# **Depression assessment**

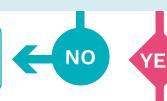
## **Common Presentation of Depression** Multiple persistent physical symptoms with no clear cause Persistent sadness or depressed mood, anxiety Low energy, fatigue, sleep problems Loss of interest or pleasure in activities that are normally pleasurable

Does the person have depression?

Has the person had at least one of the following core symptoms of depression for at least 2 weeks?

- ✓ Persistent depressed mood
- ✓ Markedly diminished interest in or pleasure from activities





Has the person had several of the following additional symptoms for at least 2 weeks:

- ✓ Disturbed sleep or sleeping too much
- ✓ Significant change in appetite or weight (decrease or increase)
- ✓ Beliefs of worthlessness or excessive guilt
- ✓ Fatigue or loss of energy
- ✓ Reduced concentration
- ✓ Indecisiveness
- ✓ Observable agitation or physical restlessness
- ✓ Talking or moving more slowly than usual
- ✓ Hopelessness
- ✓ Suicidal thoughts or acts





Does the person have considerable difficulty with daily functioning in personal, family, social, educational, occupational or other areas?







### **CLINICAL TIP:**

A person with depression may have psychotic be adapted. CONSULT A SPECIALIST













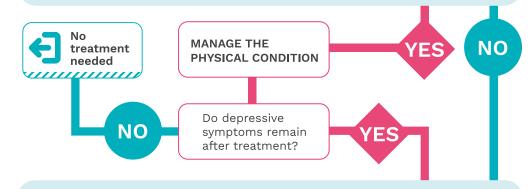




## Are there other possible explanations for the symptoms?

#### IS THIS A PHYSICAL CONDITION THAT CAN RESEMBLE OR EXACERBATE DEPRESSION?

Are there signs and symptoms suggesting anaemia, malnutrition, hypothyroidism, mood changes from substance use and medication side-effects (e.g. mood changes from steroids)?



#### IS THERE A HISTORY OF MANIA?

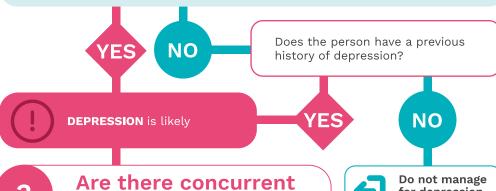
Have several of the following symptoms occurred simultaneously, lasting for at least 1 week, and severely enough to interfere significantly with work and social activities or requiring hospitalization or confinement?

- Elevation of mood and/or irritability
- ✓ Decreased need for sleep
- Increased activity, feeling of increased energy, increased talkativeness or rapid speech
- Impulsive or reckless behaviours such as excessive spending, making important decisions without planning and sexual indiscretion
- Loss of normal social inhibitions resulting in inappropriate behaviours
- ✓ Being easily distracted
- ✓ Unrealistically inflated self-esteem

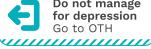


## Are any of the following symptoms present?

- ✓ Suicidal ideation
- ✓ Psychotic symptoms
- ✓ Beliefs of worthlessness ✓ Talking or moving more slowly than normal



Are there concurrent priority MNS conditions?





IF THERE IS IMMINENT RISK OF SUICIDE, ASSESS AND MANAGE before continuing. Go to SUI.

Assess for concurrent MNS conditions according to the mhGAP-IG master chart. Go to MC.

People with depression are at higher risk for most other priority MNS conditions. Assess for disorders due to substance use.

