



## **Appetite Changes**

### [Nutritional-plate with Delta-sign](#)

Appetite changes go full spectrum in major depression; patients gain weight rapidly from excessive eating or they lose weight unintentionally from poor appetite or a disinterest in food. These changes can be quantified by determining if there is a > 5% change in weight in a month.

## **Psychomotor Retardation or Agitation**

### [Brain-motor and Agitation](#)

Examples of psychomotor retardation include slowed or decreased speech and movements; examples of psychomotor agitation include constantly fidgeting with clothes or objects, pacing back and forth, and handwringing. Either of these manifestations must be observed by a third-party to meet this criterion.

## **Suicidal Ideation**

### [Suicide-bridge Idea](#)

Patients may become preoccupied with recurrent thoughts about death and self-harm. Any form of a suicide attempt reported by a patient, regardless of actual lethality, meets criteria and must be taken seriously.

A suicidal attempt does not need to be made to meet this criterion, recurrent suicidal thoughts are enough.

## **5 Symptoms Including Depressed Mood or Anhedonia for 2 Weeks**

### [\(5\) Hand Sx with Depressed-emo in \(2\) Tutu on Weekly-newspaper](#)

In order to be diagnosed with major depressive disorder with peripartum onset, patients should have at least 5 symptoms of major depressive disorder for at least 2 weeks.

These symptoms can be remembered by the mnemonic "SIGE CAPS", which stands for sleep difficulties, interest deficit, guilt, low energy, concentration difficulties, appetite changes, psychomotor retardation, and suicidal ideation.

## **Onset No Later Than 1 Year After Delivery**

### [Delivery with 1-wand](#)

In order to be diagnosed with major depressive disorder with peripartum onset patients should meet the diagnostic criteria of major depressive disorder no later than 1 year after delivery.