

Symptoms of Depression

According to the DSM IV, a medical reference commonly used by health care professionals to aid in diagnosis, a major depressive episode consists of many of the following symptoms and occurs nearly every day for at least two weeks:

- Depressed mood most of the day; feeling sad or empty, tearful
- Significant loss of interest or pleasure in activities that used to be enjoyable
- Significant weight loss (when not dieting) or weight gain; decrease or increase in appetite
- Difficulty sleeping or sleeping too much
- Agitation; or slowing down of thoughts and reduction of physical movements
- Fatigue or loss of energy
- Feelings of worthlessness or inappropriate guilt
- Poor concentration or having difficulty making decisions
- Thinking about death or suicide

Your health care professional may discuss some or all of the above symptoms with you. It's important to openly share your feelings with him or her.