

DSM 5 DIAGNOSTIC CRITERIA FOR DEPRESSION

For major depressive disorders, at least 5 of the following symptoms must be present most of the day, nearly every day, and for at least two weeks.

- ▶ **Depressed mood**
- ▶ **Markedly diminished interest in usual activities**
- ▶ Significant increase/loss in appetite/weight
- ▶ Insomnia/hypersomnia
- ▶ Psychomotor agitation/retardation
- ▶ Fatigue or loss of energy
- ▶ Feelings of worthlessness or guilt
- ▶ Difficulty with thinking, concentrating, or making decisions
- ▶ Recurrent thoughts of death or suicide.



If you make a depression diagnosis, you must also assess the patient for suicide risk. Remember: questions about suicidal ideation do not promote suicidal action.

If a patient reports current suicidal thoughts with planning, get emergency behavioral health services immediately or call 911.

Risk factors are not predictors of suicide. The following mnemonic aid **SAD PERSONS** may be used to assess for risk factors associated with suicide.

Sex (more women attempt suicide, more men succeed)

Age (bimodal age distribution <19 and/or >45)

Depression (especially with anxiety/panic)

Previous attempts

ETOH (alcohol or other substance abuse)

Rational thinking loss (psychosis)

Social Supports (none or limited)

Organized plan

No spouse

Sickness (chronic or debilitating illness)

TREATMENT OPTIONS

Consider starting a trial of antidepressant medication and/or a mental health referral for psychotherapy.

Call Beacon Health Strategies at **888.204.5581** for a referral to a behavioral health provider. For additional treatment options, visit www.nimh.nih.gov/health/topics/depression/index.shtml.