

## DYSTHYMIC DISORDER\*

### SUMMARY SCREENING CRITERIA\* FOR: Name\_\_\_\_\_

- A. Depressed mood for most of the day, for more days than not, as indicated either by subjective account or observations 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 person has never been without the symptoms in Criteria A or B for more than 2 months at a time.
- D. No Major Depressive Episode has been present during the first 2 years of the disturbance (1 year for children and adolescents); i.e., the disturbance is not better accounted for by chronic Major Depressive Disorder, or Major Depressive Disorder, In Partial Remission.
- E. There has never been a Manic Episode, a Mixed Episode, or a Hypomanic Episode, and criteria have never been met for Cyclothymic Disorder.
- F. The Disturbance does not occur exclusively during the course of a chronic Psychotic Disorder, such as Schizophrenia or Delusional Disorder.
- G. The symptoms are not due to the direct physiological effects of a substance (e.g., a drug of abuse, a medication) or a general medical condition (e.g., hypothyroidism).
- H. The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

### CAREGIVING INTERVENTION:

Date\_\_\_\_\_

### Referral for further assessment and therapy to:

[Screening Criteria presented by:]  
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\* Source: **Diagnostic Statistical Manual of Mental Disorders**, Fourth Edition (DSM-IV™). American Psychiatric Association. 1994.