

The DSM-5 outlines the following criterion to make a diagnosis of [depression](#). The individual must be experiencing five or more symptoms during the same 2-week period and at least one of the symptoms should be either (1) depressed mood or (2) loss of interest or pleasure.

- 1. Depressed mood most of the day, nearly every day.**
- 2. Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day.**
- 3. Significant weight loss when not dieting or weight gain, or decrease or increase in appetite nearly every day.**
- 4. A slowing down of thought and a reduction of physical movement (observable by others, not merely subjective feelings of restlessness or being slowed down).**
- 5. Fatigue or loss of energy nearly every day.**
- 6. Feelings of worthlessness or excessive or inappropriate guilt nearly every day.**
- 7. Diminished ability to think or concentrate, or indecisiveness, nearly every day.**
- 8. Recurrent thoughts of death, recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide.**

## **Depression Definition and DSM-5 Diagnostic Criteria**