

Features of Clinical Depression

The most common cause of depressive episodes is major depressive disorder. We'll cover major statistics around depression, as well as common symptoms of depression. This video explores the key physical and mental characteristics of a depressive episode. Finally, we touch on the diagnostic criteria for major depressive disorder, as well as which symptoms are highly suggestive of a clinical illness.

References and further reading

- Kraus, C., Kadriu, B., Lanzenberger, R., Zarate Jr, C. A., & Kasper, S. (2019). Prognosis and improved outcomes in major depression: a review. *Translational psychiatry*, 9(1), 1-17.

Glossary

Anhedonia

Meditation Videos



P06 – Triphasic Breathing