

Sleep problems
Appetite or weight change
Dysphoria or low mood
Anhedonia : lack of interest in pleasure
Fatigue
Agitation/psychomotor retardation (movements slowed)
Concentration problems
Esteem problems
Suicidal ideas

Major depression would involve the presence of 5 or more of these 9 symptoms, including low mood or anhedonia over a period of more than 2 weeks.

Another way of looking at depressive symptoms:

- Persistent sad, anxious or "empty" mood
- Sleeping too much or too little; middle-of-night or early-morning waking
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of pleasure and interest in activities once enjoyed, including sex
- Irritability, restlessness or being slowed up
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of death or suicide
- In severe depression, psychotic symptoms such as hallucinations or delusions
- Persistent physical symptoms that do not respond to treatment (such as chronic pain or digestive disorders)*

Symptoms of Depression

Sunday, 20 February 2005 19:05

* Obviously this is difficult to distinguish from the usual ongoing symptoms of arachnoiditis, but it is worth bearing in mind that depression may exacerbate the perceived pain level.