# Problem

Psychomotor changes (both increase and/or decrease) are common in Major Depressive Disorder[[1]](#footnote-1)

# Relation with depression

It is a diagnostic criterium in Major Depressive Disorder, described as follows in DSM-5: “Psychomotor agitation or retardation nearly every day (observable by others, not merely subjective feelings of restlessness or being slowed down).”

Moreover, psychomotor changes are associated with disease severity and age:

“Psychomotor disturbances are much less common but are indicative of greater overall severity (as is the presence of delusional or near-delusional guilt)”.

“Psychomotor changes include agitation (e.g., the inability to sit still, pacing, hand-wringing; or pulling or rubbing of the skin, clothing, or other objects) or retardation (e.g., slowed speech, thinking, and body movements; increased pauses before answering; speech that is decreased in volume, inflection, amount, or variety of content, or muteness). The psychomotor agitation or retardation must be severe enough to be observable by others and not represent merely subjective feelings. Individuals who display either psychomotor disturbance (i.e., psychomotor agitation or retardation) are likely to have histories of the other.”

Concerning age: “Some symptom differences exist, though, such that hypersomnia and hyperphagia are more likely in younger individuals, and melancholic symptoms, particularly psychomotor disturbances, are more common in older individuals.”

# Keyword origin

walk(ing)? dangerously fast

urge to move around

(unable|diificult|not able|trouble) to sit still

(unable|diificult|not able|trouble) to relax

(unable|diificult|not able|trouble) to be calm

twist(ing)? hands constantly

trouble waiting in line

trouble sitting still

trouble siting at one place

trouble doing quiet task

there is no way to rest(?![a-z])

the restless (\w+ )?drive me insane

tap(ing)? my (feet|fingers).{0,15}(on the floor|on any surface)

talk(ing)? too (fast|quickly)

talk(ing)? constantly

talk non-?stop .\* (annoy)

excessive moving

suffer from (excessive talking|moving too much|speaking too fast|a lot of paccing|lot of tapping)

strained and hoarse voice

start(ed|ing)? to (shake|the get the shakes)

speak(ing)? with too many hesitations

speak(ing)? out of turns

slow down almost to paralysis

i feel slowe?d? down

restless legs

remov(e|ing) things and (then )?put(ing)? back

reduction of physical movements

psychomotor

psycho energy

problem with (very )?slow reaction

problem with (very )?fast speech

powerful urge to move

physical movement reduction

overpowering urge to move

non-?stop talking .\* (annoy)

movement disorder

mov(ing)? (around |back and forth )?a lot (\w+ )?no purpose

mov(ing)? (\w+ )no reason

keep talking constantly

keep moving constantly

jingle(d)? relentlessly

is always really overactive at night

irresistible urge to move

involuntary (leg|arms) twitching

inability to sit still

hyper.?active energy

horrible restless feeling

have trouble playing quietly

have trouble (siting|staying|standing) still

have to be doing something all of the time

have restless .\*

have extreme urges to (roll over and move|move|speak)

have an inability to sit still

have a very (hard|difficult) time (calming down|relaxing|sitting still|staying still)

have a ridiculously high energy

have a lot of (anoying )?tapping

have a lot of (anoying )?paccing

hav(e|ing) fidget issue

folding and unfolding my arms constantly

feel(ing)? hyper.?active

feel(ing)? (restless|high-?strung)

eyes (canâ€™?â€™?'?t|can not|coulndâ€™?â€™?'?t|could not) stop blink(ing)?

excessively active

excessive energy

difficulty with quiet activities

difficulty sitting still

difficulty finishing tasks

difficult to speak slow

difficult to speak fast

difficult to sit still

difficult sitting still

crossing and uncrossing my legs constantly

constantly move my legs while sitting

blink(ing)? non-stop

blink(ing)? constantly

always be "on the go"

(suffer from|problems? with|issues? with) restlessness

(shake|sweat) from (all )?(the|my) pent-up energy

(problems?|issues?) with non-stop blink

(problems?|issues?) with (very loud voice|monotonous voice|too small voice|too small speech|too quite speech)

(problems?|issues?) (with )?speaking in (a )?regular rhythm

(pace|pacing) back and forth

(pace|pacing) around a lot

(found|find) myself getting anxious

(couldnt|couldnâ€™?'?t|canâ€™?'?t|could ?not|not) speak in (a )?regular rhythm

(couldnt|couldnâ€™?'?t|canâ€™?'?t|could ?not|not) keep (myself|my .{0,6}) from (moving|tapping|pacing)

(couldnt|couldnâ€™?'?t|canâ€™?'?t|could ?not|not) keep (myself|my .{0,6}) (being )?still

(couldnt|couldnâ€™?'?t|canâ€™?'?t|could ?not|not) (stop|keep) (myself from )?wring(ing)? (with )?my hands

(couldnt|couldnâ€™?'?t|canâ€™?'?t|could ?not|not) (stop|keep) (myself from )?folding and unfolding my arms

(couldnt|couldnâ€™?'?t|canâ€™?'?t|could ?not|not) (stop|keep) (myself from )?crossing and uncrossing my legs

(couldnt|couldnâ€™?'?t|canâ€™?'?t|could ?not|not) (stop|keep) (myself from )?(talking|speaking|walking) too (fast|quickly)

(couldnt|couldnâ€™?'?t|canâ€™?'?t|could ?not|not) (stop|keep) (myself from )?(pacing around|pacing back and forth|moving around|moving back and forth|fidgeting)

(couldnt|couldnâ€™?'?t|canâ€™?'?t|could ?not|not) (stop|keep) (myself from )? (fingers twitching|hand-wringing|tapping|pacing)

(couldnt|couldnâ€™?'?t|canâ€™?'?t|could ?not|not) (be|sit|stay|stand) still

(couldnâ€™?'?t|canâ€™?'?t| not) stop talking .\* (annoy)

(couldnâ€™?'?t|canâ€™?'?t| not) organize my stuff

(canâ€™?'?t|not|couldnâ€™?'?t|difficult|unable|hard) ( to)?control my (speed of speaking|speech)

(canâ€™?'?t|coundâ€™?'?t| not|unable to|not able to|difficult to) stick my tongue out very far

(canâ€™?'?t|coundâ€™?'?t| not|unable to|not able to|difficult to) move slow

(canâ€™?'?t|coundâ€™?'?t| not|unable to|not able to|difficult to) move fast

(canâ€™?'?t|couldnâ€™?'?t| not) stop moving .\* (annoy)

(annoy) .\* talk non-?stop

(annoy) .\* non-?stop talking

(annoy) .\* i canâ€™?'?t stop talking

(annoy) .\* i canâ€™?'?t stop moving

(am|get) over fidgety

my [a-z]{0,10} is out of control

end(ing)? tasks abruptly

eat(ing)? too (fast|quickly)

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