

Endocrine Disorders That Can Mimic Depression		
Endocrine Disorder	Symptoms	Diagnostic Tests
Hypothyroidism	Constipation, thinning hair, dry skin, edema, cold sensitivity, hoarse voice, fatigue, weight gain, sleep disturbance	TSH, T4 (thyroxine)
Hyperparathyroidism	Kidney stones, headache, GERD, palpitations, bone aches, increased blood pressure, poor sleep, anhedonia, impaired concentration, irritability, decreased libido	Serum calcium, parathyroid hormone
Cushing's syndrome	Hirsutism, truncal obesity, acne, hypertension, facial flushing, purple striae, poor concentration, premature awakening, decreased libido	Serum cortisol, dexamethasone suppression test, 24-hour urine cortisol
Addison's disease	Hyperpigmentation, salt cravings, low blood pressure, vomiting, weakness, fatigue, weight loss, neurovegetative symptoms	Morning cortisol level, serum sodium and potassium

Note: Symptoms in bold face are symptoms that overlap with depression.

Source: Carroll VK and Rado JT, *Curr Psychiatr* 2009;8(8):43–54.

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