

## Checklist for Major Depression (based on DSM IV)

- A. 5 or more of the following are present during the same 2 week period and represent a change from previous functioning. At least one symptom must be either depressed mood or loss of interest/ pleasure.
1. \_\_\_\_\_ Depressed mood most of the day, nearly every day. This can be by subjective report or observation by others. **In children/ adolescents, can be irritable mood.**
  2. \_\_\_\_\_ Markedly diminished interest or pleasure in usual activities (by subjective report or observation)
  3. \_\_\_\_\_ Significant weight loss when not dieting or weight gain (change of more than 5% of body weight in a month, or decrease/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)
  6. \_\_\_\_\_ Fatigue or loss of energy nearly every day
  7. \_\_\_\_\_ Feelings of worthlessness or excessive/inappropriate guilt nearly every day
  8. \_\_\_\_\_ Recurrent thoughts of death (not just fear of dying), recurrent suicidal ideation without a specific plan, or a suicide attempt/ specific plan for committing suicide
- B. The patient does not have schizoaffective disorder, schizophrenia, or another psychotic disorder; the patient does not have and has never had bipolar disorder.
- C. The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- D. The symptoms are not due to the direct effects of a medication/ drug or a general medical condition (such as hypothyroidism).
- E. The symptoms are not better accounted for by Bereavement (after loss of a loved one, 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).

John Doe, MD, FAAP  
Pediatric Practice, PC  
1234 Main St.  
Anywhere, AL 12345  
(205) 123-4567 – FAX: (205) 223-4567

