

General Differential Diagnosis

In this video, we explore the general approach to a differential diagnosis. Depression is a symptom or manifestation, not necessarily a diagnosis. Depression can be caused by all manner of things – and understanding the cause of your depression is crucial to overcoming it. How do we approach discovering the cause of your depression? By constructing a differential diagnosis.

References and further reading

- McCullough, J. P., Kornstein, S. G., McCullough, J. P., Belyea-Caldwell, S., Kaye, A. L., Roberts, W. C., ... & Kruus, L. K. (1996). Differential diagnosis of chronic depressive disorders. *Psychiatric Clinics of North America*, 19(1), 55-71.
- Kennedy, S. H. (2008). Core symptoms of major depressive disorder: relevance to diagnosis and treatment. *Dialogues in clinical neuroscience*, 10(3), 271.

Glossary

Dukkha

Major Depressive Disorder (MDD)

Bipolar Disorder

Personality Disorder

Dysthymia