Major Depressive Disorder with Peripartum Onset



PLAY PICMONIC

Diagnostic Criteria

Sleep Problems
Broken Snooze-alarm
Patients complain of varying sleep disturbances with depression, which may include insomnia (inability to fall asleep and/or stay asleep) and hypersomnia (excessive sleepiness).

Interest Deficit
Interests in the Trash
When somebody states they no longer have interest or take pleasure in activities they enjoyed in the past, this can be a manifestation of anhedonia. This is an important criterion because either anhedonia or a depressed mood must be present along with a minimum of four other symptoms to diagnose a major depressive disorder.

Guilt or Worthlessness
Guilty-gavel
People with this condition may express feelings of guilt or regret about their own or someone else’s actions or feelings. They may feel there is no way to rectify past events, and thus feel hopeless or worthless.

Energy Loss or Fatigue
Dead-battery
When asked to describe their energy levels throughout the day, patients may endorse low or nonexistent levels. They may feel fatigued despite obtaining adequate or excessive amounts of sleep.

Concentration Difficulty
Difficulty using Concentration
Patients with this condition may be unable to carry out their daily work or school tasks due to an inability to focus or difficulty making decisions.

Appetite Changes
Nutritional-plate with Delta-sign
Appetite changes go full spectrum in major depression; patients gain weight rapidly from excessive eating or they lose weight unintentionally from poor appetite or a disinterest in food. These changes can be quantified by determining if there is a > 5% change in weight in a month.

Psychomotor Retardation or Agitation
Brain-motor and Agitation
Examples of psychomotor retardation include slowed or decreased speech and movements; examples of psychomotor agitation include constantly fidgeting with clothes or objects, pacing back and forth, and handwringing. Either of these manifestations must be observed by a third-party to meet this criterion.

Sign up for FREE at picmonic.com

Suicidal Ideation

Suicide-bridge Idea

Patients may become preoccupied with recurrent thoughts about death and self-harm. Any form of a suicide attempt reported by a patient, regardless of actual lethality, meets criteria and must be taken seriously.
A suicidal attempt does not need to be made to meet this criterion, recurrent suicidal thoughts are enough.

5 Symptoms Including Depressed Mood or Anhedonia for 2 Weeks

(5) Hand Sx with Depressed-emo in (2) Tutu on Weekly-newspaper

In order to be diagnosed with major depressive disorder with peripartum onset, patients should have at least 5 symptoms of major depressive disorder for at least 2 weeks.
These symptoms can be remembered by the mnemonic "SIGE CAPS", which stands for sleep difficulties, interest deficit, guilt, low energy, concentration difficulties, appetite changes, psychomotor retardation, and suicidal ideation.

Onset No Later Than 1 Year After Delivery

Delivery with 1-wand

In order to be diagnosed with major depressive disorder with peripartum onset patients should meet the diagnostic criteria of major depressive disorder no later than 1 year after delivery.

Sign up for FREE at picmonic.com