# Problem

The common feature of all depressive disorders is the presence of sad, empty, or irritable mood[[1]](#footnote-1)

# Relation with depression

Of all the keywords considered so far, “mood” it is the most common word appearing in the chapter of Depression in the DSM-5.

In different ways, mood characteristics and changes are diagnostic criteria in most types of depression:

* Disruptive Mood Dysregulation Disorder: “temper outbursts +3 times/week. Mood between temper outbursts is irritable or angry”.
* Major Depressive Disorder: “Depressed mood most of the day, nearly every day. **Note:** In children and adolescents, can be irritable mood”
* Persistent Depressive Disorder: “Depressed mood for most of the day, for more days than not. **Note:** In children and adolescents, mood can be irritable and duration must be at least 1 year.”
* Premenstrual Dysphoric Disorder:
  + “Marked affective lability (e.g., mood swings; feeling suddenly sad or tearful, or increased sensitivity to rejection)”.
  + “Marked irritability or anger or increased interpersonal conflicts”.
  + “Marked depressed mood, feelings of hopelessness, or self-deprecating thoughts”.
* Substance/Medication-Induced Depressive Disorder: “depressed mood or markedly diminished interest or pleasure in all, or almost all, activities”.
* Depressive Disorder Due to Another Medical Condition: “depressed mood or markedly diminished interest or pleasure in all, or almost all, activities”.

The mood in a major depressive episode is often described by the individual as depressed, sad, hopeless, discouraged, or“down in the dumps”

# Keyword origin

(\w+)? low mood

addicted to sadness

am unhappy

anti depressants

antidepressants

anxiety

bad day

bad feeling

got kinda sad

(canâ€™?'?t|can ?not) (just )\*feel normal

cried a lot

cry a lot

cry my eyes out

do not feel well

(donâ€™?'?t|do ?not) feel any joy

(donâ€™?'?t|do ?not) feel happy

(donâ€™?'?t|do ?not) feel well

iâ€™?'?m sad

iâ€™?'?m depressed

iâ€™?'?m in a bad mood

iâ€™?'?ve been sad

i have been sad

down ?hearted

down in the dumps

down in the mouth

everyday is pain( and frustration)?

face(ing)? like a wet weekend

feel(ing)? pretty shit

feel(ing)? the loneliness

feel(ing)? the sadness

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

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

feel(ing)?(\w+)? bad mood

feel(ing)?(\w+)? blue about

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

feel(ing)?.{0,15} a loss

feel(ing)?.{0,15} a lot worse

feel(ing)?.{0,15} helpless

feel(ing)?.{0,15} like breaking down

feel(ing)?.{0,15} like crying

feel(ing)?.{0,15} never good enough

find myself crying

get yelled at

hav(e|ing) a bad day

hav(e|ing) a dark feeling

hav(e|ing) depression

hav(e|ing) no hope

have a lump in my throat

have no one i can talk to

have the blues

heart sinks

heart ?broken?

hurts so much

i desperate

in a really down situation

in despair

in the dumps about

incredibly sad

is tragic

lonely day

lonely feeling

lost falling apart

mood swing

my heart is torn

my heart sinks

my mood is .{0,15} unstable

need( for)? a hug

never enjoy my life

never enjoy my ?self

never feel happy

never have enjoyment in life

not feel(ing)?.{0,15} good

out of sorts

really sad

reduce to tears

ruins?ed me

sad days?

sad feeling

spen.{0,15} so much time alone

squeez\*e?(ing)? my heart

stressed

struggl(e|ed|ing) on and off

struggle.{0,15} to hope

suffer.{0,15} from depression

terrible day

terrible feeling

terrible mood

think(ing)? about dark shit

tired of crying

tough time

try.{0,15} to have hope

unhappiness

upset about

very cut up about

want to give up

without feelings of joy

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