schizophreniform disorder, delusional disorder, or other specified and unspecified schizophrenia spectrum and other psychotic disorders
- No history of manic or hypomanic episode. Exclusion does not apply if all manic-like or hypomanic-like episodes are substance-induced or are attributable to physiological effects of another medical condition

Diagnostic criteria for minor depression (UpToDate, Inc.2021)

We suggest diagnosing minor depressive episodes according to all of the following criteria (A through F).

A. Two to four of the following symptoms have been present during the same two-week period:

1. Dysphoria – Depressed mood most of the day, nearly every day
2. Anhedonia – Markedly diminished interest or pleasure most of the day, nearly every day
3. Significant appetite or weight change
4. Insomnia or hypersomnia nearly every day
5. Psychomotor agitation or retardation (observable by others)
6. Anergia – Fatigue nearly every day
7. Thoughts of worthlessness or inappropriate guilt nearly every day
8. Impaired concentration or memory nearly every day
9. Recurrent thoughts of death or suicide, or suicide attempt

B. At least one of the symptoms includes dysphoria or anhedonia

C. The symptoms cause clinically significant distress of psychosocial impairment

D. The symptoms are not due to the physiologic effects of a substance, medication, or general medical condition

E. Persistent depressive disorder (dysthymia) and cyclothymic disorder are not present

F. The mood disturbance does not occur exclusively during a psychotic disorder

These criteria for minor depression are similar to the criteria that are used in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) for the diagnosis, "Other specified depressive disorder, depressive episode with insufficient symptoms" (ie, the depressive episode is characterized by an insufficient number of symptoms to meet criteria for major depression).

Persistent Depressive Disorder (Dysthemia) - DSM-5 Criteria

Disorder Class : Persistent Depressive Disorders (Dysthemia)

Depressed mood for most of the day, for more days than not, as indicated by subjective account or observation by others, for at least 2 years. Note: In children and adolescents, mood can be irritable and duration must be at least a year.

1. Presence while depressed of two or more of the following:

- Poor appetite or overeating
- Insomnia or hypersomnia
- Low energy or fatigue
- Low self-esteem
- Poor concentration or difficulty making decisions
- Feelings of hopelessness

2. During the 2 year period of the disturbance, the person has never been without symptoms from the above two criteria for more than 2 months at a time.
3. Criteria for MDD may be continuously present for 2 years, in which case patients should be given comorbid diagnoses of persistent depressive disorder and MDD.
4. There has never been a manic episode, a mixed episode, or a hypomanic episode and the criteria for cyclothymia have never been met.
5. The symptoms are not better explained by a psychotic disorder.
6. The disturbance is not due to the direct physiological effects of a substance (e.g., a drug of abuse or a medication) or a general medical condition.
7. The symptoms cause clinically significant distress or impairment in important areas of functioning.