

Understanding the different kinds of depression

Did you know that there are different kinds of depression? Review the symptoms listed below and check the ones that match your child. If the symptoms are causing significant distress or interfering with their ability to perform well in school, relationships, or another area of life, it may be time to seek treatment. If your child reports thoughts of suicide or of harming themselves, it is important to seek help.

Major Depressive Disorder (MDD)

Depressed mood or loss of interest most of the day nearly every day for at least two weeks, and at least five additional symptoms:

- Changes in appetite or weight
- Changes in sleep
- Observable changes in movement (moving more quickly or more slowly than usual)
- Decreased energy or fatigue
- Feelings of guilt or worthlessness
- Difficulty concentrating or difficulty making decisions
- Recurrent thoughts of death or suicide

Persistent Depressive Disorder

Involves many of the same symptoms as MDD, but tends to be longer lasting. Symptoms would also include one of the following:

- Child or adolescent has met criteria for MDD for one year
- Experience depressed mood most of the day for the majority of days for one year, with two or more additional symptoms present when feeling depressed:
 - Changes in appetite
 - Changes in sleep
 - Decreased energy or fatigue
 - Low self-esteem
 - Difficulty concentrating or making decisions
 - Feeling hopeless

