

Table 1 -- Observations Suggestive of Depression

- ◆ Cognitive patterns related to items in Section B of the Minimum Data Set (MDS 2.0*)
- ◆ History of depression or other psychiatric disorder
- ◆ Mood and behavior patterns (MDS Section E)
- ◆ Nutritional problems (MDS Section K-4)
- ◆ Weight changes (MDS Section K-3)

*Future versions of the MDS may contain different section numbers and/or cross references.

Table 2 -- Symptoms of Depression

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| Most Important | <ul style="list-style-type: none"> • Depressed mood most of the day, almost every day (by either subjective report [feels sad or empty] or observation made by others [appears tearful]) • Diminished interest or pleasure in most activities, most of the time • Thoughts of death or suicide |
| Important | <ul style="list-style-type: none"> • Difficulty making decisions • Feelings of helplessness • Feelings of worthlessness or hopelessness • Inappropriate feelings of guilt • Psychomotor agitation or retardation not attributable to other causes • Social withdrawal, avoidance of social interactions or going out |
| Sometimes Helpful (These symptoms tend to be more common among older individuals in general.) | <ul style="list-style-type: none"> • Appetite changes • Morning sluggishness and lack of energy that improves markedly later in the day • Change in ability to think or concentrate • Change in activities of daily living (ADLs) • Family history of mood disorders • Fatigue or loss of energy, worse than baseline • Insomnia or hypersomnia nearly every day • Increased complaints of pain • Preoccupation with poor health or physical limitations • Weight loss or gain |

Adapted from Alexopoulos et al, 2001⁵