

Clinical feature and diagnostic criteria of depressive disorder

Mohammad S I Mullick

MBBS, PhD, FCPS, FRCPsych, DCAP, FAACAP

Professor & Chairman,

Department of Psychiatry

**Bangabandhu Sheikh Mujib Medical
University(BSMMU), Dhaka**

Contents

- Descriptive presentation of clinical features
- Categorical presentation of clinical features
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Depressive disorder

- Depression

Normal experience of feel unhappy during times of adversity

- Disorder

Central features

Duration

Functional impairment

Clinical features

- Appearance and mood

Dress, facial features, eye blinking, gesture and posture

- Depressive cognition

Worthlessness, pessimism, guilt

- Goal directed behavior

Lack of interest, no enthusiasm, lethargic

Clinical features

- **Psycho motor change**

Speaks slowly/pause, walks and acts slowly, agitated

- **Biological symptoms**

Sleep disturbance, loss of appetite, weight gain, constipation, loss of libido, amenorrhea

- **Psychotic symptoms**

Delusions, Hallucinations

(loss, guilt, disease, death, deserved punishment, Nihilism)

Clinical features

Appearance and Mood

Depressive cognition

Biological symptoms

Goal directed behavior

Psychotic depression

Clinical features: cultural issues

- Non western countries

Somatic features- frequent and prominent

- Most common presentations

Headache, Chest pain, Neck pain, Back pain,
Abdominal pain, Nausea etc

Diagnostic criterion DSM 5

A) Five/more of the following present during the same 2 week and represent a change from previous functioning: at least one of the symptoms is either 1) depressed mood or 2) Loss of interest or pleasure.

- 1) Depressed mood most the day, nearly every day, as indicated by either subjective report or observation made by others
- 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
- 4) Insomnia or hypersomnia nearly every day
- 5) Psychomotor agitation or retardation nearly every day
- 6) Fatigue or loss of energy nearly every day
- 7) Feeling of worthlessness or excessive or inappropriate guilt nearly everyday
- 8) Diminished ability of think or concentrate or indecisiveness
- 9) Recurrent thoughts of death, recurrent suicidal ideation without specific plan, or a suicide attempt or a specific plan for committing suicide

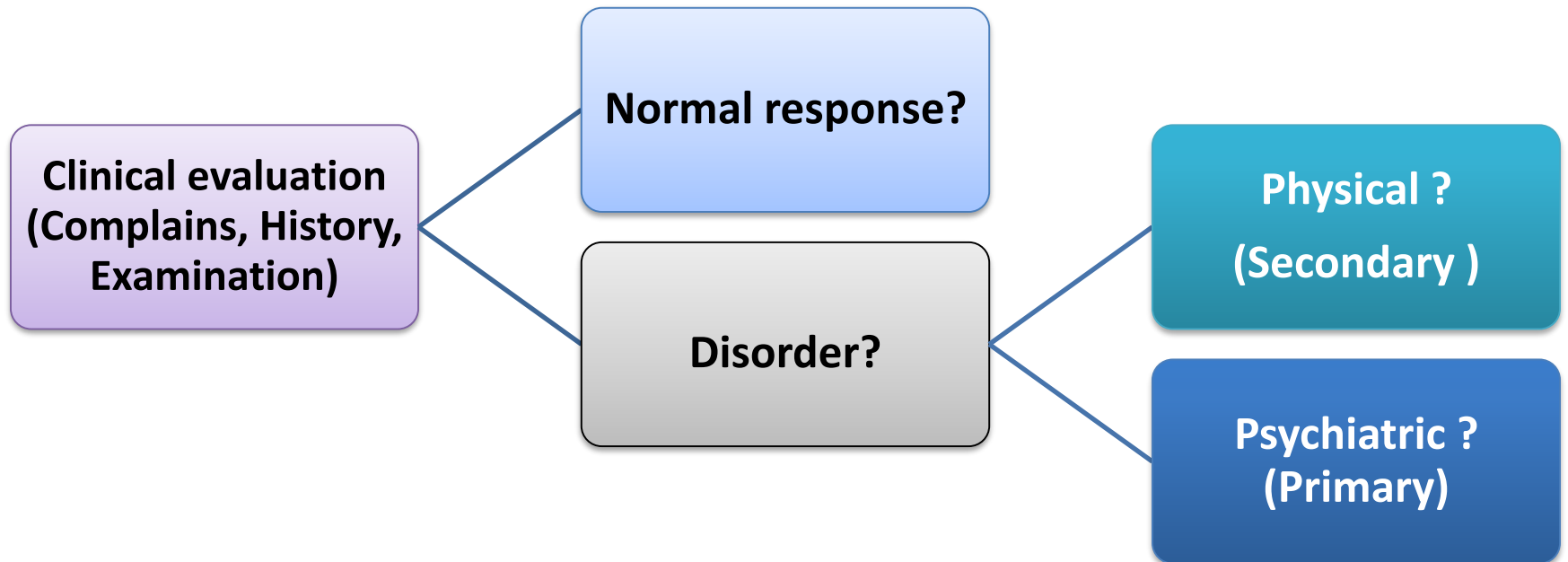
Diagnostic criterion DSM 5

- B)** The symptoms cause clinically significant distress or impairment in social, occupational or other important areas of functioning
- C)** The episode is not attributable to the physiological effects of a substance or to another medical condition
- D)** The occurrence of the major depressive episode is not better explained by other psychotic disorder
- E)** There has never been a manic or hypomanic episode

Diagnostic approach

- History
 - Co morbid illness
 - Family history(first degree relatives)
 - Personal history(Relationship, Substance, Sexual dysfunction)
 - Premorbid personality
 - Past medical/psychiatric illness
- Clinical examinations(Physical and Mental state)
- Investigations
 - Primary or Secondary? (Thyroid functions,RBS, MRI etc)
- Diagnostic criteria (ICD 10 or DSM 5)
- Psychological tool – BDI

Diagnostic approach



Conclusion

- Depression Vs Depressive disorder
- Orientation about core depressive symptoms
- Skill of history taking
- Relevant clinical examinations and investigations

Take home message

- Mental disorders(MDD)-***treatable and curable***
- ***Medical causes*** of psychiatric disorders (MDD)
- ***Somatic manifestation*** of psychiatric disorders(MDD)
- Quarry about ***Suicidal*** thoughts/ attempts/plan?
- Proper ***referral***



“ জানি- তবু জানি
নারীর হৃদয়, প্রেম , শিশু, গৃহ নয় সবখানি
অর্থ নয় , কীর্তি নয়, স্বচ্ছলতা নয়,
আর এক বিপন্ন বিশ্বয়
আমাদের অন্তর্গত রক্তের ভিতরে খেলা করে
আমাদের ক্লান্ত করে
ক্লান্ত ক্লান্ত করে।”

(জীবনানন্দ দাশ)

THANK YOU ALL