

PASSPORT TO
UNDERSTANDING
DEPRESSION



Keep Going: You are not Alone

WHAT IS DEPRESSION?

Depression is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home.¹ Everyone feels sad, “blue”, or “down-in-the-dumps” at times. Depression is different. It can last for weeks, months, or years and greatly interfere with a person's life.²

HOW DO YOU KNOW IF YOU ARE DEPRESSED?

Some people with depression may not feel sadness at all. Depression has many other symptoms, including physical ones. If you have been experiencing any of the following signs and symptoms for at least 2 weeks, you may be suffering from depression.^{3,4}



FEELING SAD OR HAVING A DEPRESSED MOOD

Continuous low mood or sadness



LOSS OF INTEREST OR PLEASURE IN ACTIVITIES ONCE ENJOYED

Having no motivation or interest in things



WEIGHT LOSS OR GAIN UNRELATED TO DIETING

*No appetite and losing weight, or eating too much
and gaining weight*



TROUBLE SLEEPING OR SLEEPING TOO MUCH

*Finding it difficult to fall asleep at night or waking up
very early in the morning*



LOSS OF ENERGY OR INCREASED FATIGUE

*No self-confidence or self-esteem, feeling tired all
the time*



INCREASE IN PURPOSELESS PHYSICAL ACTIVITY

*Moving very slowly, or being restless and agitated,
squeezing of hands or pacing, slowed speech*



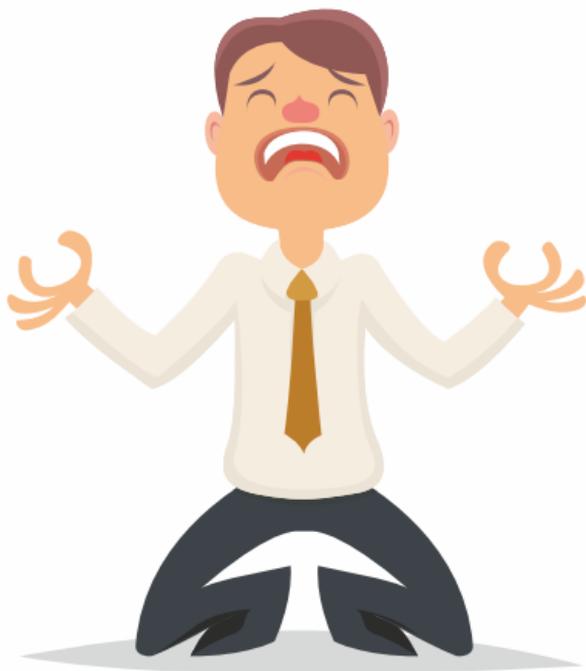
FEELING WORTHLESS OR GUILTY

Feeling guilt-ridden and tearful



DIFFICULTY THINKING AND CONCENTRATING

Finding it difficult to make decisions. Difficulty remembering or concentrating on things



THOUGHTS OF DEATH OR SUICIDE

*Having suicidal thoughts or thoughts of
self-harming*



REFERENCES

1. What is depression. Available at <https://www.psychiatry.org/patients-families/depression/what-is-depression>. Accessed on May 31, 2019.
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3. Depression: What you need to know. Available at <https://www.nimh.nih.gov/health/publications/depression-what-you-need-to-know/index.shtml>. Accessed on May 31, 2019.
4. What causes depression. Available at <https://www.beyondblue.org.au/the-facts/depression/what-causes-depression>. Accessed on May 31, 2019.

Patient Health Questionnaire-2 (PHQ-2)

The PHQ-2 inquires about the frequency of depressed mood over the past two weeks. The PHQ-2 includes the first two items of the PHQ-9.

The purpose of the PHQ-2 is to screen for depression in a “first-step” approach.

Patients who screen positive should be further evaluated with the PHQ-9 to determine whether they meet criteria for a depressive disorder.

| Over the last 2 weeks, how often have you been bothered by the following problems? | Not at all | Several days | More than half the days | Nearly every day |
|--|------------|--------------|-------------------------|------------------|
| Little interest or pleasure in doing things | 0 | 1 | 2 | 3 |
| Feeling down, depressed or hopeless | 0 | 1 | 2 | 3 |

Adapted from: Patient Health Questionnaire-2 (PHQ-2). Available at <https://www.hiv.uw.edu/page/mental-health-screening/phq-2>. Accessed on May 25, 2019.



**Depression
Free India**

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