

CHAPTER 1

What Are the DSM Criteria for Depression?

Chapter Review

1. What is the relationship between mood episodes and mood disorders?

Current and past mood episodes are assessed first, then used to make the diagnosis of a mood disorders.

2. What are the four major types of mood episodes?

MOOD EPISODES

- Manic
- Hypomanic
- Major Depressive Episode (MDE)
- Mixed

3. What are the bipolar and unipolar mood disorders?

BIPOLAR MOOD DISORDERS

- Bipolar Disorder I: A past or present manic or mixed episode. (May include a MDE)
- Bipolar Disorder II: A past or present hypomanic episode AND a past or present MDE, with no manic or mixed episodes. (Must include a MDE)
- Cyclothymia: Chronic low-level hypomanic and depressive symptoms

UNIPOLAR MOOD DISORDERS

- Major Depressive Disorder
- Dysthymia

DSM Criteria for Depression

4. What is the acronym for remembering the criteria of a MDE?

An acronym useful for remembering the features of an MDE is SIGECAPSS, in which each letter of the word stands for a specific feature of the episode.

5. For what does each letter of the acronym stand?

SIGECAPSS

Sadness

Interest

Guilt

Energy

Concentration

Appetite

Psychomotor

Sleep

Suicidality

6. What are the diagnostic criteria for major depressive disorder?

DIAGNOSTIC CRITERIA FOR A MAJOR DEPRESSIVE EPISODE

- Five (5) or more SIGECAPSS present during the same two-week period
- Symptoms represent a change from previous functioning
- At least one is depressed (or irritable) mood, or a loss of interest or pleasure

Chapter Review Test Questions

1. Which of the following meets the criteria for an MDE, assuming its presence for more than two weeks?
- A. Fatigue, insomnia, withdrawal, loss of appetite, concern about symptoms
 - B. Irritability, agitation, argumentativeness, disorganized thinking, impulsivity
 - C. Sadness, fatigue, excessive appetite, excessive sleeping, psychomotor slowing
 - D. Sadness, anxiety, recent loss of job, insomnia, worry

Answer: C

2. A person currently meeting the criteria for an MDE could have which of the following types of mood disorders?
- A. Unipolar
 - B. Bipolar
 - C. Either unipolar or bipolar
 - d. Neither unipolar nor bipolar

Answer: C

Talking Point

Why does the presence of a current depressive episode not necessarily warrant the diagnosis of major depressive disorder?

- Depression can occur in the context of a bipolar disorder. The diagnostician must assess current and *past* episodes before deciding the appropriate mood disorder. Discussion of this more comprehensive diagnostic process could be facilitated.

Chapter Reference

American Psychiatric Association. (2000). *Diagnostic and statistical manual of mental disorders* (4th ed., text revised). Washington, DC: American Psychiatric Association.