

## **DYSTHYMIA**

(DYSTHYMIC DISORDER or MILD DEPRESSION)

*Dysthymia is a milder form of depression than major depressive disorder. It may interfere with normal day-to-day living, social life, or with job performance. If you suspect you may be mildly depressed, read through the checklist below. If the symptoms seem to describe what you are feeling, please take this list to your physician and discuss it with him or her.*

- A. You have experienced a depressed mood for most of the day, more days than not, for at least two years. (In children and adolescents, mood can be irritable and duration must be one year.)
- B. During this period of depressed mood, you have experienced at least two of the following symptoms:
  - 1. Poor appetite or overeating.
  - 2. Difficulty sleeping (insomnia) or oversleeping (hypersomnia).
  - 3. Low energy, fatigue, always feeling tired.
  - 4. Low self-esteem.
  - 5. Poor concentration or difficulty making decisions.
  - 6. Feelings of hopelessness.
- C. During the two-year period (or one-year in children and adolescents) of the disturbance, you have never been without the symptoms in criteria A and B for more than two months at a time.
- D. The symptoms are not due to a personal situation (like grief); medical condition (low thyroid, for example); or medication, alcohol, or drug use.
- E. The symptoms interfere with social, occupational, or other areas of functioning.

Source:

American Psychiatric Association, *Diagnostic and Statistical Manual of Mental Disorders - Fourth Edition* (Washington, DC: American Psychiatric Association, 1994).