

MOOD DISORDERS

DEPRESSION

“Are you depressed?”

A study of terminally ill patients reveals that this question has 100% sensitivity and specificity in diagnosing major depression.

SIGECAPS

Sleep change

Interest deficit

Guilt (worthless, hopeless)

Energy deficit

Concentration deficit

Appetite change

Psychomotor retardation or agitation

Suicidality

PHQ-9 (Patient Health Questionnaire-9)

http://www.americangeriatrics.org/education/dep_tool_05.pdf

<http://www.depression-primarycare.org/clinicians/toolkits/materials/forms/phq9/>

ZUNG SELF-RATING DEPRESSION SCALE

<http://healthnet.umassmed.edu/mhealth/ZungSelfRatedDepressionScale.pdf>

BIPOLAR DISORDER

“Have you had periods of feeling so happy or energetic that your friends told you that you were talking too fast or that you were too hyper?”

DIGFAST

Distractibility

Indiscretion (excessive involvement in pleasurable activities)

Grandiosity

Flight of ideas

Activity increase

Sleep deficit

Talkative, pressured speech

BIPOLAR SPECTRUM DIAGNOSTIC SCALE

<http://www.psycheducation.org/depression/BSDS.htm>

<http://www.psychiatrictimes.com/clinical-scales/bsds/>

DYSTHYMIA

“When is the last time you felt good?”

Dysthymia is a chronic depression lasting at least 2 years. The average duration of dysthymia is 16 years.