

DEPRESSIVE DISORDERS



SA Federation for
Mental Health

What it is:

There are a number of mood disorders that classify as depressive disorders, such as major depressive disorder, dysthymia, disruptive mood dysregulation disorder and premenstrual dysphoric disorder. What these disorders all have in common are feelings of sadness, emptiness, or an irritable mood, accompanied by physical and mental changes that have a negative effect on an individual's ability to function in their daily lives.

Common symptoms:

1. Feeling sad, empty or hopeless
2. Constant irritated or agitated mood
3. Diminished interest and pleasure in everyday activities and hobbies
4. Significant weight loss or gain in a short period of time
5. Sleeping too much or too little
6. Fatigue or a loss of energy
7. Diminished ability to concentrate
8. Feelings of worthlessness or inappropriate guilt
9. Social withdrawal
10. Reduced sex drive
11. Frequent thoughts of death or dying, may involve suicidal talk or behaviour

Causes:

Each individual depressive mood disorder may have its own unique causes and triggers. However, generally depressive mood disorders are thought to be caused by a combination of genetic, physiological, temperamental and environmental factors.