**Lec 2+3: Depression**

**DSM-5 criteria:**
- **5 or more symptoms within a 2-week period**
  - Depressed mood
  - Marked interest or pleasure loss
  - Fatigue or loss of energy
  - Difficulty concentration
  - Significant weight loss/gain
  - Insomnia/hypersomnia
  - Feelings of worthlessness and/or guilt
  - Indecisiveness, lack of concentration
- Symptoms must cause clinically significant distress (impairment in social, occupational or other areas of functioning)
- Symptoms not due to direct effect of a substance or medical condition
- Medical or bereavement cause; MDD can only be diagnosed within 2 months of suffering bereavement (may act as a trigger)

**Diagnoes - Stress Reaction**
- Vulnerability predisposition
- Stressful circumstances (leading a cause of conditions)

**Cognitive Theories of Depression**

- Beck’s Theory of Depression
  - Depressed individuals biased towards negative interpretations
  - Cognitive BIOLOGICAL, AWARENESS, PROCRESSING
  - Negative self-view
  - Negative schema

  **Negative Cognitive Triad**
  - Self
  - World
  - Future

- Depression