

Patient Name _____

DOB _____

DSM IV CHECKLIST

CRITERIA FOR MAJOR DEPRESSIVE EPISODE 296.2X AND 296.3X

- A. **Five (or more)** of the following symptoms present **during 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**.
1. **Depressed mood** most of the day, nearly every day, as indicated by either subjective report (e.g., feels sad or empty) or observation by others (e.g., appears tearful). In children & adolescents, can be irritable mood.
2. Markedly **diminished interest or pleasure** in all, or almost all, activities most of the day, nearly every day (subjective account or observation by others).
3. Significant **weight loss** when not dieting or **wt. gain** (e.g., change of >5% of body wt. in a month), or ↓ or ↑ in **appetite** nearly every day. In children, consider failure to make expected wt gains.
4. **Insomnia** or **hypersomnia** nearly every day.
5. **Psychomotor agitation** or **retardation** nearly every day (observable by others, not subjective feelings of restlessness or slowed down).
6. **Fatigue** or **loss of energy** nearly every day.
7. Feelings of **worthlessness** or excessive or inappropriate **guilt** (may be delusional) nearly every day (not merely self-reproach or guilt about being sick).
8. Diminished ability to **think** or **concentrate**, or **indecisiveness**, nearly every day (by subjective account or observed by others).
9. Recurrent **thoughts of death** (not just fear of dying), **recurrent suicidal ideation** w/o a specific plan, or a suicide attempt or a specific plan for committing suicide.
- B. The symptoms do not meet criteria for a Bipolar Mixed Episode.

Criteria for Dysthymic Disorder 300.4

- A. **Depressed mood** for most of day, for more days than not, indicated by subjective account or observation by others, for **at least 2 yrs.** In children & adolescents, mood can be irritable & duration must be at least 1 yr.
- B. Presence, while depressed, of **2 or more of following**:
- | | |
|--|--|
| <input type="checkbox"/> Poor appetite or overeating | <input type="checkbox"/> Low self-esteem |
| <input type="checkbox"/> Insomnia or hypersomnia | <input type="checkbox"/> Poor concentration or difficulty making decisions |
| <input type="checkbox"/> Low energy or fatigue | <input type="checkbox"/> Feelings of hopelessness |
- C. During the 2-yr. period (1 yr. for children or adolescents) of the disturbance, **the person has never been without the symptoms** in Criteria A & B for more than 2 months at a time.
- D. **No Major Depressive Episode** has been present **during the first 2 yrs. of the disturbance** (1 yr. for children and adolescents); i.e., the disturbance is not better accounted for by chronic Major Depressive Disorder, or Major Depressive Disorder, In Partial Remission.

Criteria for Adjustment Disorder with Depressive Features 309.0

- A. The development of emotional or behavioral symptoms in **response to an identifiable stressor(s)** occurring **within 3 months of the onset** of the stressors.
- B. These symptoms or behaviors are clinically significant as evidenced by either of the following:
- Marked distress in excess** of what would be expected from exposure to the stressor
 - Significant impairment in social or occupational** (academic) functioning
- C. The stress-related disturbance **does not meet the criteria for another specific Axis I disorder** & is not an exacerbation of a preexisting Axis I or Axis II disorder.
- D. The symptoms **do not represent Bereavement**.
- E. **Once the stressor** (or its consequences) **has terminated**, the symptoms **do not persist** for more than an additional **6 months**.
- F. **Depressed mood**.

Clinician Signature _____

Date _____