# Problem

Fatigue is a common depressive symptom, together with low mood.

# Relation with depression

Fatigue is a diagnostic criterium in 2 types of depression[[1]](#footnote-1):

* “Low energy or fatigue”, in Persistent Depressive Disorder
* “Fatigue or loss of energy nearly every day”, in Major Depressive Disorder.

In Major Depressive Disorder, decreased energy, tiredness, and fatigue are common (Criterion A6). An individual may report sustained fatigue without physical exertion. Even the smallest tasks seem to require substantial effort. The efficiency with which tasks are accomplished may be reduced. For example, an individual may complain that washing and dressing in the morning are exhausting and take twice as long as usual. This symptom accounts for much of the impairment resulting from major depressive disorder, both during acute episodes and when remission is incomplete.

The evaluation of the symptoms of a major depressive episode is especially difficult when they occur in an individual who also has another medical condition (e.g., cancer, stroke,myocardial infarction, diabetes, pregnancy). Some of the criterion signs and symptoms of a major depressive episode are identical to those of another medical condition (e.g., weight los with untreated diabetes; fatigue with cancer; hypersomnia early in pregnancy; insomnia later in pregnancy or the postpartum). Such symptoms count toward a major depressive diagnosis except when they are clearly and fully attributable to another medical condition.

# Keyword origin

want to nap all the time

uncontrollable tiredness

trouble finding energy

signs of (\w+ )fatigue

physically ill

physical numbness

(feel(ing)?|make me( feel)?|become|became|leave me|am|was) (\w+ )?over.?tired

on my last legs

not having the energy to do anything

my health went down

my health was down

my health is down

my health goes down

my arms and legs are so (\w+ )?heavy

low energy

lost energy

lethargy (creep over|creep through|overtake)

lack physical strength

lack (of )?energy

insanely sick

insanely exhausted

(i am|iâ€™?'?m) washed out

(i am|iâ€™?'?m) shattered

(i am|iâ€™?'?m)(\w+ )?on sick leave

(i am|iâ€™?'?m)((?!(not|nâ€™?'?t)).)\*worn out

(i am|iâ€™?'?m)((?!(not|nâ€™?'?t)).)\*drowsy

(i am|iâ€™?'?m)((?!(not|nâ€™?'?t)).)\*debilitated

i have (no|zero|0) energy

having a hell of a time

have no energy

have .{0,15}sickness

had .{0,15}sickness

make me (\w+)?weak

i feel weak

(my|me).{0,30} (feel(ing)? )?(\w+ )?weak(?!([a-z ]))

(ing)? (\w+ )?unwell

feel(ing)? (\w+ )?tiredness

feel(ing)? (\w+ )?sick (all day|all the time|every day)

feel(ing)? fatigue

feel(ing)? exhausted

fatigue set in

fatigue overcome

exhausted .{0,15} on daily basis

emotional numbness

drained of all power

drained of all energy

(donâ€™?'?t|do ?not) have the energy to do anything

dizziness

(didnâ€™?'?t|did ?not) have (the )?energy

dead on .{0,15} feet

constant tiredness

constant .{0,15}fatigue

constanly exhausted

chronic tatigue

always in.{0,15} tired situation

always feel.{0,15} sick

a feel(ing)? of (\w+)lethargy

a feel(ing)? of (\w+ )fatigue

suffer.{0,15} from devastating fatigue

feel(ing)? numb

mentally ill

lacking energy

iâ€™?'?m wiped out

feel powerless

(try|tried) .{0,15}to alleviate .{0,15}illness

(suffer(ing)? from|drop down with|drop with|combat|fight off|fight|reduce) (extreme |severe |growing |general |mental |physical )fatigue

(overcome by|suffer(ing)? from) (\w+ )lethargy

(over|fucking|freaking|too|extremely|very|excessively|always) tired

(tired)(?!( of))

make me (\w+ )?sick

((?<!( me ))feel(ing)?|become|became|leave me|am|was|and) (\w+ )?sick

1. Diagnostic and Statistical Manual of Mental Disorders, 5th edition. <https://dsm.psychiatryonline.org/doi/book/10.1176/appi.books.9780890425596> [↑](#footnote-ref-1)