

Symptoms of depression: Diagnostic criteria for depression

Gudisa Bereda

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ABSTRACT

Depression is known as a frequent condition; which can cause more impact on quality of life, interfere with work productivity and increase sick leave and also indirectly affects other health states, including cardiovascular disease and it correlated with elevated mortality and comorbidity and accelerated health services utilization, and health care costs. According to diagnostic and statistical manual of mental disorders fifth edition (DSM-V), there are four common diagnostic criteria of depression, such as clinical symptoms, duration of illness, impact of quality of life and absence of other organic diseases. Depression cause either bulimia nervosa (a potentially life threatening disorders characterized as livin-

-g in fear of gaining weight, feeling a loss of control during bingeing, redundant episodes of eating abnormally large amounts food in one sitting, exercising too much to keep from gaining weight after bingeing, avoiding certain foods between binges and self-induced vomiting or anorexia nervosa). (An eating disorder and serious mental health condition characterized as a body image disturbance, food restriction, low weight, intense fear of weight gain, or becoming fat, commonly skipping meals, excessive exercising and eating foods those have low in fat and calories). Depressed mood is characterized as a mood disorder that causes a persistent feeling of sadness, angry that interfere with an individual's daily activities, not getting any enjoyment out of life and loss of pleasure.

Key Words: *Diagnostic and statistical manual of mental disorders; Diagnostic criteria; Depression; Symptoms*

INTRODUCTION

Depression can be characterized as a state of depressed mood, low energy and reduction in motor and psychic activity. Depression is known as a frequent condition; which can cause more impact on quality of life, interfere with work productivity and increase sick leave, and also indirectly affects other health states, including cardiovascular disease and it correlated with elevated mortality and comorbidity and accelerated health services utilization, and health care costs. Depression can be commonly viewed as a disturbance of emotion, but its behavioral aspects such as social withdrawal are as important. There are several depressive features and certain individuals have many other depressive features, such as sad mood and diminished interest in activities, along with other features of psychomotor excitation. According to diagnostic and statistical manual of mental disorders fifth edition (DSM-V) there are four common diagnostic criteria of depression, such as clinical symptoms; duration of illness; impact of quality of life and absence of other organic diseases. For diagnostic and statistical manual of mental disorders the symptoms of depression can be mandatory to identify which type of symptoms affected the individuals.

There are various symptoms the individuals face during affected by depression. To remember the symptoms of depression easily the short term (abbreviation) said "PAID FALLS" can be discussed in turn below.

Poor appetite or over eating

Depression can be affecting the appetite and alter the relationship that the individuals have with the food. Depression cause either bulimia nervosa (a potentially life threatening disorders characterized as living in fear of gaining weight, feeling a loss of control during bingeing, redundant episodes of eating abnormally large amounts food in one sitting, exercising too much to keep from gaining weight after bingeing, avoiding certain foods between binges and self-induced vomiting) or anorexia nervosa (an eating disorder and serious mental health condition characterized as a body image disturbance, food restriction, low weight, intense fear of weight gain, or becoming fat, commonly skipping meals, excessive exercising and eating foods those have low in fat and calories). Certain individuals with depression overeat and gain the weight up to 5 pounds to 10 pounds (2.28 kg to 4.5 kg); whereas some individuals have lowered appetite; which occurred when patients have decreased desire to eat.

Department of Pharmacy, Negelle Health Science College, Guji, Ethiopia

Correspondence: Gudisa Bereda, Department of Pharmacy, Negelle Health Science College, Guji, Ethiopia. Telephone +251913118492/+251919622717, e-mail gudisabareda95@gmail.com

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Anhedonia

The term anhedonia comes from Greek word “an- which means without” and hedone- which means pleasure” ; is a term characterized as a loss of interest in life or inability to feel (gain) pleasure or severe situation that explains near complete absence of enjoyment, motivation, and pleasure. This is common symptom of depression as well as other psychiatric disorders such as schizophrenia. Individuals faced anhedonia in life may show low pleasure in past hobbies, lack of pleasure in physical intimacy, withdrawal from past relationships, and lowered interest derived from daily activities.

Insomnia

Insomnia can be described as a common sleep disorder that can make it hard to fall asleep. Insomnia can be commonly observed in all sleep disorders and characterized as inability to fall and stay a sleep, difficulty of maintaining sleep, and problems to returning to sleep after awakenings. A broad spectrum of sleep disturbances occurs in depression, including symptoms of insomnia (difficulty of falling asleep, difficulty of staying asleep, early morning awakening) and hypersomnia.

Depressed mood

Depressed mood is characterized as a mood disorder that causes a persistent feeling of sadness, angry that interfere with an individual's daily activities, not getting any enjoyment out of life and loss of pleasure.

Fatigue

Fatigue is an extreme tiredness resulting from mental or physical exertion or illness. Fatigue can be explained as a leading symptom of mental health problems such as grief and depression and has sign and symptoms such as lack of motivation and irritability.

Agitation

Agitation is characterized as a relatively severe type of clinical depression that combines the persistent sadness, pessimism, low energy and low or empty mood of typical depression with agitated symptoms such as anxiety, little patience, nervousness, uneasy feeling, restlessness, excessive talking and angry outbursts.

Low self-esteem

Low self-esteem is characterized as a feeling of worthlessness, incapabi-

-ity, focusing on negatives, blaming themselves when things go wrong, and ignoring their achievements. Low self-esteem has been consistently resulted to happen in many psychiatric disorders such as anxiety disorders, major depressive disorders and drug abuse .

Loss of concentration

Lack of concentration can be explained as inability to focus on a task and characterized by mild cognitive impairment, mood disorder like depression and anxiety. Lack of concentration is a symptom of depression and become a part of negative feedback cycle in which losing focus makes depression worse. There are several sign and symptom of loss concentration such as difficulty of thinking clearly, lack of focus, difficulty of sitting still, difficulty in remembering where things are, inability to make decision and inability to task complicated tasks.

Suicide thought

Suicide can be characterized as the act of intentionally taking your own life. Suicidality is thoughts and behaviors that are very common among patients with depression and schizophrenia. Suicidal behavior occurs mostly because of individuals are distressed or overly preoccupied by the depression or psychotic symptoms they are experiencing.

CONCLUSION

There are several depressive features and certain individuals have many other depressive features, such as sad mood and diminished interest in activities, along with other features of psychomotor excitation. Insomnia can be commonly observed in all sleep disorders and characterized as inability to fall and stay a sleep, difficulty of maintaining sleep, and problems to returning to sleep after awakenings. A broad spectrum of sleep disturbances occurs in depression, including symptoms of insomnia (difficulty of falling asleep, difficulty of staying asleep, early morning awakening) and hypersomnia. Agitation is characterized as a relatively severe type of clinical depression that combines the persistent sadness, pessimism, low energy and low or empty mood of typical depression with agitated symptoms such as anxiety, little patience, nervousness, uneasy feeling, restlessness, excessive talking and angry outbursts.