

Depression: Major Subtypes



Major Depressive Disorder

Major depression is probably one of the most common forms of depression. You probably know a handful of people who suffer from it. The sufferer seems to walk around with the weight of the world on his or her shoulders. He or she seems disinterested in becoming involved in regular activities and seems convinced that he or she will always be in this hopeless state. There is a lack of interest in sexual activity and in appetite and a weight loss.

- ☐ Sometimes called **endogenous depression**

Bipolar Disorder

Manic depression can be defined as an emotional disorder characterized by changing mood shifts from depression to mania which can sometimes be quite rapid. People who suffer from manic depression have an extremely high rate of suicide.

- ☐ Sometimes called **manic depression**

Dysthymic Disorder

Many people just walk around seeming depressed - - simply sad, blue or melancholic. They have been this way all of their lives. This is dysthymia - - a condition that people are not even aware of but just live with daily. They go through life feeling unimportant, dissatisfied, frightened and simply don't enjoy their lives. Medication is beneficial for this type of depression.

Atypical Depressive Disorder

Atypical depression is a variation of depression that is slightly different from major depression. The sufferer is sometimes able to experience happiness and moments of elation. Symptoms of atypical depression include fatigue, oversleeping, overeating and weight gain. People who suffer from atypical depression believe that outside events control their mood (i.e. success, attention and praise). Episodes of atypical depression can last for months or a sufferer may live with it forever.

- ☐ Sometimes called **exogenous** or **reactive depression**

Psychotic Depression:

Sufferers of psychotic depression begin to hear and see imaginary things - sounds, voices and visuals that do not exist. These are referred to as hallucinations, which are generally more common with someone suffering from schizophrenia. The hallucinations are not "positive" like they are with a manic depressive. The sufferer of psychotic depression imagines frightening and negative sounds and images.