Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest.[1][2] The American Psychiatric Association’s Diagnostic Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) classifies the depressive disorders into:

Disruptive mood dysregulation disorder

Major depressive disorder

Persistent depressive disorder (dysthymia)

Premenstrual dysphoric disorder

Depressive disorder due to another medical condition

The common features of all the depressive disorders are sadness, emptiness, or irritable mood, accompanied by somatic and cognitive changes that significantly affect the individual’s capacity to function.[3]

Because of false perceptions, nearly 60% of people with depression do not seek medical help. Many feel that the stigma of a mental health disorder is not acceptable in society and may hinder both personal and professional life. There is good evidence indicating that most antidepressants do work but the individual response to treatment may vary.

These are the 9 symptoms listed in the DSM-5. Five must be present to make the diagnosis (one of the symptoms should be depressed mood or loss of interest or pleasure):

Sleep disturbance

Interest/pleasure reduction

Guilt feelings or thoughts of worthlessness

Energy changes/fatigue

Concentration/attention impairment

Appetite/weight changes

Psychomotor disturbances

Suicidal thoughts

Depressed mood

Further reading: https://www.ncbi.nlm.nih.gov/books/NBK430847/