

There are several forms of depression. This resource will help you learn about the different types and how to identify them.

MAJOR DEPRESSIVE DISORDER

Major depressive disorder is one of the most common mood disorders. It is also called clinical depression. Signs of clinical depression include: changes in appetite (eating more or less), changes in sleep (sleeping more or less), losing interest in things you used to enjoy, having a low mood, and a lack of energy and motivation to do things. Children with clinical depression may be more angry or irritated than usual. Clinical depression can be mild, moderate, or severe.

DYSTHYMIA

Dysthymia is a long-lasting depression. People with dysthymia have symptoms of clinical depression, but the depression lasts at least two years. Symptoms might get a little better or worse during that time, but they are depressed more often than not for two years or more.



CYCLOTHYMIA

Cyclothymia is when a person has ups and downs in their mood. The person will go back and forth between feeling depressed and periods of exaggerated happiness. The person's low moods are somewhat mild and do not reach the level of clinical depression. The person might have a lot more energy than usual during their high moods. This might look like poor judgment, racing thoughts, and not needing to sleep. You may have heard people use the word "bipolar" to describe people who have ups and downs in their mood. This is different from cyclothymia. In bipolar disorder, the highs and lows are more intense and last longer than in cyclothymia.

