

Different kinds of depressive symptoms

Related to thinking

Negative thoughts about oneself
(e.g. I am worthless, I am a burden)

Negative views about one's future

Difficulties in concentration

Related to behaviours

Isolating oneself from others

Not taking care of oneself

Slowness in activities

Reduced overall level of activities





Related to feelings and motivation

Continuous sadness

Crying spells

Feeling hopeless

Not having motivation to do anything

Losing interest in activities that were pleasurable

Experiencing low energy levels

Other disturbances

Disturbed sleep

Disturbed appetite (e.g. not feeling hungry)

Changes in weight

