

Figure 3: Diagnostic criteria for depression based on DSM-IV[26-28]

Based on the 9-item depression module from the MINI participants are classified in the following way:

- **Major depressive episode:** 5 or more symptoms, including one of the key symptoms
- **Sub-threshold depressive symptoms:** 2-4 symptoms, may or may not include a key symptom
- **Non-depressed:** 0-1 symptoms

Symptoms:

1. Depressed mood*
2. Loss of interest*
3. Significant weight loss or gain or decrease or increase in appetite
4. Insomnia or hypersomnia
5. Psychomotor agitation or 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, recurrent suicidal ideation without a specific plan, or suicide attempt or a specific plan

*key symptom