

# DEPRESSION SYMPTOMS

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## >> MAJOR DEPRESSIVE DISORDER

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- >> Feelings of hopelessness, pessimism
  - >> Feelings of guilt, worthlessness, helplessness
  - >> Difficulty concentrating
  - >> Loss of interest or pleasure in hobbies and activities that were once enjoyed
  - >> Difficulty sleeping
  - >> Overeating or loss of appetite
  - >> Persistent aches or pains, headaches, cramps or digestive problems that do not ease even with treatment
  - >> Thoughts of suicide, suicide attempts
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## >> BIPOLAR DISORDER

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- >> Feelings of hopelessness, pessimism
- >> Feelings of guilt, worthlessness, helplessness
- >> Difficulty concentrating
- >> Loss of interest or pleasure in hobbies and activities that were once enjoyed
- >> May experience sleep disturbances, or oversleeping
- >> Overeating or loss of appetite
- >> Persistent aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment
- >> More suicide attempts than with major depressive disorder
- >> A profound loss of energy
- >> Severe depression more likely to include psychotic symptoms
- >> Onset of depression occurs at a younger age
- >> More likely to have a co-occurring mental illness, such as obsessive-compulsive disorder, panic disorder, or substance abuse
- >> More likely to have a family history of mania
- >> More episodes of depression than with unipolar depression
- >> Use of antidepressant—without mood-stabilizer—may cause hypomania or mania