

---

# Diagnosing Depression Cheat Sheet

---

Last updated June 2024

- **Major depression**
  - Depressed mood + SIGECAPS (4 of 8)
  - SIGECAPS: sleep, interest, guilt, energy, concentration, appetite, psychomotor, suicide
- **Bipolar depression (use mood stabilizers/antipsychotics)**
  - Depression plus history of mania or hypomania
- **Depression with mixed manic features (use antidepressant plus mood stabilizer/antipsychotic)**
  - Depression plus three of:
    - Elevated mood
    - Grandiosity
    - More talkative
    - Flight of ideas
    - Increased energy
    - Excessively active in an impulsive way
    - Decreased need for sleep
- **Melancholic depression (consider tricyclic antidepressants)**
  - One of the following:
    - Anhedonia
    - Lack of mood reactivity
  - And at least three of the following:
    - Early morning awakening
    - Worse mood in the morning
    - Excessive guilt
    - Depression that is subjectively different from grief or loss
    - Severe weight loss or loss of appetite
    - Psychomotor agitation or retardation
- **Atypical depression (consider MAOIs)**
  - Mood reactivity (mood brightens in response to positive events)
  - Two or more of the following:
    - Increased appetite or weight gain
    - Hypersomnia
    - Leaden paralysis; ask: “Do you get so depressed that you feel too tired to even move?”
    - Rejection sensitivity; ask: “When you get disappointed or rejected, does that really affect you or are you able to shrug it off?”
- **Psychotic depression (consider antipsychotics/ECT)**
  - Delusions, often of a paranoid or nihilistic nature, with themes typically about personal inadequacy, guilt, disease, death or deserved punishment
  - Hallucinations of voices putting one down, saying disparaging or critical things
- **Ruminative depression (consider SSRIs/Cognitive Behavior therapy)**
  - Persistent, intrusive thoughts, typically about personal inadequacies, regrets, and worries about the future.