Persistent Depressive Disorder (Dysthymia)

300.4  (F34.1)

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This disorder represents a consolidation of DSM-IV-defined chronic major depressive disorder and dysthymic disorder.

A. **Depressed mood for most of the day, for more days than not, as indicated by either subjective account or observation by others, for at least 2 years.**

   *Note:* In children and adolescents, mood can be irritable and duration must be at least 1 year.

B. **Presence, while depressed, of two (or more) of the following:**
   1. Poor appetite or overeating.
   2. Insomnia or hypersomnia.
   3. Low energy or fatigue.
   4. Low self-esteem.
   5. Poor concentration or difficulty making decisions.
   6. Feelings of hopelessness.

C. **During the 2-year period (1 year for children or adolescents) of the disturbance, the individual has never been without the symptoms in Criteria A and B for more than 2 months at a time.**

D. **Criteria for a major depressive disorder may be continuously present for 2 years.**

E. **There has never been a manic episode or a hypomanic episode, and criteria have never been met for cyclothymic disorder.**

F. **The disturbance is not better explained by a persistent schizoaffective disorder, schizophrenia, delusional disorder, or other specified or unspecified schizophrenia spectrum and other psychotic disorder.**

G. **The symptoms are not attributable to the physiological effects of a substance (e.g., a drug of abuse, a medication) or another medical condition (e.g., hypothyroidism).**

H. **The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.**

   *Note:* Because the criteria for a major depressive episode include four symptoms that are absent from the symptom list for persistent depressive disorder (dysthymia), a very limited number of individuals will have depressive symptoms that have persisted longer than 2 years but will not meet criteria for persistent depressive disorder. If full criteria for a major depressive episode have been met at some point during the current episode of illness, they should be given a diagnosis of major depressive disorder. Otherwise, a diagnosis of other specified depressive disorder or unspecified depressive disorder is warranted.
Specify if:

- With anxious distress
- With mixed features
- With melancholic features
- With atypical features
- With mood-congruent psychotic features
- With mood-incongruent psychotic features
- With peripartum onset

Specify if:

- In partial remission
- In full remission

Specify if:

- **Early onset:** If onset is before age 21 years.
- **Late onset:** If onset is at age 21 years or older.

Specify if (for most recent 2 years of persistent depressive disorder):

- **With pure dysthymic syndrome:** Full criteria for a major depressive episode have not been met in at least the preceding 2 years.

- **With persistent major depressive episode:** Full criteria for a major depressive episode have been met throughout the preceding 2-year period.

- **With intermittent major depressive episodes, with current episode:** Full criteria for a major depressive episode are currently met, but there have been periods of at least 8 weeks in at least the preceding 2 years with symptoms below the threshold for a full major depressive episode.

- **With intermittent major depressive episodes, without current episode:** Full criteria for a major depressive episode are not currently met, but there has been one or more major depressive episodes in at least the preceding 2 years.

Specify current severity:

- Mild
- Moderate
- Severe