

# Major Depressive Disorder Algorithm

- **First determine if ALL of the following apply**

- Not a mixed episode (e.g. bipolar disorder)
- Symptoms cause clinically significant distress or impairment in social, occupational or other important areas of concern
- Not due to direct effect of a substance
- Not accounted for by bereavement unless continuous for over 2 months or severe functional impairment, morbid preoccupation with worthlessness, psychotic symptoms or psychomotor retardation
- Present for the same 2 week period

**If all the above is true move to next box**

- **Must have one or both of these symptoms:**

- Depressed mood most of the day and nearly every day, self reported or observed by others
- OR**
- Markedly diminished interest or pleasure in all, or almost all, activities on most days, self reported or reported by others

**If either of the above is true move to the next box**

- **Must have either one or both of the above symptoms plus 3 or 4 of these to make a total of 5 or more symptoms.**

- Significant weight loss (not due to dieting) or gain (e.g. 5% change in one month); or decrease or increase in appetite nearly every day
- Insomnia or hypersomnia nearly every day
- Psychomotor agitation or retardation nearly every day, observable by others
- Fatigue or loss of energy nearly every day
- Feelings of worthlessness or excessive or inappropriate guilt nearly every day:
  - **May be delusional**
  - **Not merely self-reproach or guilt about being sick**
- Diminished ability to think or concentrate, or indecisiveness, nearly every day (self reported or observed by others)
- Recurrent thoughts of death, recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide

**If you now have a minimum of 5 symptoms total, your patient meets the requirement for the diagnosis of Major Depressive Disorder per DSM-IV.<sup>1</sup>**

**ICD-9 Diagnosis:**

- **296.2x** Major Depressive Disorder, Single Episode
- **296.3x** Major Depressive Disorder, Recurrent.

<sup>1</sup>American Psychiatric Association: Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision. Washington, DC, American Psychiatric Association, 2000.