

# Depression: Vegetative/Physiological Symptoms Reflecting a Biochemical Dysfunction

(Primary target symptoms indicating the need for medication treatment)<sup>1</sup>

- **Sleep disturbance** (early morning awakening, decreased sleep efficiency, frequent awakenings, occasionally including excessive sleeping. Does NOT include difficulty falling asleep, as this may be observed in many who are experiencing significant stress, or it may point to an anxiety disorder.)
- **Appetite disturbance** (an increased or decreased appetite, and accompanying weight gain or loss)
- **Fatigue**
- **Decreased sex drive**
- **Restlessness, agitation or psychomotor retardation** (slowing of physical or mental activity)
- **Diminished mood/feeling worse in the morning**
- **Impaired concentration and forgetfulness**
- **Pronounced anhedonia** (loss of ability to experience pleasure, rarely or never able to become excited, joyful, or feel pleased with almost anything)

<sup>1</sup> Adapted from: Preston, J. & Johnson, J. (2008) *Clinical psychopharmacology made ridiculously simple.* 5<sup>th</sup> Ed. Miami, FL: MedMaster Inc. Used with permission.