|  |  |  |  |
| --- | --- | --- | --- |
| **Ki eeyan maa banuje** | **Ki o maa re eeyan ju** | **Ki eeyan ma le sun** | **Ki eeyan ma le jeun** |
| **Ki eeyan ma ri igbadun ninu nkan kan** | **O wu mi kin nti ku** | **Ki eeyan ro pe oun jebi nkan kan** | **Isoro pelu awon ore** |
| **Ki eeyan ma le ronu taara.** | **Ki eeyan de ara e mo ile** | **Ji ji ni kutukutu owuro yato si igbati o ye ki eeyan ji** | **Ai ile gbimo pinu** |
| **Isoro ninu ile** | **Ki eeyan maa sun ju** | **Ki eeyan maa kanra pupo ju** | **Ki ara ma bale** |
| **Inu mi o dun si ara mi**  | **Ki eeyan maa le yara**  | **Ki eeyan maa jeun pupo ju** | **Isoro ni (ele ise) ibi ise** |
| **Ki eeyan maa ji ka le laarin oru** | **Ki eeyan so ireti nu** | **Ki eeyan ma ronu iku** | **Ki eeyan ro pe oun ti ja awon eeyan miran ku sile** |
|  |  |  |  |
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| --- |
| Depressed MoodLittle Interest or Pleasure |
| **Ai ri oorun sun****Ki Ounje ma lo lenu at ki eeyan maa ru****Ki ara ma bale tabi ki eeyan ma le yara** **Ki o maa re eeyan pupo ju tabi ki eeyan ma ni okun ati agbara** | **Ki eeyan ma le ronu taara tabi ki eeyan ma le pa okan po is oju kan lati gbimo pinu ohun ti o maa se** |  **Ki eeyan maa ro pe**  **oun ko ja si nkankan****Ki eeyan maa ronu iku** | **Isoro ninu ile****Isoro lenu ise****Isoro 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
 |