**Depression – Behavioural, Emotional and Social Characteristics**

Depression is classified as a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ disorder.

DSM-V distinguishes between \_\_\_\_\_\_\_\_\_\_ depressive disorder and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ depressive disorder which is long term and/or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Behavioural Symptoms/Characteristics of OCD:**

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**Emotional Symptoms/Characteristics of OCD:**

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**Cognitive Symptoms/Characteristics of OCD:**

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| ***Negative view of the future*** | Depression sufferers believe that negative situations are never going to change. |
| ***Sadness*** | A very common feeling associated amongst depression sufferers (along with feelings of emptiness). People may feel worthless, hopeless, have low-self-esteem (generally suffer from negative emotions). |
| ***Sleep*** | Some individual sleep more whilst other individuals sleep less. |
| ***Negative view of the world*** | An expectation that things are always going to turn out badly rather than positively.  |
| ***Shift in activity levels*** | Individuals may see a reduction or increase in their activities. Many individuals experience reduced energy levels, a sense of tiredness and a need to sleep all of the time. Some become increasingly agitated and restless and may pace around the room. |
| ***Loss of interest/pleasure*** | In usual hobbies and activities. Such behaviour is often associated with the feeling of losing control. |
| ***Appetite*** | There is a great variation in this factor, some individuals eat more whilst others eat less. |
| ***Anger*** | Directed towards others or turned inwards on the self.  |
| ***Negative self-concept*** | An individual may feel guilt or that they are worthless/don’t matter. |
| ***Formal diagnosis*** | A formal diagnosis requires that an individual holds five symptoms of depression which must include either sadness or loss of interest and pleasure in normal activities. |