

Major Depressive Disorder-Symptoms Explored

Answering “yes” to five or more of these symptoms *may mean you have Major Depressive Disorder. If you suspect you are having an episode of Major Depressive Disorder, please consult with your Physician.*

- Appetite change/weight loss or gain total of five pounds or more. Do you eat more or less than usual?
- Trouble sleeping
 - o Trouble Going to sleep
 - o Trouble Staying asleep
 - o Trouble with Waking early
- Trouble with Concentration
- Sad most of the day
- Cry easily
- Feeling helpless and hopeless
- Feelings of worthlessness
- Loss of interest in usually enjoyed activities
- Energy level down
- Sex drive/libido decreased
- Suicidal thoughts or a definite plan
- Irritable
- Angry outbursts-suddenly you are mad and wonder “where did that come from”
- A tendency to want to isolate yourself from the rest of the world, close your door and keep the world away.