

DSM-5-TR Diagnostic Criteria for a Major Depressive Episode

Criterion A:

Five (or more) of the following symptoms must be present during the same **two-week period**, representing a change from previous functioning. **At least one** must be either:

1. **Depressed mood**

- Most of the day, nearly every day, as indicated by:
 - Subjective report (e.g., feels sad, empty, hopeless)
 - Observation by others (e.g., appears tearful)
- **Note:** In children/adolescents, mood may be **irritable**.

2. **Markedly diminished interest or pleasure** in all (or almost all) activities, most of the day, nearly every day (by self-report or observation).

Additional symptoms (must total ≥ 5):

3. **Significant weight loss** (without dieting) **or weight gain** ($>5\%$ body weight in a month), or **appetite changes** nearly every day.

- **Note:** In children, consider **failure to make expected weight gain**.

4. **Insomnia or hypersomnia** nearly every day.

5. **Psychomotor agitation or retardation** (observable by others, not just subjective restlessness/slowing).

6. **Fatigue or loss of energy** nearly every day.

7. **Feelings of worthlessness or excessive/inappropriate guilt** (may be delusional) nearly every day.

8. **Diminished ability to think/concentrate** or indecisiveness nearly every day (self-reported or observed).

9. **Recurrent thoughts of death**, suicidal ideation (with or without a plan), or a suicide attempt.

Note: Exclude symptoms clearly attributable to another medical condition.

**Criterion B:

Symptoms cause **clinically significant distress or impairment** in social, occupational, or other important areas of functioning.

****Criterion C:****

The episode is ****not attributable**** to:

- Physiological effects of a ****substance**** (e.g., drug abuse, medication).
- Another ****medical condition**** (e.g., hypothyroidism).

Note: Criteria A–C constitute a ****major depressive episode****.

****Additional Notes:****

- ****Bereavement vs. Depression:**** After a significant loss (e.g., death, financial ruin), symptoms like sadness, insomnia, or weight loss may resemble depression. Clinical judgment is needed to distinguish normative grief from a major depressive episode, considering cultural norms and individual history.

****Criterion D:****

The episode is ****not better explained**** by:

- Schizoaffective disorder
- Schizophrenia spectrum disorders (e.g., schizophrenia, delusional disorder)

****Criterion E:****

****No history of manic/hypomanic episodes**** (unless induced by substances/medical conditions).

****Specifiers (if applicable):****

- With anxious distress
- With mixed features
- With melancholic features
- With atypical features
- With psychotic features
- With catatonia
- With peripartum onset
- With seasonal pattern
