|  |  |  |  |
| --- | --- | --- | --- |
| **Feeling sad**Ki eeyan maa banuje | **Feeling tired**Ki o maa re eeyan ju | **Can’t get to sleep**Ki eeyan ma le sun | **Not eating**Ki eeyan ma le jeun |
| **Nothing is interesting or enjoyable**Ki eeyan ma ri igbadun ninu nkan kan | **Wish I was dead**O wu mi kin nti ku | **Feeling guilty**Ki eeyan ro pe oun jebi nkan kan | **Problems with friend**Isoro pelu awon ore |
| **Can’t concentrate**Ki eeyan ma le ronu taara. | **Don’t want to see other people**Ki eeyan de ara e mo ile | **Wake up early**Ji ji ni kutukutu owuro yato si igbati o ye ki eeyan ji | **Can’t make decisions**Ai ile gbimo pinu |
| **Problems at home**Isoro ninu ile | **Sleep too much**Ki eeyan maa sun ju | **Feel irritable**Ki eeyan maa kanra pupo ju | **Feel restless or agitated**Ki ara ma bale |
| **Feel bad about myself**Inu mi o dun si ara mi  | **Feeling slowed down**Ki eeyan maa le yara  | **Eat too much**Ki eeyan maa jeun pupo ju | **Problems at work**Isoro ni (ele ise) ibi ise |
| **Wake up during the night**Ki eeyan maa ji ka le laarin oru | **Feel hopeless**Ki eeyan so ireti nu | **Think about death and dying**Ki eeyan ma ronu iku | **Feel I have let others down**Ki eeyan ro pe oun ti ja awon eeyan miran ku sile |
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| --- |
| Depressed MoodLittle Interest or Pleasure |
| Sleep difficultiesAi ri oorun sunChanges in appetite or weightKi Ounje ma lo lenu at ki eeyan maa ruNoticeably agitated or slowed downKi ara ma bale tabi ki eeyan ma le yara Feeling tired or low in energyKi o maa re eeyan pupo ju tabi ki eeyan ma ni okun ati agbara | Difficulty thinking, concentrating or making decisionsKi eeyan ma le ronu taara tabi ki eeyan ma le pa okan po is oju kan lati gbimo pinu ohun ti o maa se |  Feeling worthless or  guiltyKi eeyan maa ro pe oun ko ja si nkankanThinking about death or dyingKi eeyan maa ronu iku | Problems at homeIsoro ninu ileProblems at workIsoro lenu iseProblems with friends & familyIsoro pelu ebi ati ore |
|  |

| **Depressive Diagnoses** | **Symptoms** |
| --- | --- |
| ***Major Depressive Episode:**** - 5 or more depressive symptoms for ≥ 2 weeks
* - Must have either depressed mood or loss of interest/pleasure
* - Symptoms must cause significant distress or impairment
* - No manic or hypomanic behaviour

***Minor Depressive Episode:***[\*](https://www.ncbi.nlm.nih.gov/books/NBK36406/table/ch1.t1/?report=objectonly)* - 2–4 depressive symptoms for ≥2 weeks
* - Must have either depressed mood or loss of interest or pleasure
* - Symptoms must cause significant distress or impairment
* - No manic or hypomanic behaviour
 | 1. **Depressed Mood**
2. **Markedly diminished interest or pleasure in most or all activities**
3. Significant weight loss (or poor appetite) or weight gain
4. Insomnia or hypersomnia
5. Psychomotor retardation
6. Fatigue or loss of energy
7. Feelings of worthlessness or excessive or inappropriate guilt
8. Diminished ability to think or concentrate, or indecisiveness
9. Recurrent thoughts of death (not just fear of dying), or suicidal ideation, plan, or attempt
 |
| ***Dysthymic Disorder**** - Depressed mood for most of the time for at least two years
* - Presence of 2 or more of symptoms of dysthymia
* - Never without symptoms for 2 months or more over 2 year period
* - Symptoms must cause clinically significant distress or impairment
* - No major depressive disorder in first two years, no manic, hypomanic, or mixed episodes.
 | 1. Significant weight loss (or poor appetite) or weight gain
2. Insomnia or hypersomnia
3. Fatigue or loss of energy
4. Low self-esteem
5. Diminished ability to think or concentrate, or indecisiveness
6. Feelings of hopelessness
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