DEPRESSION SYMPTOMS

MAJOR DEPRESSIVE DISORDER

- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Difficulty concentrating
- Loss of interest or pleasure in hobbies and activities that were once enjoyed
- Difficulty sleeping
- Overeating or loss of appetite
- Persistent aches or pains, headaches, cramps or digestive problems that do not ease even with treatment
- Thoughts of suicide, suicide attempts

BIPOLAR DISORDER

- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Difficulty concentrating
- Loss of interest or pleasure in hobbies and activities that were once enjoyed
- May experience sleep disturbances, or oversleeping
- Overeating or loss of appetite
- Persistent aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment
- More suicide attempts than with major depressive disorder
- A profound loss of energy
- Severe depression more likely to include psychotic symptoms
- Onset of depression occurs at a younger age
- More likely to have a co-occurring mental illness, such as obsessive-compulsive disorder, panic disorder, or substance abuse
- More likely to have a family history of mania
- More episodes of depression than with unipolar depression
- Use of antidepressant—without mood-stabilizer—may cause hypomania or mania